



# EMERGENCY GUIDE



# IMPORTANT CONTACTS

The Emergency Guide has been created by Bayview Hospital to provide a quick reference for emergency first aid and for simple everyday injuries. For more comprehensive first aid training and CPR certification, please contact the Heart & Stroke Foundation of Barbados, the Barbados Red Cross Society or Regal Development Solutions.

In case of EMERGENCY **DIAL 211, 311 or 511**

Emergency Action Steps: 3 Cs

If an emergency occurs, stay calm and complete these three emergency action steps:

**CHECK** - Check the scene, check the person for life-threatening conditions, and obtain consent.

**CALL** - Call an emergency service provider such as the police, fire department or the ambulance service.

**CARE** - Care for the ill or injured person(s). If you are alone, depending on the type of injury or illness, you must decide if you should **call 511** first or provide care first. If you are unsure, call first.

When calling your emergency service provider answer all questions to the best of your ability. Be prepared to provide your name, street address/location, type of emergency and observations of the injured. Listen carefully to questions from the operators in order to assist them in preparing responders to lessen the impact of the situation and enable pre-arrival instructions.

When in doubt always call an emergency service and let the experts provide instructions.

## Emergency Telephone Numbers

POLICE: 211

FIRE: 311

AMBULANCE: 511

CRIME STOPPERS 1-800-TIPS (8477)

## Hospitals & Emergency Clinics

Bayview Hospital: (246) 436-5446

The Queen Elizabeth Hospital: (246) 436-6450

Accident & Emergency: (246) 436-6450 Ext 5540

FMH Emergency Medical Clinic: (246) 228-6120

Sandy Crest Medical Centre: (246) 419-4911

Coverley Medical Centre: (246) 627-1000

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## Ambulance Services

Medic Response: (246) 228-8633

Island Care Ambulance Service: (246) 537-9425

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## EMERGENCY GUIDE DISCLAIMER

This section is not designed to and does not provide medical advice, professional diagnosis, and opinion treatment or services to you or to any other individual. This section and any referral to websites, which we believe you may find helpful is provided for general information and educational purposes only. It is not suitable for medical or professional care and you should not use the information in place of a visit, call consultation or advice from your physician or any other healthcare provider. Bayview Hospital is not liable or responsible for any advice course or treatment, self-treatment, diagnosis or any other information, services or product you obtain after use of this section.

### **IF YOU BELIEVE YOU HAVE A MEDICAL EMERGENCY, YOU SHOULD IMMEDIATELY CALL 511.**

If you believe you have any other problem or if you have questions regarding your health or a medical condition, you should promptly consult your physician or another healthcare provider. Never disregard medical or professional advice or delay seeking it because of something you read in this section or a linked website. Do not rely on information on this website in place of seeking professional medical advice, you should also ask your physician or other healthcare provider to assist you in interpreting any information in this section or applying the information to an individual case. Medical information changes constantly, therefore, the information in this section or on the linked websites should not be considered current, complete or exhaustive, nor should you rely on such information to recommend a course of treatment or any other purpose. You are encouraged to confirm the information in this section as we will not be liable to you for the content or use of the information in this section. Bayview Hospital does not recommend or endorse any specific tests, products, procedures, opinions of authors and contributors or other information that may be provided in this section or the linked websites.

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## ABDOMINAL PAIN

Abdominal pain can have several causes. Some of these include food poisoning, an infection, inflammation, intestinal or gall bladder obstruction, appendicitis, a peptic ulcer or kidney stone. A female's abdominal pain can be a result of an ovarian cyst, ectopic pregnancy or pelvic inflammatory disease. Some persons experience abdominal pain with bladder infections, heart attacks or pneumonia. There are some chronic medical conditions which also cause abdominal pain such as diverticulitis, pancreatitis, inflammation of the large intestine and colitis. With sudden, severe and prolonged abdominal pain, you should seek urgent medical care or **call 511** to get the assistance of the EAS.

Source: Bayview Hospital

## ALCOHOL-RELATED EMERGENCIES

Alcohol emergencies include alcohol poisoning which occurs when someone ingests a large quantity of alcoholic beverages in a short period of time.

