



Sanitary basic tips

What to do in front of a sanitary emergency?

Text elaborated and ownership of Sistema d'Emergències Mèdiques, S.A.

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What to do in front of.....

INITIAL ATTENTION

TO PROTECT: You have to protect and protect yourself in the accident area for:

TO ALERT: Through a telephone call to any of the following numbers of three (3) digits 061 or 112. During the competition the contact telephone will be the number of the Coordinator Health Operations Center whose number will be duly informed.

TO HELP: Initiate the assistance to the accident victims or injured persons .

Never give food nor drink or medicines in a sanitary emergency.

THORACIC PAIN AND/OR DROWN

What to do?

- Loosen the clothes (buttons, belts, ties, etc)
- Call or make call to 061 or to 112. During the competition the contact telephone will be the number of the Coordinator Health Operations Center whose number will be duly informed.
- Follow the instructions.



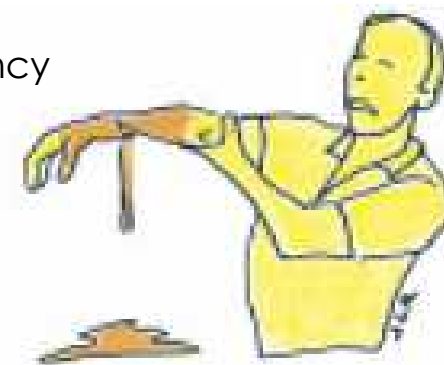
HEMORRHAGE

What to do ?

- Compress directly on the wound until it stops bleeding
- Raise the affected extremity

What not to do?

- Do not remove the dressing used to compress
- Do not abandon the patient until the arrival of the emergency services
- Never do a tourniquet.



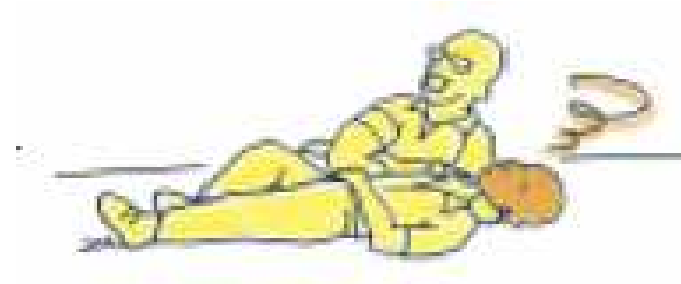
FAINT

What to do?

- Verify the victim breathes.
- Turn the head towards the left side.
- Loosen the clothes

What not to do?

- Do not let the victim face up.
- Do not let rise quickly.



CONVULSIONS

What to do?

- Prevent the victim from harm
- When convulsions may finish, turn victim towards left side.
- Loosen the clothes.

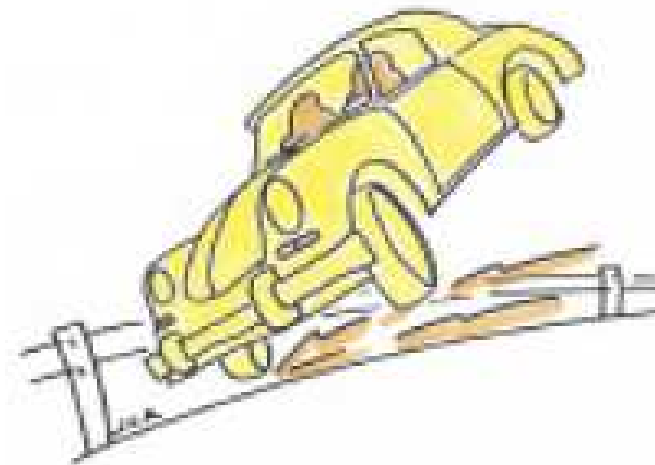
What not to do?

- Do not try to stop the convulsions
- Do not put anything among the teeth

TRAFFIC ACCIDENT

What to do?

- Stop the vehicle in a safe place, off the road, to not cause more accidents.
- Protect the wounded and yourself signaling the area.
- Put the brakes on the vehicle and disconnect the motor of the crashed vehicle.
- Call or make call to 061 or to 112 and report the exact location, type of accident and the number of injured. During the competition, the contact telephone will be the number of the Coordinator Health Operations Center whose number will be duly informed.
- Do not move the victims unnecessarily on for security reasons
- Do not remove the helmet to the motorist.
- Do not smoke in the outskirts.



TRAUMATISMS IN EXTREMITIES

What to do in case of contusion (head)

- Apply local cold.
- In case of difficulty of movement , transfer the patient to a sanitary center.

What to do in case of dislocation and/or fracture

- Try to calm the patient.
- Try to keep warm.
- Remove rings, bracelets... of the affected extremity.
- Do not touch the fracture.
- Never abandon the patient until the arrival of the emergency services.
- Never move the injured person.



COMPUSUMPTION OF TOXICS

What to do?

