(RE)ACT FAST DURING AN EMERGENCY...

**CPR/HEART ATTACK**
- If unconscious and not breathing normally...
  - Call 9-1-1
- Position hands & start CPR
  - Credit: American Heart Association.
- Give 100 chest compressions per minute (hum to the Bee Gees' song “Staying Alive”)
  - Credit: American Heart Association.
- Scan QR code for quick tutorial
  - Credit: Parkview Health.

**DROWNING**
- If unconscious and not breathing normally...
  - Call 9-1-1
- Position hands & start CPR
  - Credit: American Heart Association.
- Give 100 chest compressions per minute (hum to the Bee Gees' song “Staying Alive”)
  - Credit: American Heart Association.
- Scan QR code for quick tutorial
  - Credit: Parkview Health.

**CHOKING**
- If a person is choking & can’t talk or cry out...
  - Give 5 back blows
- Give 5 abdominal thrusts
- Alternate between 5 blows & 5 thrusts until the blockage is dislodged
- Credit: Parkview Health.
- Scan QR code for quick tutorial
  - Credit: Parkview Health.

**STOP THE BLEED**
- Call 9-1-1
- Apply pressure with hands
- Pack wound & press to cover
- Apply tourniquet or tight bandage/cord to stop/slow blood flow
- Credit: Parkview Health.
- Scan QR code for quick tutorial
  - Credit: Parkview Health.
(RE)ACT FAST DURING A FIRE...

**SKIN BURN/MAJOR BURN**

**CALL 9-1-1**

- Remove jewelry, belts, sleeves, etc. around the burn area.
- Cover area of burn. Use cool moist bandage or clean cloth.
- Don't submerge severe large burns in water.
- Elevate burn area above heart level, if possible.

**HOME FIRE**

**CALL 9-1-1**

- Stay low to the ground & crawl to escape.
- If door escape is not available, use a window to climb out or use a ladder.
- Make sure all occupants are safe.

**WILDFIRE**

**CALL 9-1-1**

- Pack up all irreplaceable items & prepare to be away for some time.
- Go before you are told to do so.
- Activate your RSG wildfire action plan.

**KITCHEN FIRE**

- If small, cover the pan with a lid & turn off the burner.
- If in microwave, keep door closed, unplug appliance, & turn off. Let burn out in enclosed place.
- Throw baking soda on it or smother fire with a wet towel/cloth.
- Do not use water! Use a fire extinguisher.

Scanning QR code for quick reference guide.