Symptoms of alcohol poisoning include:

1. Vomiting
2. Inability to wake up
3. Irregular breathing
4. Slow breathing
5. Seizures
6. Hypothermia (low body temperature)

If a person shows any signs of an alcohol poisoning, seek urgent medical care or if necessary **call 511** to activate EAS. If unharmed, place the person on their side and reassure them until help arrives. Ensure that they remain stationary in a safe location until the EAS arrives.

Source: Centers for Disease Control & Prevention

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# ASSEMBLING A FIRST AID KIT

First aid kits come in many shapes and sizes. You can purchase one from the local pharmacy or you can make your own. A well-stocked first aid kit can help you respond effectively to common injuries and emergencies.

## FOR YOUR FAMILY

Whether you buy a first aid kit or put one together, make sure it has all the items you may need:

- Include any personal items such as medications and emergency phone numbers or other items your healthcare provider may suggest.
- Check the kit regularly.
- Check expiration dates and replace any used or out-of-date contents.

Bayview Hospital recommends that all first aid kits include the following:

- 2 x Absorbent Compress Dressings (5"x9")
- 25 x Adhesive Bandages (Assorted Sizes)
- 1 x Adhesive Cloth Tape (10 yards x 1 inch)
- 5 x Antibiotic Ointment Packets (Approx. 1g)
- 5 x Antiseptic Wipe Packets
- 2 x Packets of Aspirin (81 mg each)
- 1 x Blanket
- 1 x Breathing Barrier (One-way Valve)
- 1 x Instant Cold Compress
- 2 x Pairs of Non-Latex Gloves
- 2 x Hydrocortisone Ointment Packets (Approx. 1g each)
- 1 x Scissors
- 1 x Roller Bandage (3" Wide)
- 1 x Roller Bandage (4" Wide)
- 5 x Sterile Gauze Pads (3"x3")
- 5 x Sterile Gauze Pads (4"x4")
- 1 x Oral Thermometer (Non-Mercury/Non-Glass)
- 2 x Triangular Bandages
- 1 x Tweezers
- 1 x Irritating Eye Solution (4oz)

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## BLISTERS

Blisters are pockets of fluid between the uppermost layers of the skin. They are mostly caused by friction, freezing, burning, infection or chemical burns.

To protect the blister and help prevent infection:

1. Do not puncture, drain or cut blisters that are not broken.
2. Cover the sore spots or closed blisters with thin gauze, then apply a bandage.

If the blister is broken:

1. Wash the skin with soap and water.
2. Wipe the area with antiseptic wipes.
3. Apply a triple antibiotic ointment or cream, if the person is not allergic or sensitive to the medication.
4. Cover with gauze and apply bandage.

Source: Medical News Today and American Red Cross

## BREATHING DIFFICULTIES

Difficulty breathing can be caused by several medical problems including asthma attacks or allergic reactions. Moderate to severe difficulty breathing is considered an emergency and requires immediate medical attention.

If the victim states they are having an asthma attack signs may include wheezing, breathlessness, chest tightness and nighttime or morning coughing. You may assist with these actions:

1. **Call 511** to activate EAS.
2. Ask the victim if they have an inhaler.
3. Ask if the medication is prescribed for the victim.
4. Assist the victim in administering the inhaler, if needed.
5. With any breathing emergency, help by sitting in an upright or in the position they are most comfortable until help arrives.

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## ALLERGIC REACTION (ANAPHYLAXIS)

Persons having an allergic reaction may experience swelling (especially of the face), breathing difficulty, an itching rash, shock and even death. The person may have a history of allergic reactions and may carry an epinephrine auto-injector (also known as an EpiPen) or they can be experiencing the allergic reaction for the first time.

Assist the person with the administration of the epinephrine if you suspect a severe allergic reaction and they have an EpiPen available, by following the following steps:

1. **Call 511** to activate EAS.
2. Make sure the medication is prescribed to the victim.
3. Follow the instructions on the device to administer the medication.
4. For any allergic reaction, allow the victim to sit upright or in the position they are most comfortable until help arrives.

Source: Centers for Disease Control and Prevention

## BURNS

Burns can be caused by heat, electricity or chemicals.

### BURNS CAUSED BY HEAT

1. Check to ensure the area is safe before approaching the injured person.
2. Remove them from the source or remove the source of the heat.
3. Cool the burn by using large amounts of cool running water on the area until the pain has subsided.
4. Do not use ice or cold water on the burn to cool it.
5. Loosely cover the burn with sterile dressing
6. Keep the individual warm and calm to avoid them going into shock.
7. If the burn is severe, **call 511** to activate EAS immediately.

