

Emergency-Care Guide for Adults

YOUR ACTIONS CAN SAVE LIVES-KNOW WHAT TO DO!

CPR and first aid training can make a difference in emergencies. Check with your workplace, the American Red Cross, American Heart Association, or your community hospital for information about training.

Initial Actions in a First Aid Emergency

1. Check the scene to see that it's safe for you.
2. Check the victim(s) for life-threatening conditions such as severe bleeding, unconsciousness, and lack of breathing.
3. Call 911 or the local emergency number if necessary (or send someone to make the call).
4. Care for the injured.
5. Begin CPR if necessary.
6. Stop severe bleeding by applying direct pressure to the wound.
7. Check for head, neck, or spinal injuries. Don't move the victim unless necessary.
8. Look for medical ID tags or prescription medications that may indicate any special health problems.
9. Do not give fluids. The victim may not be able to swallow correctly.
10. Stay calm and reassure the victim.



Basics of CPR for Adults* (*Procedures for CPR and choking rescue are based on American Heart Association recommendations)

Even if you are not trained in CPR, you can possibly save a life by performing compression-only CPR, which does not require mouth-to-mouth rescue breathing. If you are trained in CPR with rescue breathing and feel confident about using it, do so. If not, follow these steps for compression-only CPR.

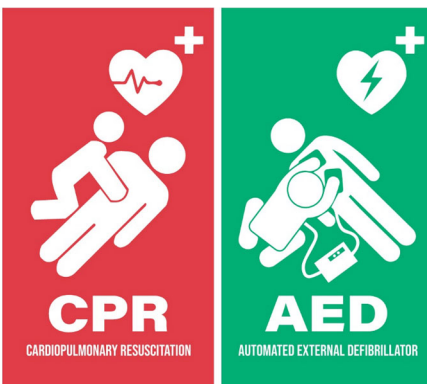
IF YOU HAVE WITNESSED AN ADULT COLLAPSE:

- Gently shake the victim's shoulder and call out, "Are you OK?"
- If there is no response, have someone call 911. If alone, make the call yourself.

If there's no AED or until someone arrives with one:

- Place the victim onto his/her back, on a firm surface. If the victim is not breathing normally, begin chest compressions.
- Place one hand in the center of the victim's chest, between the nipples. Place your other hand on top and interlock your fingers.
- Lean over so your shoulders are above your hands. Lock your elbows.
- Push down hard and fast (100-120 times a minute) with the heel of your hand. Compress the chest at least 2 inches and allow it to spring back between each compression.
- Continue compressions until someone brings an AED or medical help arrives, or the victim begins to move or to breathe normally.

If an automated external defibrillator (AED) is nearby, retrieve it right away. Follow the directions on the equipment. If it instructs you to provide rescue breaths and you are not confident about doing so, then provide compressions only.



Use conventional CPR (with mouth-to-mouth rescue breathing) for the following situations:

- For any victim of collapse, if you have been trained and are confident in your ability to provide CPR with rescue breathing. If you are not confident, provide compressions only.
- For adults who are found already unconscious and who are not breathing normally.
- For drowning victims of any age.
- For victims of any age who have collapsed due to breathing problems.
- For all infants and children who have collapsed.

If you are not trained in rescue breathing; the 911 operator may be able to direct you in how to perform it.

It is better to perform CPR of any kind than none at all.

Emergency-Care Guide for Adults *(continued)*

Choking

ASK: "Are you choking?" If the victim can't breathe, cough, or speak, or makes high-pitched sounds, have someone call for emergency help.

PERFORM THE HEIMLICH MANEUVER:

- Stand behind the victim
- Wrap your arms around the victim's waist and grab the fist of one hand with your other hand.
- Place the thumb side of your fist against the victim's stomach, slightly above the navel, and below the rib cage.
- Press your fist into the victim's abdomen with a quick upward thrust. Repeat thrusts until the object is expelled or the victim becomes unconscious.

IF VICTIM BECOMES UNCONSCIOUS: Call 911 and begin CPR.

- 1 Stand behind the person and lean him slightly forward.



- 2 Put your arms around the person and make a fist with one hand.



- 3 Place your fist near the top of his abdomen, just below the center of the rib cage. Place your other hand over your fist and lock tight.



