



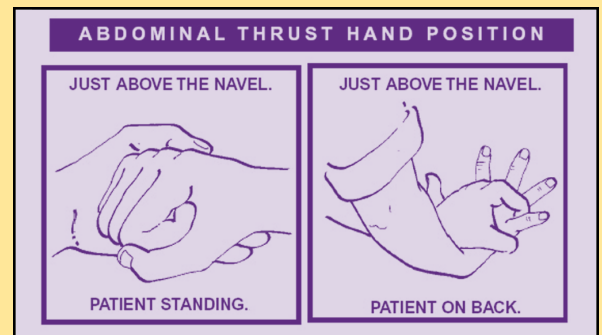
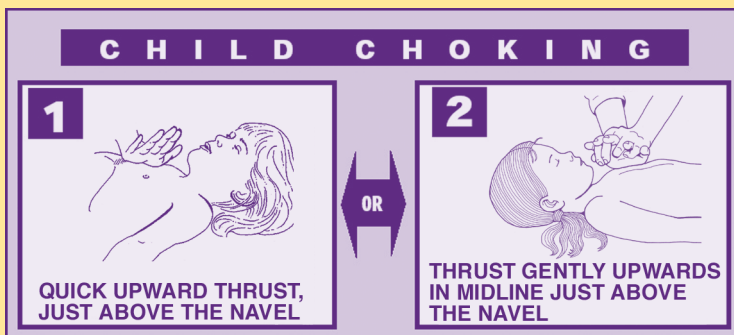
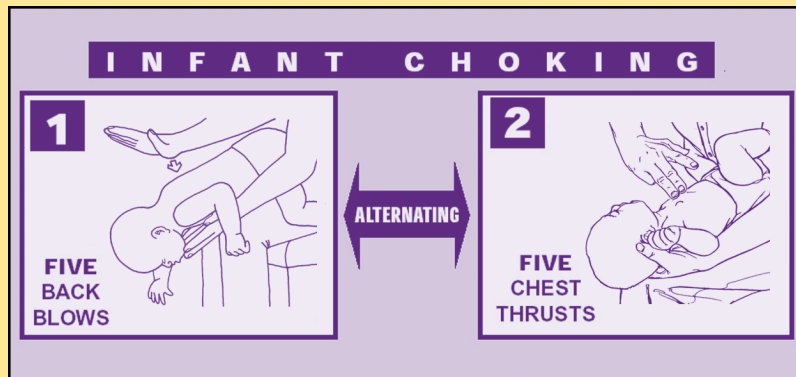
# WHAT TO DO UNTIL HELP ARRIVES FOR A CHILD MEDICAL EMERGENCY

When something happens that puts a child's life in danger, you need to get help right away. While you wait for help to arrive, minutes tick away. In those few minutes, you could save a child's life by taking some basic steps.

The boxes below describe what you should do and what you should not do in several types of emergencies: choking, eating or drinking a poison, severe bleeding, breathing problems, burns, seizures, loss of consciousness, and falls and crashes.

## FOR A CHILD WHO IS CHOKING

WHAT WILL HAPPEN	The child will not be able to cough or make a sound.
You Should . . . . .	Check the scene for safety. Send someone to call 911 or the local emergency number, and get permission before giving care. If the child can cough or make any sound, do nothing until help arrives. Let the child cough. Coughing is the best way to remove most objects. If the child cannot make any sound, try to remove the object using the technique in the pictures below. If the infant or child is unconscious, open the child's mouth and remove the object if seen. If the object is not seen, repeat the technique in the pictures until the object is out, or until help arrives.
Do not . . . . .	If the child can make a sound, do not hit him/her on the back to try to stop the choking. Also, do not put your finger into the child's mouth if you cannot see the object. You may cause it to get stuck further down the trachea.



