

First aid



FIRST AID KIT



first aid kit



scissors



medical tape



pain killers



tweezers



plaster/bandaid



ointment



cotton



thermometer



bandage



gauze



safety pin

You 're a witness. what would you do?

THE THREE P'S

- **Preserve life** – your main goal should be to keep the person alive.
- **Prevent further injury** – keep the injured person safe and from becoming injured any more. It is always recommended that you do not move them until help arrives.
- **Promote recovery** – try to help fix their injuries as best as you can.

HEART DISEASES

- Keep the person and yourself calm.
- Have the person sit or lie down.
- Activate the emergency medical system by calling 103.
- Give aspirin tablet.
- Be prepared to administer CPR. Heart attacks can become fatal quickly

FAINTING-ОБМОРОК

- Ensure safety of the scene.
- Help the person lie down.
- Elevate their legs if possible.
- If there is no rapid improvement or the person becomes unresponsive, call 103

LOW BLOOD SUGAR IN PERSONS WITH DIABETES

- Give them a sugar-containing beverage, such as fruit juice, milk, or a soft drink.
- Encourage them to sit or lie down.
- Call 103.
- If their symptoms improve, encourage them to eat

STROKE - ИНСУЛЪТ

- Immediately call 103.
- Help the person sit or lie down.
- Retrieve an AED and first aid kit.
- Record the time that neurologic symptoms were noted and the last time the person was free of symptoms.
- Be prepared to perform CPR if needed

SEIZURES- ПРИПАДКИ

- Help them to the ground if needed.
- Clear the area around them to prevent injury.
- Turn the person on the side
- Place a small pillow or towel under their head.
- Call 103.