



RESOLUTE
Active Care



HEALTH EMERGENCY GUIDE

For The Family



Health Emergency Guide

A medical emergency is an acute injury or illness that poses an immediate risk to a person's life.

This guide gives a quick action list for commonly occurring health emergencies

- ⇒ Emergency Preparation
- ⇒ Fainting
- ⇒ Heart Attack
- ⇒ Stroke
- ⇒ Snake Bite
- ⇒ Dog Bite
- ⇒ Night Sweats
- ⇒ Poison
- ⇒ Burns
- ⇒ Fracture
- ⇒ Cuts & Severe wounds
- ⇒ Choking
- ⇒ Panic Attack
- ⇒ Mental Health Crisis

DISCLAIMER

- This guide is a general health and wellness document for age 18 or over. Its aim is strictly educational and informational. It does not constitute medical advice or treatment or therapy.
- **IF YOU BELIEVE YOU HAVE A MEDICAL EMERGENCY, YOU SHOULD IMMEDIATELY CALL 108**
- Resolute (Pytheos Health Systems Pvt Limited) is not liable or responsible for any advice, course of treatment, self-treatment, diagnosis or any other information, services or product you obtain after use of this section.
- Medical information changes constantly, therefore, the information in this section or on the linked websites should not be considered current, complete or exhaustive, nor should you rely on such information to recommend a course of action or for any other purpose.
- You are encouraged to confirm the information in this section with other sources as we will not be liable to you for the content or use of the information in this section.



References

- ⇒ **Indian Red Cross Society**, "Indian First Aid Manual ." *Authorized Manual*, 2016, indianredcross.org/publications/FA-manual.pdf.
- ⇒ **BeWell Hospitals**, "An Emergency Checklist for the Entire Family". [PDF File]
- ⇒ **Hato Hone St. John**, "First Aid Library". stjohn.org.nz/first-aid-library.
- ⇒ **St. John Ambulance Australia**, "Emergency First Aid", *4th Edition*, October 2017. [PDF File]
- ⇒ **Mental Health First Aid Australia**, "*Panic Attacks : Mental Health First Aid Guidelines*", April 2020, mhfa.com.au/MHFA_panic_guidelines
- ⇒ **Beth Israel Lahey Health**, "*Panic Attack vs. Heart Attack: How to Tell the Difference*" February 2020, bidmc.org/panic-attack-vs-heart-attack
- ⇒ **British Journal of School Nursing**, "*Working with self-harming children and young people* ", April 2009, Vol 4 No 3

Reviewed by Resolute Doctors

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Emergency Preparation

➤ **We strongly suggest you to create an emergency card for the entire family. It should include:**

- ☑ List of chronic health conditions for every family member (if any)
 - ⇒ Medication list- List all prescribed medications, over-the-counter medications, and dietary supplements.
 - ⇒ Highlight any new or recently started medications.
 - ⇒ Highlight the dosage and frequency of the medications.
 - ⇒ List any recently stopped medications (e.g. from the past 6 months)
 - ⇒ Highlight the allergies caused by the medications (If any).
- ☑ Reports of previous surgeries/procedures
 - ⇒ Highlighting the medical record which documents the details of a surgery along with any complications.
 - ⇒ Include diagnostics results of blood and urine tests.
 - ⇒ Also include X-rays, ultrasounds, CT scans, and MRIs (if any).
 - ⇒ Include health insurance documents or cards along with the coverage amount.
 - ⇒ Please replicate the card for each family member.





NAME

MENTION ANY CHRONIC MEDICAL CONDITIONS

- Hypertension
- Diabetes
- Cancer
- Asthma
- PCOS

Any Other:

PRESCRIBED MEDICATIONS

Medications	Dose	Medications	Dose
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	

OVER THE COUNTER MEDICATIONS

- Fever/Cold Medications
- Antacids
- Laxatives
- Allergy Medications
- Multivitamins

Supplements
 Any Other:

RECENTLY STOPPED MEDICATIONS

Medications	Dose	Medications	Dose
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>			
<input type="checkbox"/>			
<input type="checkbox"/>			



IN CASE OF EMERGENCY



AMBULANCE - 108



POLICE - 100



FIRE-101

EMERGENCY CONTACT NUMBER

NAME	RELATION	PHONE NUMBER

BLOOD GROUP

NAME	RELATION	PHONE NUMBER

NEAREST EMERGENCY CARE

NAME	NUMBER





NAME

SURGERIES/PROCEDURES

- | | | |
|---|---|---|
| <input type="checkbox"/> Appendicectomy | : | <input type="checkbox"/> Ovarian Cyst Removal |
| <input type="checkbox"/> Joint Replacement | : | <input type="checkbox"/> Tooth Extraction |
| <input type="checkbox"/> Broken bone repair | : | <input type="checkbox"/> C-section |
| <input type="checkbox"/> Angioplasty | : | <input type="checkbox"/> Cataract |
| <input type="checkbox"/> Hernia | : | <input type="checkbox"/> Any Other Mention: _____ |
| <input type="checkbox"/> Piles/Fistula | : | |