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# BURNS CAUSED BY ELECTRICITY

If you realize a person is unconscious, has burn marks, has difficulty breathing, dazed and has a weak, irregular pulse, they may have electrical burns. Therefore, perform the following steps:

1. Check to ensure the area is safe before approaching the individual, do not approach or go near the individual until the power is turned off.
2. Check the individual for a response.
3. **Call 511** to activate EAS.
4. If the person is unconscious and you are CPR trained, commence the compressions until the individual becomes conscious or until help arrives.

**If you see someone spill chemicals on themselves:**

1. Ensure that the area is safe before approaching the individual.
2. Check to see if they respond.
3. **Call 511** to activate EAS.

**For dry chemical burns:**

1. Brush the dry chemical off the skin a gloved hand and flush the large amounts of cool, running water.
2. Be sure not to get any of the chemical in your eyes or the individual's eyes.
3. Remove all contaminated clothing and jewelry where the chemical has spilled.
4. Provide EAS with any information regarding the chemical when they arrive.

**For wet chemical burns:**

1. Flush the affected areas with large amounts of cool, running water for at least 20 minutes or until EAS arrives.
2. Be sure to flush away from the body to avoid spreading the chemical to other areas.

Source: American Red Cross

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## CHECKING AN UNCONSCIOUS INJURED OR ILL ADULT

### Check

- Ensure that the area surrounding the person is safe and then proceed to check on the person. Tap the person with a bit of force but not too much force to try to get them to respond.

### Call

- If there is no response from the individual, **call 511**.

### Care

- For uninjured, unconscious persons who are face down, roll them onto their back while providing support to their head and neck.
- If the person is not breathing, open the airway by tilting the head back, lift the chin and if you are trained in CPR you can proceed, if not seek assistance from anyone who may be trained or wait for the EAS.
- If the person is breathing, leave them on their back and monitor their breathing and circulation.
- You should also check for bleeding or wounds and apply pressure to the area to control the bleeding.

Source: Bayview Hospital

## CHOKING

If someone is choking:

### Children 1 year and Adults

1. Lean the person forward slightly, stand behind them and wrap your arms around their waist.
2. Press hard with a closed fist into the abdomen while grabbing your fist with the other hand.
3. Perform 5 quick thrusts.
4. Repeat until the object is dislodged.
5. If the airway is still blocked after performing the above processes, **call 511** to activate EAS.
6. Continue the process until help arrives

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## Unconscious Person

If the person is unconscious try performing the Heimlich Maneuver while they are laying on their back.

1. Clear the person's airway by swiping a finger in the person's mouth to pick out any foreign objects.
2. If the object cannot be seen or removed, commence CPR if you are trained, if not ask for assistance and **call 511** to activate EAS.

Source: Nation CPR Foundation

## Conscious Infant Choking

If an infant begins to choke and cannot breathe sufficiently perform the following steps:

### Children 1 year and younger

1. Rest child over your forearm (facedown), while your forearm is resting on your thigh.
2. Perform 5 thumps using the heel of your hand on the child's back.
3. If the object is still lodged in the throat, turn the child over (face up)
4. Using 2 fingers on the breastplate and perform 5 chest compressions
5. Repeat the process until the object is dislodged.
6. **Call 511** if you have repeated the process several times and still there is no relief.
7. Continue the process until help arrives.

### Children 1 year and older

1. Lean the person forward slightly, stand behind them and wrap your arms around their waist.
2. Press hard with a closed fist into the abdomen while grabbing your fist with the other hand.
3. Perform 5 quick thrusts
4. Repeat until the object is dislodged.
5. If the object still does not dislodge, **call 511** and repeat the process until help arrives.

Source: National CPR Foundation

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# CONTROLLING EXTERNAL BLEEDING

After checking the scene and the injured or ill person:

## Check

- Check to ensure that the area is safe before approaching.
- Check the injured person and reassure them that you are there to help.

## Call

- **Call 511** if necessary.

## Care

1. Put on disposable gloves before tending to the open wound
2. Cover the wound with a sterile dressing
3. Apply direct pressure
4. Cover the dressing with a roller bandage.
5. If there is an object lodged in the wound do not remove, let medical professional remove it.