- 4 Make a quick, hard movement inward and upward. This will create pressure in the chest area, which will compress the lungs. As with an artificial cough, this will force air out of the windpipe and help to dislodge the food item stuck in the airway.



Bleeding

- Cover wounds with sterile gauze or the cleanest cloth available and press firmly. Add new cloths on top of the first as needed. If available, wear gloves.
- Maintain direct pressure until professional help arrives or bleeding stops.
- Wash hands thoroughly after providing care.

Burns

- Call 911 if the burn causes difficult breathing; covers more than one body part; involves head, neck, hands, feet, or genitals; is to a child or elderly person; or is the result of chemicals, explosions, or electricity.
- If the victim appears to be unconscious, call 911.
- If the victim is unconscious and not breathing normally, begin CPR.
- Cool the burnt area with large amounts of cool water, unless it is an electrical burn. Certain chemical burns also require special care, check the product's label.
- Do not use butter or oil on a burn. Do not apply ice or ointment to a severe burn.
- Do not break blisters or remove clothes that are stuck to or embedded in the skin.

Electric Shock

- Disconnect the source of electricity. Never touch the victim until you know that he/she is no longer in contact with a live power source.
- Call 911.
- If the victim is unconscious and not breathing normally, begin CPR.
- Treat for shock and burns if necessary.

Eye Injuries

- Avoid rubbing the eye.
- For a minor cut or scratch, rinse the eye with water or a saline solution to remove a foreign body that may be the cause. Seek medical care if there is no relief.
- Do not attempt to remove any embedded object. Bandage loosely, avoid applying pressure, and seek medical care.
- For chemicals in the eye, call 911. Flush the eye with water for 15 minutes or more. Always flush from the nose to the outer side.

Poisonings

- If the victim has serious symptoms or has collapsed, call 911. Otherwise, call the Poison Control Center (1-800-222-1222 in the U.S.).
- Try to determine what and how much the victim swallowed or was exposed to, and when the poisoning occurred.
- If possible, locate the container of the poisonous substance and the Safety Data Sheet (SDS) for it and present them to emergency personnel when they arrive.
- If the victim is unconscious and not breathing normally, begin CPR.

Shock

- Signs of shock are altered consciousness; pale, cool, moist skin; rapid breathing; and a rapid pulse.
- Call 911.
- Have the victim lie on his/her back, with feet elevated about 12" higher than the head—unless you suspect head, neck, or back injuries.
- Loosen tight clothing and cover the victim to keep him/her warm. Do not give the victim anything to eat or drink.
- If the victim is unconscious and not breathing normally, begin CPR.

IN CASE OF EMERGENCY CALL



FIRE RESCUE POLICE

IN CASE OF NEED, RESCUE BREATHING OR CPR SHOULD BE STARTED IMMEDIATELY AND SHOULD BE CONTINUED UNTIL MEDICAL ASSISTANCE ARRIVES OR MECHANICAL RESPIRATOR IS APPLIED

POISON
Help
1-800-222-1222
PoisonHelp.org

FOLLOW THESE 3 STEPS TO FIGHT THE FLU

**YOU AND YOUR FAMILY
SHOULD GET VACCINATED!**



The flu (influenza) is a contagious disease that can be severe. Almost every year, the flu causes disease in millions of persons, hundreds of thousands get hospitalized, and tens of thousands die because of the flu. The CDCs urge you to take the following measures to protect yourself and others from the flu.

- (1) The first and most important step to protect yourself against flu viruses is getting a flu vaccine each year. All persons 6 months of age or older should get a flu vaccine, if possible before the end of October, or as soon as possible if after October. Flu vaccines are offered in many places, such as physician offices, clinics, health departments, drugstores, and university health centers, as well as from many employers and even at some schools. Protect yourself. Protect your family. Get vaccinated. #FightTheFlu
- (2) Avoid any close contact with sick people; avoid touching your eyes, nose, and mouth; cover your nose and mouth with a paper towel when coughing or sneezing, wash your hands frequently (with soap and water), and clean and sanitize the surfaces and objects that may be contaminated with the flu viruses. If you get sick, limit your contact with other people as much as possible. Please remember to cover your nose and mouth with a paper towel when coughing or sneezing, and throw the paper towel into the garbage bin after using it. Stay at home until at least for 24 hours after the fever is gone, except to receive medical care for other needs.
- (3) If you catch the flu, antiviral drugs can be used to treat it. Antiviral drugs can alleviate the symptoms and shorten the duration of the disease. They can also prevent severe flu complications, such as pneumonia. The CDCs recommend the use of antiviral drugs during the early stages of treatment for persons who are very sick from the flu (such as: people who are hospitalized) and those who got it and are at high risk of severe complications, due to their age or to having a high-risk condition.

