



Medical Incidents

This quick reference guide is not a replacement for comprehensive training and meant only for awareness and basic education. Call 9-1-1 for official guidance and assistance.

Allergic Reactions and Poisoning

This serves only as a quick guide. As always, call 9-1-1 for official guidance.

- **Know the signs:**
 - Swelling of face, lips, tongue, mouth, and airway. Blue or gray color around lips.
 - Wheezing and shortness of breath.
 - Tightness in the chest.
 - Dizziness; nausea; and/or vomiting.
 - Itchy skin, hives or other rashes appearing quickly
- **Provide relevant first aid:** administer epinephrine, an asthma inhaler, or other.
- **Do CPR** with the direction of a 9-1-1 dispatcher or trained CPR provider.

Breathing Problems

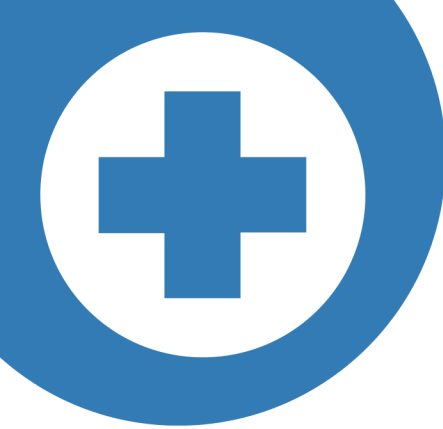
This is not a replacement for training on CPR. Only perform CRP with instruction from a 9-1-1 dispatcher as you await responders to arrive.

- **Check for responsiveness:** CPR is only to be performed when no pulse is found.
- **Check for other conditions:** is the person an asthmatic? Do they have their inhaler?
- **Call for help:** Call or appoint someone to call 9-1-1 immediately.
- **Chest compressions:** Push hard and fast, at least two (2) inches down at a rate of 100 to 120 presses per minute. Allow chest to rise completely between presses.
- **Rescue breaths:** Open airway by lifting the chin. Pinch the nose shut, make a seal over their mouth, and give 2 breaths, each lasting about a second.

Bone, Joint and Spine Injuries

Call 9-1-1 immediately. For neck or spine injuries, do not move the injured person or let them move. Movement will make injuries worse and risk paralysis.

For broken bones, dislocations or sprains, provide first aid, if bleeding occurs, and follow directions from 9-1-1 dispatch.



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Get all resources and full guides at
go.sjsu.edu/emergency

Choking

If alone and choking

1. If you are choking and need assistance from others near you, and cannot speak, make crossed hands motion in front of your throat indicating that you are choking.
2. Collapse your abdomen into the top of a chair back into yourself and upwards.

To help someone who appears to be choking

1. Move behind the person, make a fist with one hand and grasp it with the other hand just above their navel. Pull the person close and thrust fist upward.
2. If the person becomes unresponsive, start CPR. Have another person call 9-1-1 immediately for guidance from emergency dispatch and to get first responder assistance.

Cuts and Bleeding

1. **Apply pressure:** use sterile gauze (or clean cloth) and close tightly around the wound.
2. **Elevate affected limb:** raise limb above the level of the heart to slow and reduce blood flow.
3. **Clean the wound:** Once bleeding is controlled, clean the wound with water and mild soap.
 - a. **Do not** use isopropyl alcohol or hydrogen peroxide as these kill cells needed for healing.
 - b. **Do not** use antibacterial ointment as it can cause allergic reactions. Use petrolatum-based ointments if covering the wound in a substance is desired.
 - c. **Do not** leave wounds exposed to air. Keep wounds covered with sterile bandages to heal.
4. **When to call 9-1-1:** If the wound is deep, caused by a puncture such as a gunshot or sharp object, spurting blood, or bleeding that doesn't stop after 10 minutes of direct pressure.

Restoring Heartbeats

Only use AED kits if trained or instructed by emergency services.

- **Call for help:** Call or appoint someone to call emergency services immediately.
- **Do not leave** the person alone, appoint someone to look for an AED kit.
- **Use AED:** Attach pads in the correct positions as indicated by the diagrams on the kit and follow the instructions provided by the device.