HEALTH INSURANCE

- Insurance Card
Valid Till: _____
Coverage amount: _____
- Co-pay:





Fainting

Signs to Look out for:



WARNING:

Loss of consciousness should be treated as a medical emergency as it requires medical attention

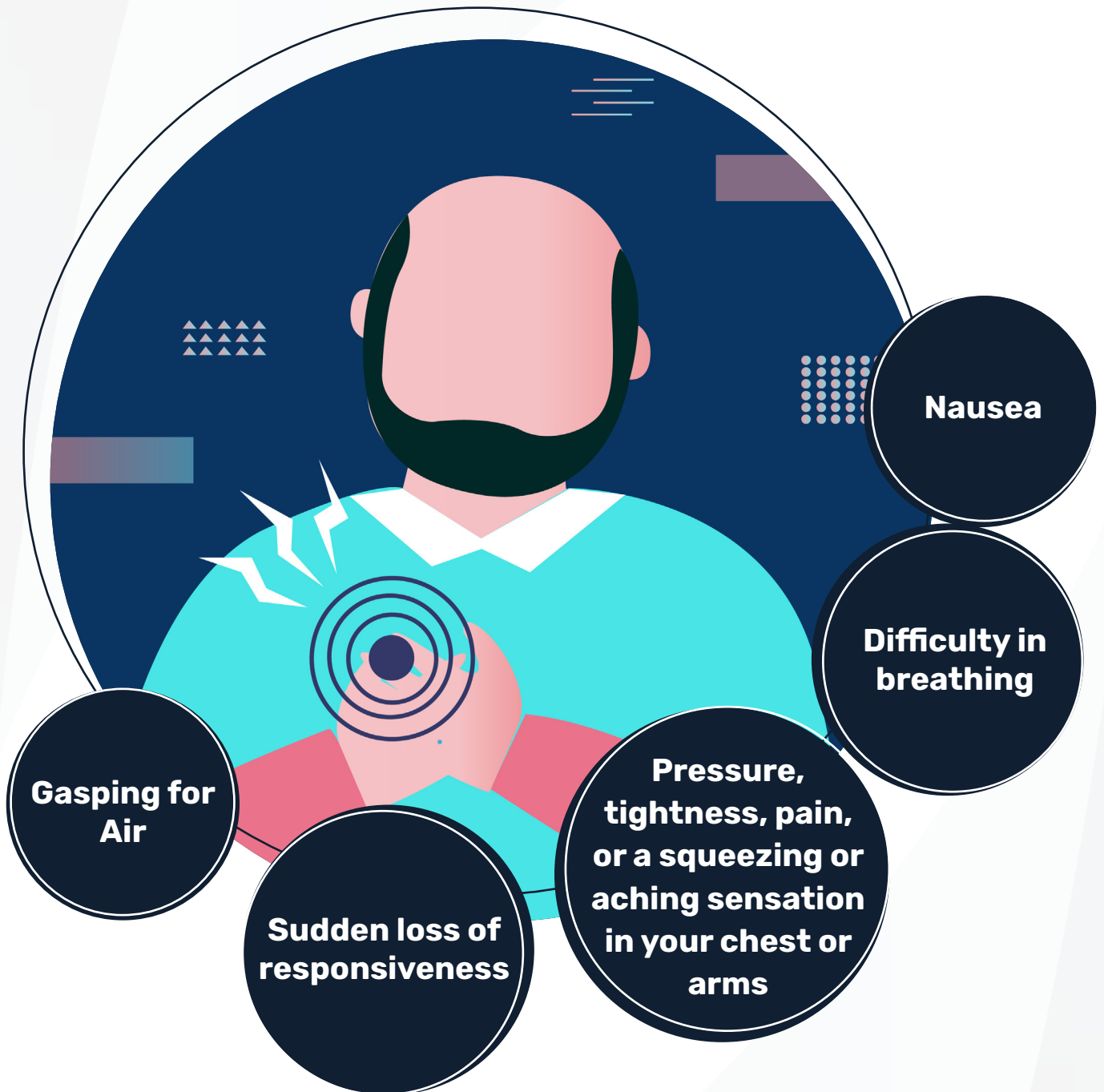
ACTIONS TO BE TAKEN:

- ⇒ Lie down or sit down.
- ⇒ Place your head between your knees.
- ⇒ Drink some water
- ⇒ Call for an ambulance (Call 108) or visit a nearest medical emergency facility.



Heart Attack

Signs to Look out for:



ACTIONS TO BE TAKEN:

⇒ Call for an ambulance (Call 108) or visit a nearest medical emergency facility.



Stroke

Signs to Look out for:



Sudden numbness in the arms and Legs

Trouble speaking

Dizziness and loss of balance.

