

First Aid Information

This first aid information is provided by medical and emergency authorities with cooperation of the American Red Cross. It is published as a public service. Every effort was made to ensure its accuracy, however American Directory Company is not responsible and assumes no liability for any actions taken by any person using such information. Any person relying on such information does so at his or her own risk.

Calling 911 for Help

If the victim is NOT breathing or is in distress but breathing call 9-1-1 at once.

What to say:

1. Give the phone number from which you are calling.
2. Give the address and any special directions about how to find the victim.
3. Describe the victim's condition (for example "conscious, breathing, burned, bleeding, broken bones, etc.")
4. Describe what happened; how many are injured or what help is being given.
5. Give your name.
6. Do not hang up!

In an emergency, seconds can mean the difference between life and death. Let the emergency persons end the conversation. They may have questions to ask and/or special instructions to give you until help arrives.

Breathing

Unconscious-Victim

An unconscious person, could be in contact with electrical current. Be sure to check this and turn off the current if necessary before you touch the victim. There are many causes of unconsciousness, but first check for breathing.

1. Check for unresponsiveness. Tap or gently shake victim. Shout "are you OK?" If no response shout for help and tell someone to call 911.
2. If no response, call 911 immediately. Check for signs of breathing.
3. Position the victim on his or her back, legs straight. To avoid possible neck injury, turn the head with the body as one unit.
4. Open the airway. If there are no signs of head or neck injury, place one hand on the forehead and tilt head back, lifting slightly from the back of the neck. This should cause the victim's mouth to open. Place your ear close to the victim's mouth to listen for breathing. Watch chest and stomach movement for at least 5 seconds. If not breathing, or if breathing is so faint as to be questionable give Rescue Breathing immediately.

Heart Attack

Warning signs:

- Severe squeezing pains, crushing pains or heavy pressure in the chest.
- Pain that radiates from the chest into either arm, the neck or jaw.
- Shortness of breath.
- Sweating and weakness, nausea or vomiting.



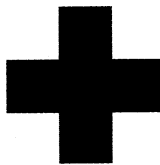
What to do:

1. If the victim is experiencing any of these sensations take no chances. Call for emergency help at once.
2. If the victim is not breathing: Give Rescue Breathing immediately. (See Rescue Breathing section.) Get someone to call for emergency help.
3. If you cannot detect a heart beat by taking a pulse at the Carotid Artery (the Carotid Artery can be felt on either side of the neck slightly below and forward of the base of the jaw) Apply CPR.

Cardiopulmonary Resuscitation should be given to the victim along with Rescue Breathing only by a person properly trained and certified. Courses in CPR are offered through the American Heart Association and the American Red Cross.

American Heart Association 800-242-8721
www.americanheart.org

American Red Cross 925-603-7400
www.redcross.org



Earthquake Preparedness

Preparing Your Home

- Designate a contact person 300 miles or more away. Provide that person with a list of people to call and notify for you.
- Make note of all exits and safe places; stay out of stairways, elevators and away from glass inside and out.
- Know your neighborhood, meet with your neighbors and agree gathering place and how to let them know you are OK.
- Know where and how to shut off water, gas and electricity or have help from your neighbors.
- Bolt tall, heavy furniture such as televisions, file cabinets, bookcases and hutches to wall studs.
- Remove or isolate flammable materials.
- Keep sturdy shoes, flashlight, leather gloves, whistle, and eye-glasses under your bed.

During An Earthquake

- Get under a desk / table or stand in a door jamb for protection.
- Stay away from windows and tall furniture.
- Stay inside.

After An Earthquake

- Dress for safety; put on heavy soled shoes, work gloves and hardhat or bicycle helmet.
- Check for injured or trapped people.
- Check water heater and furnace for the smell or sound of gas or broken water lines. If there is a problem shut them off or get neighbors to help.
- Don't drink tap water until you know it is safe.
- Boil tap water for 15 to 20 minutes or use water purification kit.
- Check -in at a neighborhood gathering place; check on neighbors that may need help in their homes.

Your Survival Kit (enough for 7 days)

- Water – 4-7 gallons per person
- Water purification tablets or liquid kit.
- Canned food requiring no heat or water.
- Essential medications and eye glasses.
- Flashlight, and spare batteries.
- Battery-operated watch or clock.
- Battery operated radio and spare batteries; tune-in to KCBS at AM 740.
- Use FRS radio channel 8 to hear what is going on in Rossmoor.
- Manual phone (not a cordless type) that does not need to be plugged into an electrical outlet.
- Whistle, to alert others that you need help.
- Cash (ATMs, and credit cards won't work if the power is off).
- Pet supplies, water, food, leash or carrying box, tags, medications and vaccination information.
- Sanitary supplies such as plastic bags with ties and a bucket for your toilet needs.
- Warm clothing and a blanket.

Your Neighborhood Survival Tools

- First aid kit and book.
- Know where the fire extinguisher outside your door is located.
- Wrench for turning off gas and water.
- Portable stove.

DO NOT EVACUATE ROSSMOOR – it's best to shelter in place.