If the bleeding does not stop:

1. Apply additional dressings and bandage
2. **Call 511** or ask someone to call to activate EAS.
3. Continue to apply additional pressure.
4. Take steps to minimize shock by keeping the individual warm and calm.

Source: American Red Cross

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## CUTS and SCRAPES

For minor wounds care:

1. Check to ensure the area is safe before approaching
2. Check the wound and reassure the person that you are there to help.
3. Apply disposable gloves to your hands before touching the wound.
4. Use sterile bandage and apply direct pressure to control the bleeding
5. Wash the wound with soap and water and rinse for 5 minutes with clean tap water, if possible.
6. If the person is not allergic or sensitive to the medication in triple antibiotic ointment, apply it to the wound.
7. Cover the wound with sterile dressing and bandage.

Source: American Red Cross

## DEHYDRATION

Dehydration occurs when more fluids are leaving the body than entering it, this may be caused by diarrhea, vomiting and excessive sweating. It can simply be reversed by increasing the fluid intake. However, in more severe cases it will require immediate medical attention and you should **call 511**.

Mild to moderate signs of dehydration:

- Decreased urine production
- Thirst
- Darker urine
- Dry mouth
- Lethargy
- Headache & dizziness
- Muscle weakness

Signs of more severe dehydration include:

- Sunken eyes
- Low blood pressure
- Shriveled and dry skin
- Lack of sweating
- Increased heart rate
- Fever
- Delirium
- Unconsciousness

Source: Medical News Today

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## DENGUE FEVER

Dengue is a disease caused by the dengue virus which is transmitted by mosquitoes. Some of the main symptoms of dengue fever are:

- Severe Headache
- Rash
- Muscle or joint pain
- Severe pain behind the eyes
- Mild bleeding manifestation (eg. Nose or gums)

You should seek urgent medical care or **call 511** to activate EAS if you experience any of the following warning signs:

- Severe abdominal pain
- Vomiting Blood
- Red Spots or Patches on the skin
- Drowsiness or irritability
- Pale, cold or clammy skin
- Difficulty breathing
- Bleeding from the nose or gums
- Black, tarry stools

Source: Centers for Disease Control and Prevention

## DENTAL INJURIES

Dental injuries include chipped teeth or a tooth that is knocked out.

1. If the individual is conscious and able to cooperate, rinse the mouth with cold tap water, if available. Have the individual bite down on a rolled sterile dressing in the space left by the tooth to stop the bleeding.
2. Save the displaced tooth or teeth and place them in milk or cool water. Pick the tooth up by the crown and not the root.
3. Seek dental assistance immediately.

Source: American Red Cross

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## DIABETIC EMERGENCY

Diabetes is a chronic medical condition which affects how the body turns food into energy. Diabetic emergencies occur when the blood sugar level is dangerously high (hyperglycemia) or low (hypoglycemia). This can also happen to person who do not have diabetes but it is more prominent in those who do.

Signs of Hypoglycemia (low blood sugar level) include:

- Sweating
- Hunger
- Headaches
- Blurred Vision
- Extreme Tiredness and Paleness
- Trembling

If a person with diabetes reports having low blood sugar, you may assist by providing them with sugars such as juices, sugar tablets or glucose gel, which the victim may be prescribed.

Signs of Hyperglycemia (high blood sugar level) include:

- Dry Mouth
- Extreme Thirst
- Frequent Urination
- Abdominal Pain
- Drowsiness

Do not give the victim anything to eat or drink if they are unable to swallow or have slow responsiveness. **Call 511** to activate EAS.

Source: Centers for Disease Control and Prevention

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## FOOD POISONING

Food poisoning is caused by consuming food or drink which is contaminated by bacteria or viruses. In some cases the bacteria is already in the food. Symptoms usually develop rapidly and appear within 2-6 days.

Symptoms usually develop rapidly and appear within a few hours or it may take a few days before they appear.

Symptoms:

- Nausea
- Vomiting
- Stomach Cramps
- Diarrhea (possibly bloodstained)
- Fever

Dehydration is one of the dangers associated with food poisoning due to the loss of body fluids caused by the frequent diarrhea and vomiting. This is where the loss of fluids is more rapid and they are not being replaced quickly enough.

If symptoms persist and worsen contact an emergency care provider or **call 511**.