Paralysis of the face, arm or leg

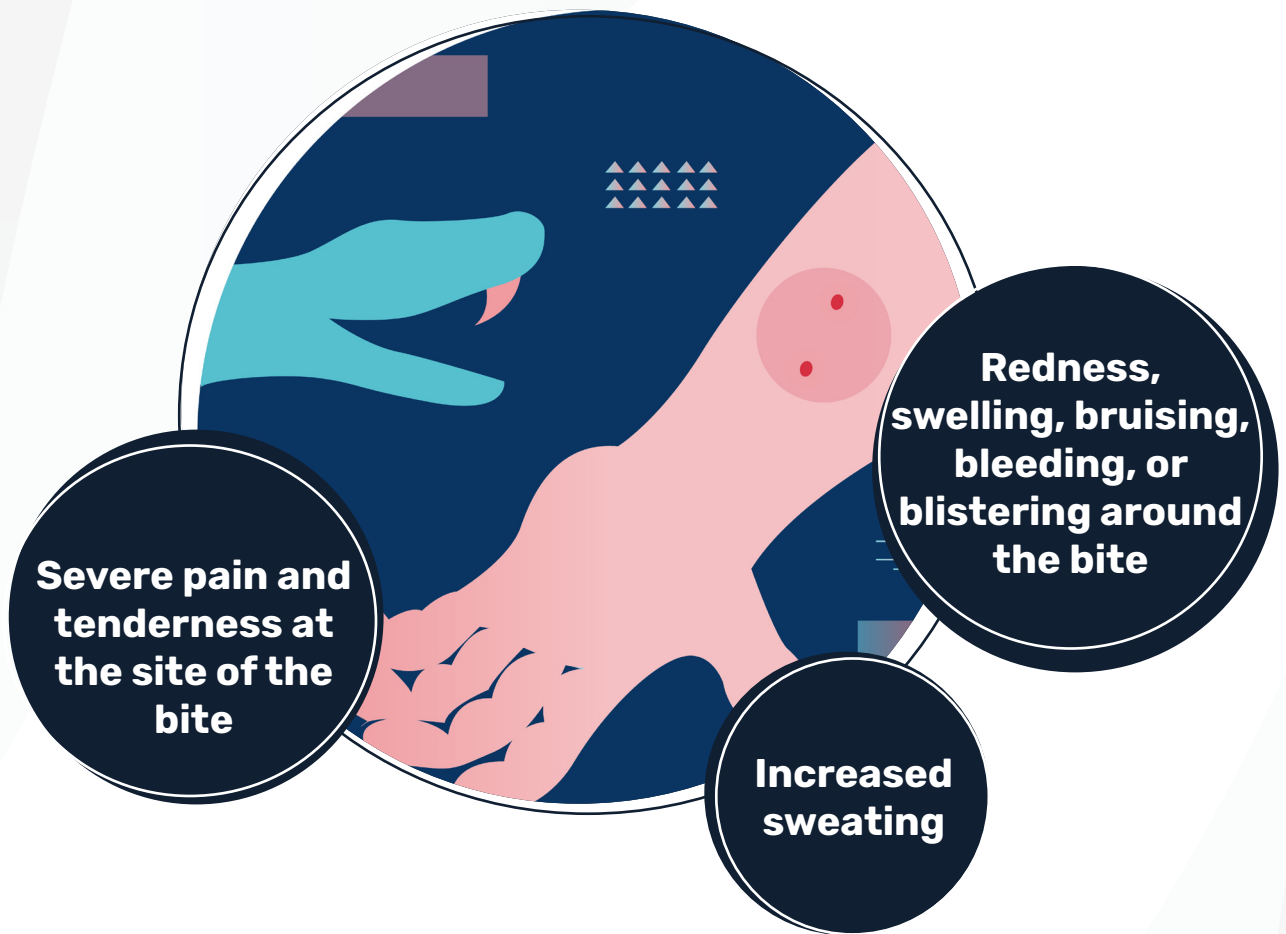
ACTIONS TO BE TAKEN:

⇒ Call for an ambulance (Call 108) or visit a nearest medical emergency facility.



Snake Bite

Signs to Look out for:



WARNING:

Do not wait for symptoms to appear. Get immediate medical attention.

