



📞 Emergencies

215-573-3333

511 on campus phones

① What's the problem?

Is the person conscious? Can they speak and respond? Are they having trouble breathing or bleeding uncontrollably?

② Call the number above.

Provide the exact location and describe the nature of the problem.

③ Get an AED or a bleeding control kit...

if the person is not breathing, not breathing normally, experiencing symptoms of a heart attack, or bleeding severely.

④ Have someone to meet the first responders and control the surrounding area.

There may be multiple first responders coming. Seek help from medically trained persons and remove untrained individuals from the area.

⑤ Begin first aid.

See guides on right side for details.

📍 *This flyer is located at*

First Aid Guide

For Medical Emergencies

🚫 Before You Begin...

- Complete the five steps on the left.
- **Be sure the area is safe and clear of hazards.**
- **Never attempt anything you are not comfortable with.**
- **Make sure the first responders are on their way.**

The following guides are to be used as you await medical help to arrive.

🏠 Symptoms by Type

🩹 What to Do

Chemical Exposure to Skin

Redness, raised skin, irritation, change in color, itching, stinging, swelling.

Remove jewelry and rinse with soap and water for 15 minutes.

Chemical Exposure to Eyes

Redness, stinging, swelling, pain, tearing, inability to open.

Rinse at eye wash station for 15 minutes.

Chemical Exposure by Inhalation

Coughing, burning, shortness of breath.

Relocate to open area with clean air.

Chemical Exposure by Ingestion

Nausea, vomiting, drooling, burning, dryness of mouth.

Do NOT induce vomiting. Identify what was ingested.

Cuts or Bleeding

Bleeding, pallor, sweating, swelling.

Apply pressure to wound.

Fainting

Loss of consciousness, pallor, sweating, seeing spots, dizziness.

Prevent secondary injury from falling. Check for condition with basic questions.

Seizures

Staring, confusion, fainting, stiffening, uncontrolled motion, drooling, vomiting.

If possible, turn patient on the side to prevent potential suffocation.

Diabetic Emergency

Dizziness, shaking, rapid pulse, clamminess, sweating, seizures.

Provide simple carbohydrates if patient is a known diabetic and conscious.

Severe Allergic Reaction

Difficulty breathing, swelling, skin rash.

Help patient locate an EpiPen.

Asthma

Difficulty breathing, wheezing, cough.

Help patient locate an inhaler.