Source: Centers for Disease Control and Prevention

## HANDS-ONLY CPR

If you see a teen or adult suddenly collapse:

1. **Call** (or tell someone else to call) **511**.
2. Check to ensure the area surrounding the person is safe.
3. Check for responsiveness. If they are not breathing commence CPR.
4. Turn victim onto their back and push hard and fast 30 times in the center of the chest at a rate of 100 to 120 beats per minute.
5. Repeat compressions after 2 breaths until help arrives.

CPR can more than double a person's chances of survival.

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## Positioning the victim

If the victim is injured, it is best to allow only trained rescuers to move that person. For the victim may have a spinal injury and moving them improperly could cause paralysis. There are, however, a few notable exceptions:

1. If there is an immediate threat to you and the victim, it may be necessary to relocate them to a safer place. Ensure that the area is safe, no live electrical wires, before approaching the victim.
2. Perform CPR if the victim is unresponsive and not breathing.

Source: Bayview Hospital

*TIP: The Heart & Stroke Foundation, Regal Development Solutions and the Barbados Red Cross Society offer classes on CPR and infant first aid for choking. For more information, contact either of the mentioned institutions.*

## HEAD INJURIES

Head injuries can be classified as minor (concussion) or life-threatening (traumatic brain injury) and should be handled with extreme caution. If a person has hit their head or received a blow to the head, be vigilant of the following signs:

- Confusion
- Unconsciousness (short period of 30 minutes)
- Dizziness
- Amnesia (lasting longer than 24 hours)
- Persistent low-grade headaches

There are danger signs to look out for in persons with head injuries and it is advised that you seek urgent medical care or **call 511** to activate EAS. These danger signs are:

- Repeated vomiting and nausea
- Cannot recognize people
- Weakness, numbness or decreased coordination
- Headache that worsens or does not go away
- Having seizures or convulsions
- One pupil significantly larger than the other
- Slurred speech

Source: Brain Foundation & Centers for Disease Control and Prevention

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## HEART ATTACK

A heart attack occurs when a part of the heart muscle does not receive enough blood flow. They are normally recognized as severe chest pain, but there are a number of other, subtler signs. Heart attacks affect men and women of all ages. You can learn to recognize the signs and symptoms and activate EAS immediately if you suspect you or someone else may be suffering from a heart attack.

The signs of a heart attack might include:

- Pain or discomfort in the jaw, neck or back.
- Feeling weak, light-headed or faint.
- Chest pain or discomfort – It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Pain or discomfort in the arms or shoulders.
- Shortness of breath.
- Other symptoms include unexplained tiredness, nausea and vomiting

**If you notice the symptoms of heart attack in yourself or someone, Call 511 immediately.**

1. **Call 511** to activate EAS.
2. Allow the victim to sit up, or in the position that is most comfortable.
3. Reassure the victim that help is on the way.
4. Monitor the victim and perform CPR if the victim becomes unresponsive or lacks normal breathing.

Source: Centers for Disease Control and Prevention

For more information: [https://www.cdc.gov/heartdisease/signs\\_symptoms.htm](https://www.cdc.gov/heartdisease/signs_symptoms.htm)

## HEAT EMERGENCY

This involves illness which is brought on by heat and may include heat stroke and heat exhaustion. Most of the heat-related emergencies can be prevented by drinking lots of water especially during hot weather and staying indoors during the hottest parts of the day.

Heat stroke is the most serious heat illness, this is where the body's temperature rises rapidly, the sweating mechanism fails and the body is unable to cool down. When a heat stroke occurs, the body's temperature rises to 106°F or higher within 10 to 15 minutes. It can cause death or permanent disability if urgent treatment is not given.

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Signs of a heat stroke are:

- Seizures
- Loss of consciousness
- Very high body temperature
- Confusion, alter mental status altered, slurred speech
- Hot, dry skin or profuse sweating

If you see or suspect someone is having a heat stroke, call an emergency medical provider or **call 511** to activate EAS immediately. You can assist the person until the EAS arrives by:

- Move the person to a shaded, cool area and remove outer clothing
- Cool the person quickly with cold water or ice bath, if possible.
- Place cold, wet clothes or ice on head, neck, armpits and groin.