## FOR A CHILD WHO IS BLEEDING SEVERELY

WHAT WILL HAPPEN	Bleeding will not stop even when you raise the part of the body that is bleeding above chest level and apply gentle pressure to the wound.
You Should . . . . .	Check the scene for safety. Cover the wound with a dressing or clean cloth and apply pressure (avoid touching blood or bodily fluids).
Do not . . . . .	Do not remove any object that is in the wound. Do not probe or put any object into the wound.

## FOR A CHILD WHO IS HAVING TROUBLE BREATHING

WHAT WILL HAPPEN	The child's chest will rise and fall, and the child may seem anxious.
You Should . . . . .	Check the scene for safety. Send someone to Call 911 for the local emergency number. Tilt the head back and lift the chin to open the airway. Allow child to get into the position that the child prefers. If child becomes unconscious tilt head back and lift the chin to open the airway.
Do not . . . . .	If the child can talk or cough, do not take steps to relieve choking. Do not force the child to lie down.

## FOR A CHILD WHO IS BADLY BURNED

WHAT WILL HAPPEN	The skin will change color and become either red, pale, or charred. The skin may or may not have blisters.
You Should . . . . .	Check the scene for safety. Cool the burn with large amounts of cool water. Cover the burn using a dry, sterile dressing or clean cloth.
Do not . . . . .	Do not put ice, butter, or any cream or ointment on the burn.

## FOR A CHILD WHO IS HAVING A SEIZURE

WHAT WILL HAPPEN	The child will not be able to respond to you. It is likely that the child will be shaking. The child's eyes may be rolled back.
You Should . . . . .	Send someone to call 911 or the local emergency number, if necessary. Clear away any objects that could harm a shaking child. Protect the child's head by placing a folded towel or clothing beneath it. Let the seizure run its course; it will stop.
Do not . . . . .	Do not restrain the child in an effort to stop the shaking. Do not put any objects in the child's mouth.

## FOR A CHILD WHO IS UNCONSCIOUS (FAINTING)

WHAT WILL HAPPEN	The child will appear to be asleep, but you will not be able to arouse the child.
You Should . . . . .	If the child does not wake up right away, send someone to call 911 or the local emergency number. If possible, raise the child's legs 8 to 12 inches if injury is not suspected. Loosen any tight clothing. If the child vomits, turn the child's head to the side or roll the child onto his or her side.
Do not . . . . .	Do not move the child unless the child is in a dangerous place. Do not give the child any food or drink.

## FOR A CHILD WHO IS INJURED IN A FALL OR CRASH

WHAT WILL HAPPEN	Sometimes, but not always, a bone may look out of place.
You Should . . . . .	Keep the child still. For warmth, gently cover the child with a light blanket or clothing.
Do not . . . . .	Do not move the child unless the child is in a dangerous place.

## FOR A POISONED CHILD

WHAT WILL HAPPEN	The child may become ill, or you may notice a change in behavior. Sometimes, children who eat or drink something poisonous look fine.
You Should . . . . .	Check the scene for safety. Check the child's level of consciousness, breathing and signs of circulation. If the child is unconscious, call 911. Call the Poison Control Centers at 1-800-222-1222 if the child is conscious. Always have what the child ate or drank with you when you call and when you go to the hospital so you can answer questions about what and how much the child swallowed.
Do not . . . . .	Do not wait for the child to look or feel sick. Do not give the child something to make him or her vomit unless advised to do so by the Poison Control Center or the child's doctor.

## LEARN CPR

Cardiopulmonary resuscitation (CPR) is a skill that all of us should have. Some people do not learn CPR because they are afraid they may not do it the right way and may even cause more problems for a child. CPR is really very simple, and it is a vital skill for parents and other people who care for children.

Many community groups offer CPR courses for a small fee. Most courses last 6 to 8 hours and include information on providing first-aid and ways to prevent emergencies from occurring.



Adapted and updated from: *How to Prevent & Handle Childhood Emergencies: A Handbook for Parents and People Who Care for Children.*