Learn more: <https://www.cdc.gov/flu/treatment/treatment.htm>

Fast Food the Healthy Way

Fast food is quick, easy, and often full of salt, fat, and calories. But it's possible to enjoy fast food and keep good health in mind. More and more fast-food restaurants are offering healthy options. Order wisely by using the tips below to have fast food in the most nutritious way.

- Watch your portions. Order the smaller size, especially with burgers and fried foods. Split large or high-fat items with a friend.
- Opt for a salad, but limit or skip shredded cheese, bacon bits, and high-fat dressings.

- Choose grilled, broiled, or roasted entrees instead of those that are fried, battered, or breaded.
- Top your sandwiches and burgers with extra lettuce, onions, or tomatoes instead of bacon and cheese.
- Use barbecue sauce, mustard, or ketchup rather than mayo or cream sauces.
- When possible, replace white bread with whole-grain bread.
- Don't add salt to fast food, which is already high in sodium.
- Have water rather than a soda or milkshake with your meal.
- Substitute a side salad for the french fries in a combo meal.
- For breakfast, skip croissants, danishes, and biscuits. Opt for low-fat muffins, bagels, pancakes, or cold cereal with low-fat milk instead.

Low-Carb Eggplant Lasagna



Nutrition Info

- Calories **244**
- Fat **14g**
- Carbs **16g**
- Fiber **3g**
- Sugar **6g**
- Protein **14g**

Estimated values
based on one serving

Preparation

1. Preheat the oven to 375°F (190°C).
2. Cut off the ends of the eggplant, then slice lengthwise about ¼-inch (3-mm) thick.
3. Sprinkle the eggplant slices with sea salt on both sides and let sit for 10 minutes to draw out moisture. Pat dry with paper towels to remove excess liquid.
4. Lightly grease a griddle pan with olive oil and heat over medium heat. Grill the eggplant slices for 2-3 minutes on each side, or until grill marks are visible. Remove from the pan and set aside.
5. In a medium saucepan, heat a drizzle of olive oil over medium-low heat, then add the garlic and red pepper flakes. Sauté for about 3 minutes, until the garlic is fragrant but not browned. Add the crushed tomatoes and 1 teaspoon of salt, stirring well to incorporate the garlic and red pepper. Simmer for 10 minutes, reducing the heat if the sauce begins to bubble too much. Add the basil and stir to combine. Remove from the heat and set aside.
6. In a medium bowl, beat the egg, then add the ricotta, 1½ cups (150 g) of mozzarella, ¾ cup (80 g) of parmesan, and the italian seasoning. Mix well to combine.
7. Assemble the lasagna. In a 9x13-inch (23x33-cm) baking dish, add enough sauce to cover the bottom of the dish and spread in an even layer. Add a layer of eggplant slices, covering the bottom of the dish completely. It's okay if the eggplant slices overlap slightly. Add a layer of the ricotta mixture and spread in a thin, even layer. Repeat with the remaining ingredients, finishing with a layer of sauce. Sprinkle the remaining mozzarella and Parmesan on top.
8. Bake for 45 minutes, until cheese is fully melted.
9. Turn the broiler on high and broil for 5 minutes, or until the cheese on top is browned and bubbly.
10. Remove the lasagna from the oven and let rest for 15-20 minutes before serving to give the lasagna time to set.
11. Serve garnished with fresh basil.

Enjoy!

Ingredients for 12 servings

- 2 large eggplants
- 1 teaspoon sea salt, plus more to taste
- olive oil, to taste
- 5 cloves garlic, minced
- ½ teaspoon red pepper flakes
- 28 oz crushed san marzano tomato, 2 can
- 6 leaves fresh basil, thinly sliced, plus more for garnish
- 1 large egg
- 15 oz ricotta cheese, 1 container
- 2 cups shredded mozzarella cheese, divided
- 1 cup grated parmesan cheese, divided
- 2 teaspoons italian seasoning