

## How to recognize a medical emergency

The following are warning signs of a medical emergency:

**Bleeding** that will not stop

**Breathing problems** (difficulty breathing, shortness of breath)

Change in mental status (such as unusual behavior, confusion)

**Chest pain**

**Choking**

Coughing up or vomiting blood

Fainting or loss of consciousness

Feeling of committing suicide or murder

**Head or spine injury**

Sudden injury due to a motor vehicle accident, burns or smoke inhalation, near drowning, serious wound, etc.

Sudden, severe pain anywhere in the body

Sudden dizziness, weakness, or loss of vision

Swallowing a poisonous substance

Upper abdominal pain or pressure



## How to prepare for an emergency

**Keep emergency phone numbers posted by the phone (190)**

Know the location and quickest route to the hospital's emergency department before an emergency happens.

Everyone in your household, incl children, should know when and how to call.

Wear a medical identification tag if you have a chronic condition or look for one on a person who has any of the symptoms mentioned.

Obtain a personal 'panic button' system if you are elderly, especially if you live alone.



## WHAT TO DO IF SOMEONE NEEDS HELP

Remain calm, and call your emergency number (**190**), stating location, type of injury, number of casualties and contact number. If possible, ask a bystander to look out for the arrival of the ambulance.

If the patient is not responding and is NOT breathing, **Start CPR** and use the nearest **Public Access Defibrillator** – turn it on and follow its instructions – it will guide you and will never make a mistake.

Place a semiconscious or unconscious person in the recovery position until the ambulance arrives. **DO NOT** move the person, however, if there has been or may have been a neck injury.



Upon arriving at an emergency department by ambulance, the person will be immediately evaluated. Life- or limb-threatening conditions will be treated first. Persons with conditions that are not life or limb threatening or time-critical may have to wait.

## OTHER PATIENT INFORMATION

Please respect ambulance crews. The GHA operates a zero-tolerance policy towards abuse against its personnel.

If a patient has a neck or spinal injury, the ambulance must drive smoothly and carefully. If an ambulance is approaching from the rear, please slow down and indicate. **DO NOT** stop abruptly.

Please use the medical emergency services with respect and care so that our service may always be immediate when called.



## CALL YOUR GHA EMERGENCY AMBULANCE

### (190) IF:

The person's condition is life-threatening (for example, the person is having a heart attack or severe allergic reaction)

The person's condition could become life-threatening on the way to the hospital or if there is a delay to get to hospital

Moving the person could cause further injury (eg, in case of a neck injury or motor vehicle accident)

The person needs the skills or equipment of GHA ambulance staff



**For more info on the GHA ambulance service, contact 20072266 ext 2394**