

EMERGENCIES AND FIRST AID

Do you know what to do if someone gets hurt? Do you know what to do in an emergency like a fire? If an emergency occurs, you need to act quickly but stay calm. In many places, you can call for help by dialing 911 on the phone right away. This is the number for emergencies. The person who answers the phone can tell you what to do to get help. If you have 911 services in your town, call that number first in an emergency. The operator will help you with whatever you need. When you call 911, speak clearly and slowly. The operator will ask you questions about the emergency. Give your name, the phone number you are calling from and the address. You should also have a list of emergency phone numbers near your phone. You should know what number to call for the fire department, police department, poison control center, hospital or doctor's office. It's also a good idea to have an emergency first aid kit in your home. This kit should include bandages, antibiotic ointment, soap and if possible, rubber gloves.

If you are with someone who is hurt, you may be able to give first aid while you wait for help. For example, if someone is cut and bleeding, it is important to stop the bleeding. You can do this by putting a clean cloth over the wound and pressing firmly. Be sure not to touch blood yourself unless you are wearing gloves. If a person is burned, use cold water to cool the burn. Don't use ice or ice water. Dry the area and bandage it to keep air away. Never use any kind of ointment or cream on a burn. Sometimes a small child will get into medicine or cleaning products or some other chemical and swallow it. If this happens, call 911 or the poison control center immediately. Tell the operator what the child swallowed. Read the label on the bottle to find out what to do if it is swallowed.

You can practice what to do in an emergency so you will be able to act quickly if a real emergency occurs. For example, one very good thing to practice is what to do if there is a fire. In a fire, stay as low to the ground as possible and crawl toward an exit. The reason to stay low is that smoke rises and it will be easier to breathe near the floor. If you reach a closed door, feel the door to see if it is hot. If the door is hot, you should not open it. Get out another way. You can also practice giving first aid and even how to make an emergency phone call. If you practice calling 911, don't call the real number. Just practice what you would say to the operator in an emergency. Knowing what to do and being prepared are the best ways to be sure that you will be okay in an emergency.

Name _____



Date _____

ANSWERS

1. 911
2. a
3. fire department, police department, poison control center, hospital, doctor's office
4. bandages, antibiotic ointment, soap, rubber gloves
5. d
6. a
7. c
8. b
9. You can practice what to do in a fire, how to give first aid or how to make an emergency phone call
10. Answers will vary but should include a description of the product the child swallowed, the name of the person calling, the phone number he/she is calling from and the address where the child is located