Heat exhaustion is a response to the body losing an excessive amount of water and salt, which is usually through excessive sweating. Symptoms of heat exhaustion include:

- Headache
- Nausea
- Dizziness
- Thirst
- Heavy sweating
- Weakness
- Decreased urine output
- Elevated body temperature
- Irritability

Seek urgent medical care or **call 511** if you suspect someone is experiencing heat exhaustion. Until help arrives you can assist the person by doing the following:

- Remove the person from the hot area.
- Give liquids to drink and encourage frequent sips of cool water.
- Remove unnecessary clothing, including shoes and socks.
- Cool the person with cold compresses on their head, face and neck.

Source: Centers for Disease Control and Prevention

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## POISON EMERGENCY

A poison is any substance which causes harm to the body if too much is absorbed, inhaled, injected or ingested. There is no general treatment for poisoning since there are various types of poisons, therefore it is recommended that you **Call 511** and activate EAS.

If you believe someone has ingested poison:

1. **Call 511** to activate EAS.
2. Remain calm
3. **DO NOT** give the victim anything, follow all instructions being provided by the emergency operator

Source: Centers for Disease Control and Prevention

## SEIZURES ( CONVULSIONS )

Seizures can be caused by a sudden high fever or medical conditions such as epilepsy. These types of seizures are usually controlled by medications. However, they can still occur.

If someone is seizing for a prolonged time, stay calm and:

1. **Call 511** immediately to activate EAS.
2. Remove any nearby objects which can cause further harm.
3. **DO NOT** hold or restrain the individual.
4. **DO NOT** place anything in the individual's mouth.
5. Place the person on their side to allow any fluids to drain from the mouth.
6. When the seizure is over, check the airway and ensure that it is clear.
7. Also check for breathing and injuries.

Source: American Red Cross

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## SPRAINS, STRAINS, BRUISES, DISLOCATIONS & BROKEN BONES

If someone has received injuries to a muscle, joint or bone, **call 511** to activate EAS. If the injury is severe, you can follow R.I.C.E:

1. Rest – do not move or straighten the injured area.
2. Immobilize – stabilize the injured area in the area it was found.
3. Cold – Fill a plastic bag or plastic wrap ice in a damp cloth and apply it to injured area for periods of 20 minutes at a time. Remove the ice pack for intermits of 20 minutes.
4. Elevate – **DO NOT** elevate the injured part if it causes the individual more pain.

Source: American Red Cross

## STINGS: BEES, WASPS & JELLYFISH STINGS

First aid care is all that is mainly required for insect stings, once the person is not allergic.

1. Remove the stinger by scraping away with a flat surface or by removing it with a tweezers. **DO NOT** squeeze any venom sac.
2. Wash the wound with soap and water
3. Cover with a dressing.
4. Apply ice or cold pack to reduce any swelling.
5. If the person was stung by a jellyfish, soak the area in vinegar.

If you notice signs of severe allergic reaction such as trouble breathing, wheezing, swelling of the face, neck or throat, tightness of the chest, dizziness or confusion **call 511** to immediately activate EAS.

Source: American Red Cross

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## STROKE

Learn to recognize the signs of a stroke and activate EAS immediately if you believe someone maybe suffering from a stroke. Know the signs and symptoms of a stroke:

- Sudden numbness or weakness in face, arm or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or difficulty in understanding speech
- Sudden trouble seeing in one or both eyes, sudden severe headache, trouble walking, dizziness, loss of balance or lack of coordination.

Remember the **FAST** test to help stroke patients get treatment quickly:

Facial weakness – Can the person smile? Has their mouth or eye drooped?

Arm weakness – Can the person raise both arms?

Speech problems – Can the person speak clearly and understand what you say?

Time is critical – **call 511** to activate EAS.

A speedy response can help reduce the damage to a person’s brain and improve their chances of a full recovery. Make a note of the time the symptoms started or the patient was seen to be normal.

Source: The Heart & Stroke Foundation of Barbados and Centers for Disease Control and Prevention

## SUNBURN

Sunburn is caused by over exposure to the sun’s rays without the proper protection of the skin. Signs of sunburn are swelling and red, painful skin and sometimes blisters form.

To relieve mild sunburn:

1. Cool the burn by running cool water on the affected area or by fanning.
2. Protect from further damage by wearing sunscreen or by staying out of the sun.
3. If they are unbroken blisters protect them with loose bandage and keep the broken blisters clean to prevent infection.

Source: American Red Cross

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