

Common Medical Emergencies

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1. Cardiac Arrest

- Sudden loss of heart function leading to loss of consciousness and abnormal breathing.
- Perform CPR immediately and call for emergency medical help.

2. Choking

- Inability to breathe due to a blocked airway, often caused by food or small objects.
- Perform the Heimlich maneuver by giving abdominal thrusts or back blows.

3. Seizures

- Sudden, uncontrolled electrical activity in the brain leading to convulsions.
- Protect the person from injury, clear the area, and do not restrain them.

4. Stroke

- Sudden interruption of blood flow to the brain, leading to brain damage.
- Remember the FAST acronym: Face drooping, Arm weakness, Speech difficulty, Time to call emergency services.

5. Allergic Reactions

- Severe allergic response to allergens like food, insect stings, or medications.
- Administer epinephrine (EpiPen) if available and seek immediate medical attention.

6. Burns

- Damage to the skin caused by heat, chemicals, electricity, or radiation.
- Cool the burn with running water, cover with a clean cloth, and seek medical help for severe burns.

7. Heat Exhaustion

- Body overheating due to exposure to high temperatures and dehydration.
- Move the person to a cool place, give fluids, and apply cool compresses.

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8. Fainting

- Temporary loss of consciousness due to a lack of blood flow to the brain.
- Lay the person flat, elevate their legs, and provide fresh air and fluids.

Remember, in any medical emergency, it is crucial to stay calm, assess the situation quickly, and seek appropriate help immediately. Knowing how to respond effectively can make a significant difference in saving a life.