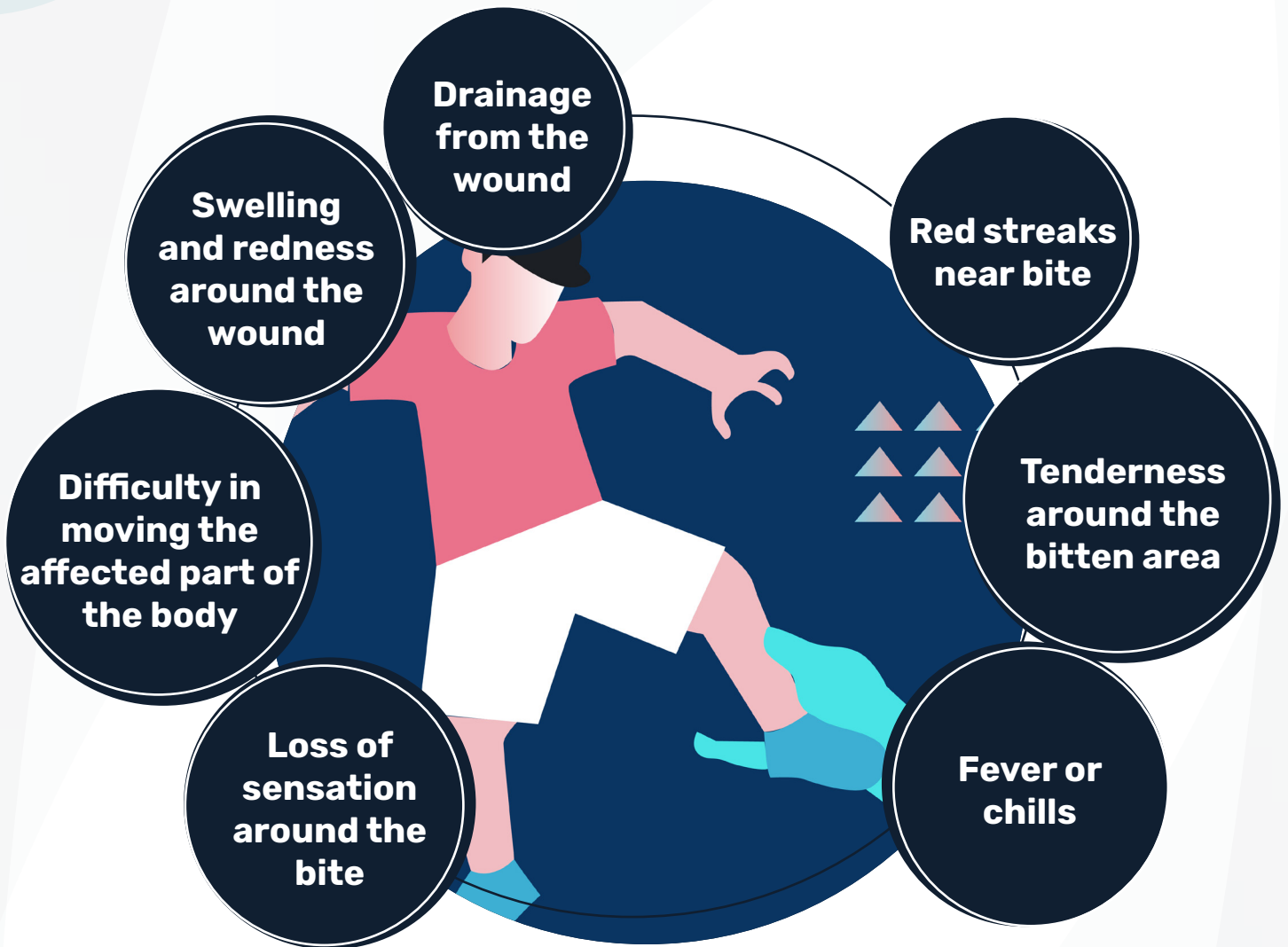
ACTIONS TO BE TAKEN:

- ⇒ Seek medical attention as soon as possible.
- ⇒ Take a photograph of the snake from a safe distance, if possible. Identifying the snake can help with the treatment.
- ⇒ Call for an ambulance (Call 108) or visit a nearest medical emergency facility.
- ⇒ Do the following steps while waiting for medical attention.
 - ☞ Wash the bite with soap and water.
 - ☞ Cover the wound with loose, sterile bandage.
- ⇒ Do not do any of the following
 - ☞ Do not apply a tourniquet as it might lead to nerve injury.
 - ☞ Do not cut the wound or attempt to remove the venom.
 - ☞ Do not drink caffeine or alcohol, which could speed the body's absorption abilities.
 - ☞ Do not take any pain relievers (such as aspirin, ibuprofen, naproxen).



Dog Bite

Signs to Look out for:



WARNING:

Even if it is a small abrasion from a dog bite, seek immediate medical attention before the occurrence of signs and symptoms of infection.

ACTIONS TO BE TAKEN:

- ⇒ Wash the wound using tap water for 5 -10 minutes to clear off blood and saliva.
- ⇒ Stop the bleeding by placing a clean towel over the injury.
- ⇒ Remove foreign bodies (if any).
- ⇒ Keep the wound elevated.
- ⇒ Visit the nearest medical emergency facility at the earliest.



Night Sweats

Signs to Look out for:



WARNING:

If night sweats are affecting your quality of life, visit a nearest medical emergency facility.

