



RESPONSIVE PATIENT

- Make sure scene is safe
- Introduce yourself, "Can I help you?"
- Phone 911 if necessary, find First Aid Kit and AED*
- Wear gloves and protective equipment
- Assess victim for injuries and illness

UNRESPONSIVE PATIENT

- Make sure scene is safe
- Tap and shout, "Are you ok?"
- Phone 911, find First Aid Kit and AED*
- Wear gloves and protective equipment
- Open airway, feel for breathing
- Assess victim for injuries, medical alert jewelry

BREATHING PROBLEMS

Choking

- Signs - cannot breathe, talk or make sounds
- has cough that is very quiet or has no sound
 - high pitched, noisy breathing, bluish lips and skin
 - makes the universal choking sign
- Action - Ask: "Are you ok? May I help you?"
- Perform abdominal thrusts
 - Infants give back blows, then chest compressions
 - If patient collapses and is unresponsive, call 911
 - Start CPR and find an AED*

Allergic Reaction

- Signs - trouble breathing, swelling of tongue and face
- Action - Find victim's EPI-pen (epinephrine injection)
- Phone 911, inject pen in outside of thigh
 - If victim stops responding, start CPR, find an AED*

Asthma

- Signs - trouble breathing, can't inhale or exhale fully
- Action - Find inhaler, encourage exhale, then inhale puffs
- Phone 911 immediately if medication not working
 - If victim stops responding, start CPR, find AED*

HEART ATTACK

- Signs - nausea, heartburn, indigestion
- shortness of breath, cold sweat, lightheadedness,
 - chest discomfort - severe pressure squeezing pain
 - pain in upper body (arms, neck, jaw, stomach)
 - (women) pain between shoulder blades or neck
- Action - Call 911 immediately, find an AED*
- If there are no allergies, no serious bleeding, with **no signs of STROKE**, have victim **chew and swallow one regular or 2 low-dose Aspirin**
 - Have victim sit calmly and rest
 - Be prepared to perform CPR, find AED*

***Finding an AED** – Automated External Defibrillator

Public buildings (federal, state, county, city)

Schools, libraries, community centers

Pools, gyms, fitness centers

Police, Security office and/or vehicles

Malls, Hotels, Large Construction Sites

Home Depot, Costco, Whole Foods, PCC

Dental offices in Washington State

Clinics, Urgent Care, some pharmacies

Airports, airplanes, trains, ferries

ALTERED OR LOWERED RESPONSE

Diabetes and Low Blood Sugar

- Signs - changes in behavior, "not themselves"
- hungry, thirsty, weak, agitated, confused
 - sweaty, pale skin, seizure, unresponsive
- Action - If patient can swallow, give sugary liquids
- Call 911 if not improving
 - Do NOT give insulin

Fainting

- Signs - sudden collapse or difficulty standing
- sudden confusion, dizziness
 - sweaty skin, pale, lightheadedness
- Action - Call 911, find AED* and First Aid Kit
- Have victim lay down and rest
 - Ask bystanders why but rely on 911
 - Only give fluid or foods if advised

Stroke

- Signs - sudden numbness, weakness of face, arm, or leg especially one side of body
- sudden confusion, trouble speaking, or understanding
 - sudden loss of balance, difficulty walking
 - severe headache with no known cause
 - sudden difficulty seeing
- Action - Call 911 immediately, find AED*
- Have victim sit calmly and rest
 - **DO NOT GIVE ASPIRIN!**

Seizure

- Signs - sudden loss of muscle control, collapse
- jerking movement of arms, legs, body
 - lack of response to tap and shout
- Action - Do NOT restrain, Do pad/protect head
- Do NOT stick objects in mouth
 - Move debris and furniture away
 - 911 unless they have a seizure history
 - Roll victim on side as seizure resolves

Shock

- Signs - weak, dizzy, faint, agitated, confused
- pale, cool, clammy skin
 - possible severe blood loss
- Action - Call 911, check for signs of bleeding
- Keep person calm, lying down
 - Keep victim warm, gently raise legs
 - Do not give food or fluids