- Remove the rest of product from the mouth.
- Call or make someone call to 061 or 112 to inform about what happened. During the competition the contact telephone will be the number of the Coordinator Health Operations Center which number will be duly informed.
- Follow the instructions .

What not to do?

- Do not give food or drink
- Do not try to provoke the vomit.
- Do not throw the recipient of the product (bottle, box ...)



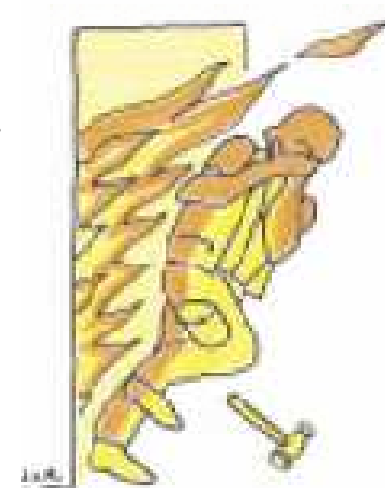
BURNED

What to do

- Wash with abundant water the wound.
- Cover with humid dressing or clean clothes until the arrival of the emergency services.
- You can use the shower.

What not to do

- Do not use domestic remedies(oils, tooth paste) or cotton.
- Do not clean the burn area.



BREATHLESSNESS

What to do

- Allow the victim cough, until the arrival of the emergency services
- If he/she can't cough, start the Heimlich maneuver: surround the waist with the arms behind and strongly press at the stomach inside and up. If it is a child slap on him in the back with the child face down.

Don't delay the call to 061 or 112. During the competition the contact telephone will be the number of the Coordinator Health Operations Center whose number will be duly informed.



THE CARDIORESPIRATORY RESUSCITATION

Maneuver over the person that stops breathing.

What to do

- Call or make call to 061 or to 112, as soon as possible. During the competition the contact telephone will be the number of the Coordinator Health Operations Center whose number will be duly informed.
- Put the patient face up.
- If he/she does not do noise on having breathed, do not cough and do not move, start the maneuver of resuscitation.

The rescuer will be at the head of the victim:

- See that he/she do not have any objet in the mouth.
- Pull the patient's head backwards, open the mouth and plug the nose.
- Introduce air with the mouth to mouth. Observe how the patient's chest moves.

A second rescuer will massage the chest:

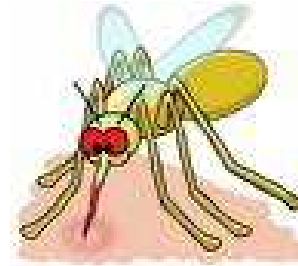
- Put on your knees next to the victim.
- Put your arms straight and hold hands.
- Do a strong massage into the body without bending your arms .
- For every 30 compressions on heart , inflate the air 2 times.



STINGS AND ANIMALS BITES

What to do about an animal bite

- Clean with water or saline solution.
- If possible remove the stinger.
- Disinfect and cover.
- If the pain continues, apply cool wet clothes.



What to do about an animal bite

- Clean with water or saline solution.
- Apply antiseptic colorless.
- Cover.



In both cases:

- Transfer to a Health Center.
- Watch for anaphylactic shock: dizziness, sweating, paleness...

Heat Wave Prevention tips

The extremes temperatures and the excess heat produces a lost of liquids and minerals salts (chlorine, potassium, sodium...) necessary for the body. This can cause or exacerbate a chronic dehydration and exhaustion. If exposure to such high temperatures are prolonged, they can suffer heat stroke, which is a situation that may end up being serious.

There are some signs that may alert that a patient is suffering from heat stroke: high temperature, headache, nausea, intense thirst, seizures, drowsiness or unconsciousness . With these symptoms, move the person to a cool place, give him water, wet him , ventilate him – and call immediately to the emergency services (061). During the competition the contact telephone will be the number of the Coordinator Health Operations Center whose number will be duly informed.

Practical tips for avoiding this:

- Avoid going out at noon.
- Wear a hat and use light clothes.
- Wet the face and clothes.
- Avoid car journeys during the hours of greatest sun.
- Limit vigorous physical activity.
- Drink a lot of water.
- Take often cool showers.
- Do not drink alcoholics beverages.
- Avoid very hot meals.
- At home, lower the blinds when it's sunny.
- Open the blinds by night.
- Stay at the fresh areas.
- Freshen the air with fans, air conditioning...



**IF EVER YOU FIND YOURSELF IN THIS SITUATION CALL
TO 061 OR 112.**

**DURING THE COMPETITION THE CONTACT TELEPHONE
WILL BE THE NUMBER OF THE COORDINATOR HEALTH
OPERATIONS CENTER WHOSE NUMBER WILL BE DULY
INFORMED.**

**IN THE REST OF SITUATIONS CALL THE FAMILY DOCTOR
OR HEALTH SERVICES 902 111 444**