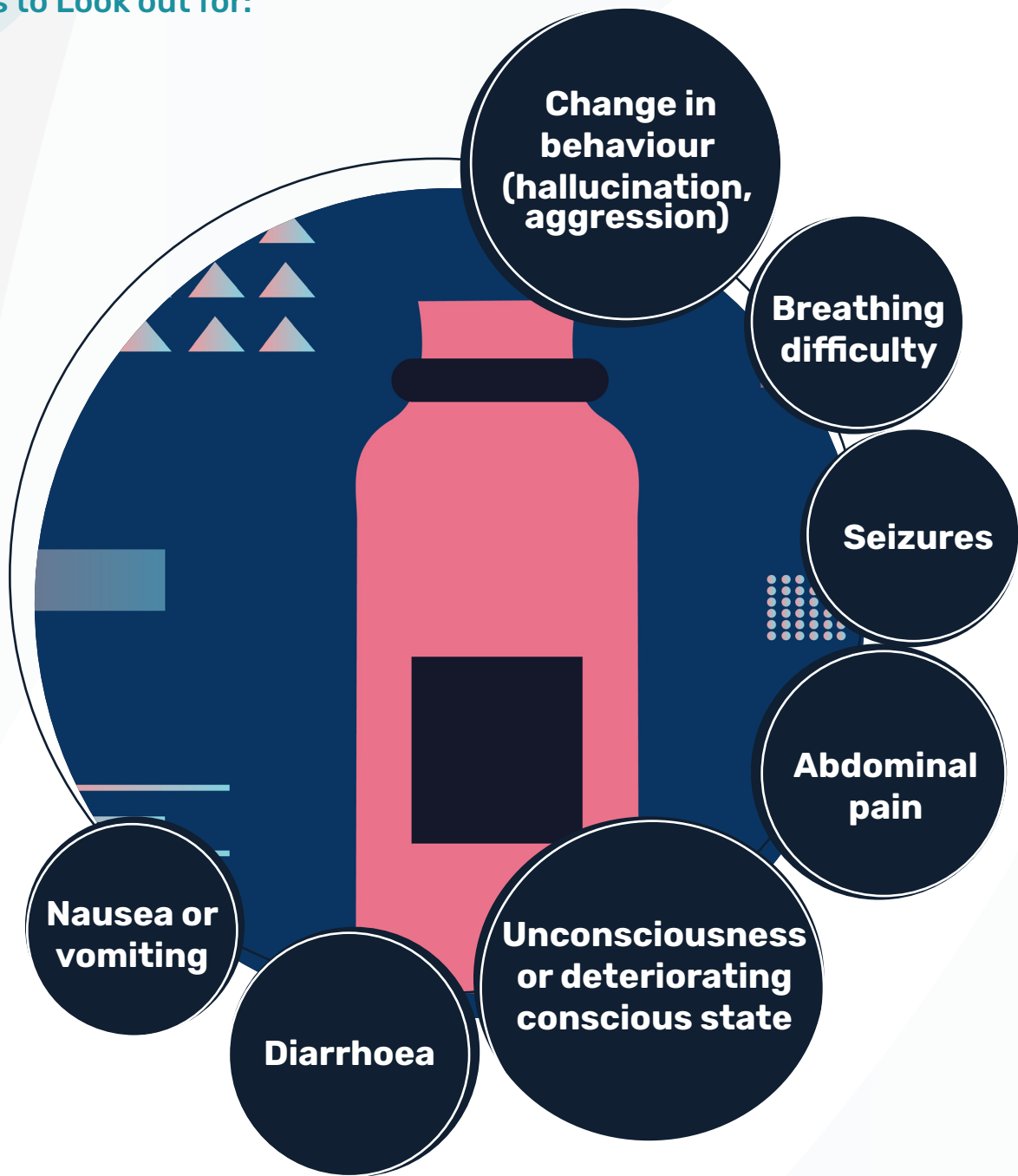
ACTIONS TO BE TAKEN:

- ⇒ Adjust the air conditioner, use fans, open windows to make sure the air is circulating.
- ⇒ Drink a glass of water.
- ⇒ Try to breathe slowly and deeply.
- ⇒ Visit a nearest medical emergency facility to understand the principal root



Poison

Signs to Look out for:



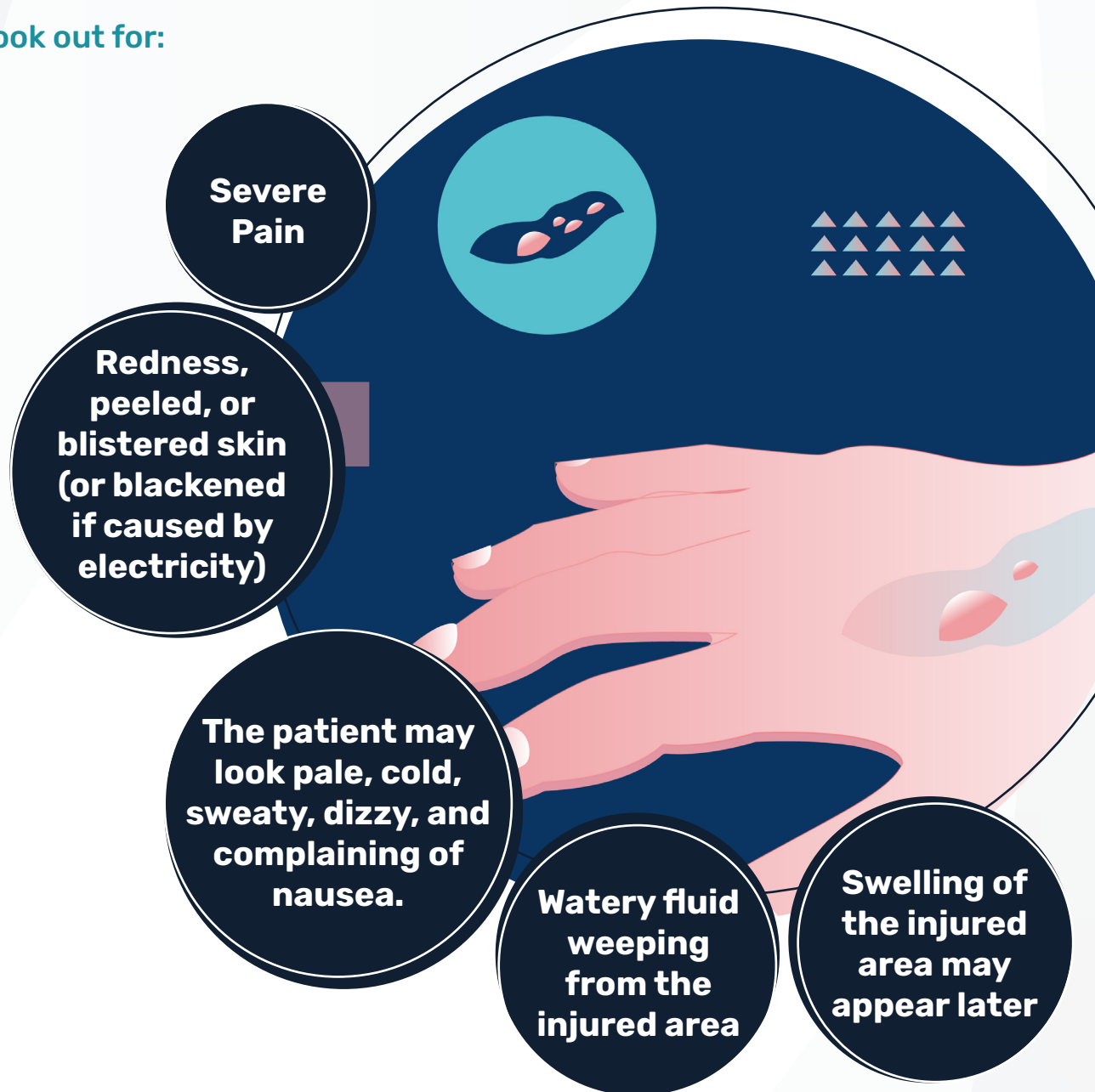
ACTIONS TO BE TAKEN:

- ⇒ Clean any remaining poison in the person's mouth with a cloth.
- ⇒ Remove the poison spilled clothes & wash the skin with water.
- ⇒ If the person vomits, turn his head to the side to avoid choking.
- ⇒ DO NOT make a person vomit unless advised by a professional.
- ⇒ Note any information about the nature of the poisoning incident (tablets, berries, burns around the mouth, etc.)
- ⇒ Call for an ambulance (Call 108) or visit the nearest medical emergency facility.



Burns

Signs to Look out for:



WARNING:

Patient is badly injured, or the burn is causing significant pain, involves the eyes or any part of his body. Seek immediate medical attention.

