

EMERGENCY

Every year in this country nearly 6,700 child under the age of fourteen die and another 50,000 are permanently disabled from preventable injuries.

KNOWING THESE TEN THINGS COULD SAVE YOUR CHILD'S LIFE!

1. KNOW HOW TO SPOT AN EMERGENCY SITUATION.

⇒ An emergency situation if you think your child could die or suffer permanent harm unless prompt care is received. If you are not sure, *MAKE THE CALL!*

2. KNOW HOW TO CONTACT YOUR LOCAL EMERGENCY SERVICE.

⇒ In communities that have 9-1-1 system, simply dialing 911 in an emergency connects you to Emergency Medical Services (EMS), the police and fire.

⇒ *IMPORTANT* – Some areas of our state do not have 911. In these areas, there are different numbers to call for a medical, police or fire emergency. Find out what they are and ***P.L.A.N. – Plan List of All Emergency Numbers*** on or by every telephone in your home. Seconds count when calling your local ambulance/emergency service, poison center, police and fire departments – ***P.L.A.N. NOW!***

3. LEARN CPR AND CHOKING RESCUE PROCEDURES FOR INFANTS AND CHILDREN.

⇒ Knowing how to perform CPR procedures on a child who has stopped breathing could provide your child with the lifesaving support that he or she needs before the professionals arrive.

⇒ Understanding basic choking rescue procedures is essential to saving the life of any child whose airway is blocked by objects lodged in the throat.

⇒ Your local American Heart Association or American Red Cross chapter has information on CPR courses offered in your area. Also check with your local hospital for CPR training, first aid, and child safety courses.

4. LEARN THE BASICS OF FIRST AID.

⇒ Knowing how to stop serious bleeding from an open wound, manage shock, handle fractures and control a fever could provide your child with the right amount of help during an emergency.





5. IMMUNIZE, IMMUNIZE, IMMUNIZE.

⇒ Get all your child's immunizations on time. Failure to do so places your child at serious risk of permanent disability and even death from a preventable illness!

6. REMEMBER WHAT TO DO IF YOUR CHILD IS INVOLVED IN A CAR CRASH.

⇒ *DO NOT MOVE* your child unless in further danger. Moving the child unnecessarily could result in permanent injury.

⇒ Keep the child warm and, if conscious, keep him or her still.

7. UNDERSTAND WHAT TO DO IF YOUR CHILD IS POISONED.

⇒ If your child has been poisoned, bring the poison (and child, if possible) with you to the phone when calling the poison center.

⇒ Memorize your local poison center's number and post it by the phone – **P.L.A.N.!**

8. LEARN WHAT TO DO IN CASE YOUR CHILD HAS A SERIOUS FALL.

⇒ *DO NOT MOVE* any child who is unconscious or has struck his or her head. Doing so may result in a more serious injury or permanent disability.

⇒ Call 911 or your local emergency number in cases involving any loss of consciousness, blood or watery fluid coming from the ear or nose, and/or a convulsion/seizure.

⇒ Cover your child with blankets and, if conscious, keep him or her still.

9. KNOW HOW TO TREAT YOUR CHILD IN CASE OF A BURN – STOP THE PROCESS.

⇒ For minor burns without blisters, place the burned area into cold water until the pain is gone (about 15 minutes). *DO NOT* use ice.

⇒ For burns with blisters, call your doctor immediately. *DO NOT* use butter or petroleum jelly.

⇒ Large and or deep burns require an immediate call to 911 or your local emergency number. Keep your child warm with a clean sheet and then a blanket until help arrives.

10. BE PREPARED TO ACT IN CASE YOUR CHILD HAS A SEIZURE.

⇒ Perform rescue breathing if your child is not breathing. If breathing, lay your child on his or her side.

P. L. A. N.

Emergency Number(s): EMS _____
Police _____
Fire _____
Poison Center _____

MY ADDRESS IS _____