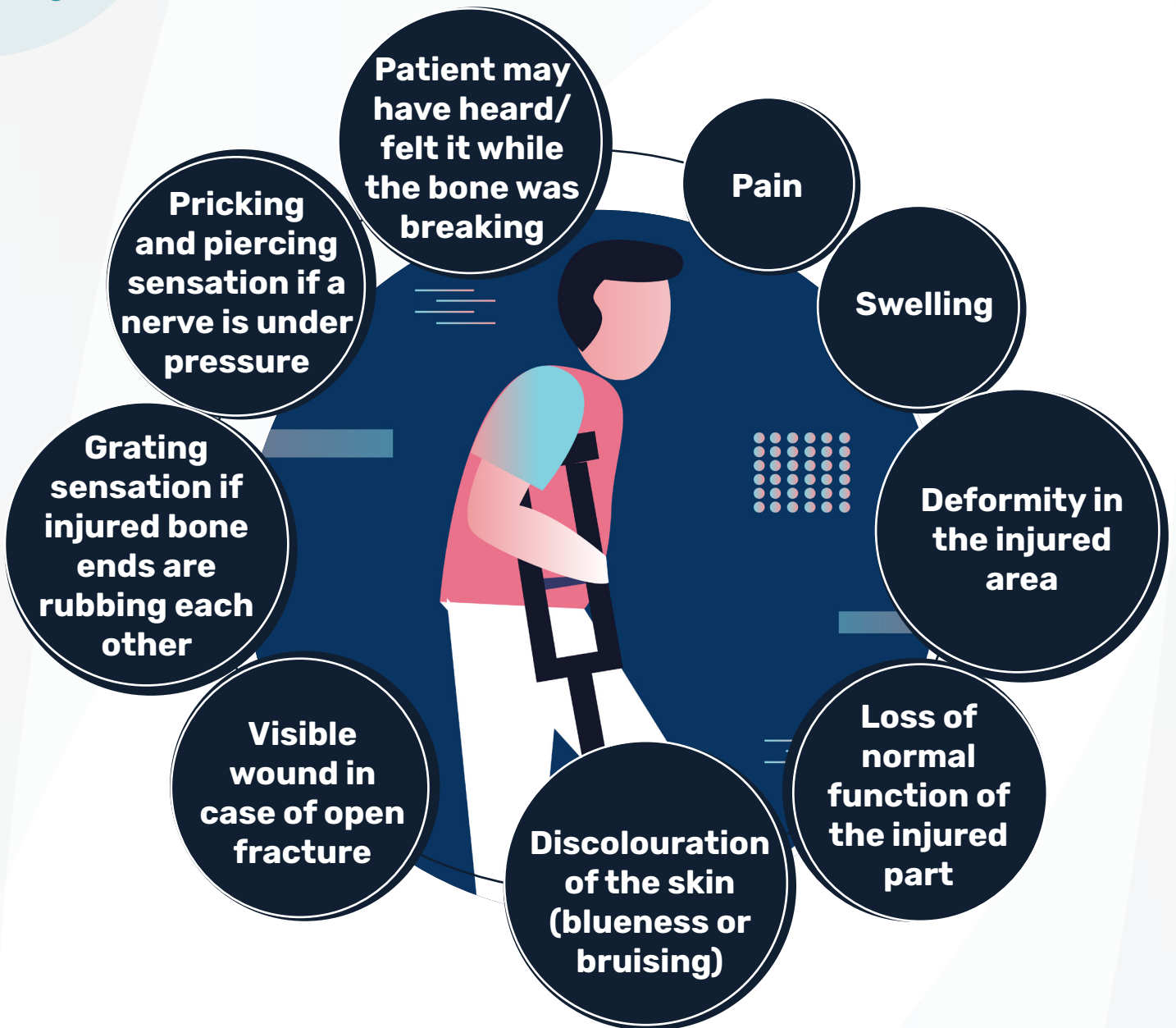
ACTIONS TO BE TAKEN:

- ⇒ Remove the heat source from the patient or the patient from the heat source, whichever is easiest and safest.
- ⇒ Burns must be cooled with cold water as soon as possible.
- ⇒ Remove clothing and Jewellery near the burn area.
- ⇒ Do not apply ice to the burn.
- ⇒ All electrical burns must need a medical evaluation.
- ⇒ Call 108 for an ambulance or visit the nearest medical emergency facility.



Fracture

Signs to Look out for:



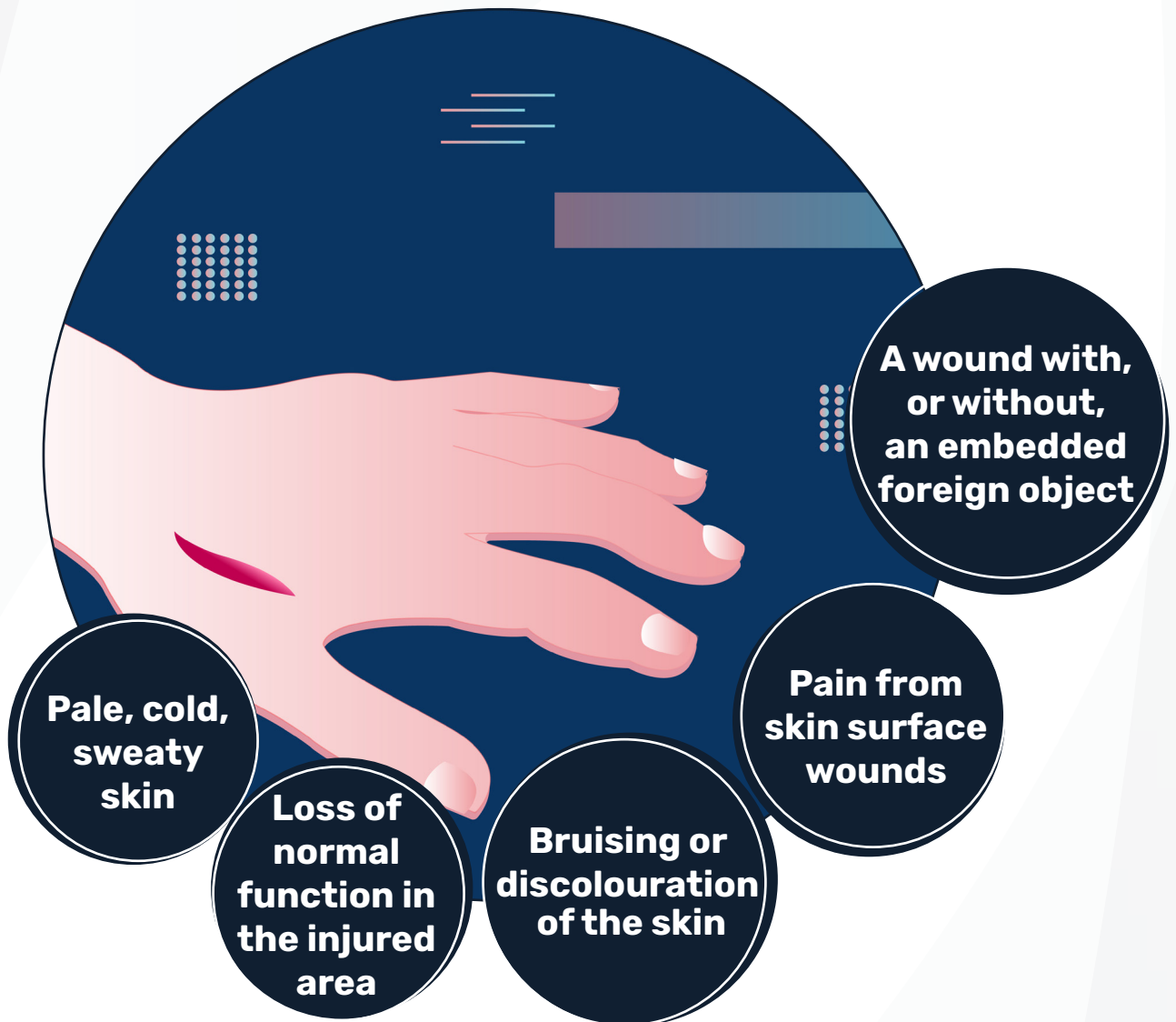
ACTIONS TO BE TAKEN:

- ⇒ DO NOT move or shake the injured part and keep it intact.
- ⇒ Apply ice packs to help limit swelling and relieve pain.
- ⇒ Use a bandage or a clean piece of cloth to immobilize movement and cover the wound.
- ⇒ Call an ambulance or visit the nearest medical emergency facility if the person experiences severe pain or uncontrolled bleeding.



Cuts & Severe wounds

Signs to Look out for:



WARNING:

If the injury is severe or the patient is bleeding uncontrollably – call 108 for an ambulance or visit a nearest medical emergency facility.

ACTIONS TO BE TAKEN:

- ⇒ Apply direct pressure on the cut or wound with a clean cloth, tissue, or piece of gauze until bleeding stops.
- ⇒ Raise the injured area.
- ⇒ Gently clean with soap and warm water. Try to rinse soap out of wound to prevent irritation.
- ⇒ Apply antibiotic cream to reduce risk of infection and cover with a sterile bandage.



Choking

Signs to Look out for:



WARNING:

If the person is conscious but cannot breathe, talk, turns blue, or become completely unconscious- call 108 for an ambulance as soon as possible or visit the nearest medical emergency facility.

ACTIONS TO BE TAKEN:

- ⇒ If the person is choking and coughing but can breathe or talk.
- ⇒ The airway may be partially blocked. It's best to do nothing in such a case. The person will likely be fine after a good coughing spell.
- ⇒ Do not do the following:
 - Do not reach into the mouth to grab the object or even pat the person on the back.
 - Either of these steps could push the object farther down the airway and make the situation worse.
- ⇒ Stay with the person and remain calm until the episode passes.



Panic Attack

Signs to Look out for:



Important:

How to differentiate between heart attack and panic attack

- Panic attack differs from heart attack. With heart attack the chest pain will radiate to other parts like arms and jaws while with panic attack the pain usually stays within the chest.
- Panic attack happens only under extreme stress but a heart attack can happen anytime.

ACTIONS TO BE TAKEN:

Enquire the person if the event has occurred before and if it could be handled without an intervention. If yes, then let the person work on it; if not, follow the below pointers.

- ⇒ Help the person sit down, lie down or move away from crowded area.
- ⇒ Help the person understand they are having a panic attack which is not harmful and the episode will pass in few minutes.
- ⇒ Avoid saying "breathe properly" or "breathe deeply". Help them imitate your steady breathing.
- ⇒ Encourage the person to seek help from counsellors, therapists or psychiatrists.



Mental Health Crisis

Signs to Look out for:

Frequent fresh scars, scratches, burn marks or bruises

Self-harming behavior

Wearing long sleeves and pants even in hot weather to conceal visible injuries.

Making good bye calls to family and friends

Posting about death on social media



WARNING:

If a person attempts to self-harm or if you witness someone continuously indulging in activities that harms his/her life, get immediate help from a doctor or a mental health professional.

ACTIONS TO BE TAKEN:

- ⇒ First aid for the wounds - Without asking for explanations, begin first aid for the wounds.
- ⇒ Calming down the impulses- Help calm down the person's impulses through diverting the conversation.
- ⇒ Create distractions - Give them distractions and some practices to do when they are having an impulse to harm themselves like holding ice cubes, doing crunches, squats and planks, punching the punch bags or pillows.
- ⇒ Keep in touch - Call and text them often and give them a safe non-judgmental space to vent out.
- ⇒ Keeping them safe- Keep them away from all the objects that might cause harm.
- ⇒ Helping them connect- You could help the person at risk to connect to a suicide intervention helpline, Crisis intervention counsellor, National Suicide Prevention Lifeline (9999666555), or to a psychiatrists.



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