

“By failing to prepare, you are preparing to fail.”  
--Benjamin Franklin



## Recognizing Drowning

Drowning is a common cause of accidental death, especially among children, but it isn't always easy to recognize.

With summer in full swing, everyone should be vigilant to prevent drownings.

Signs of drowning include:

- Gasp for air
- Head low in the water
- Face hard to see
- Not speaking
- Glassy eyes
- Hair covering face
- Bobbing upright in water, not waving

Sometimes the most important sign of drowning is someone who doesn't seem to be in distress. Ask if they are OK. If they don't respond, they could be in trouble.

## MINOR BURN TREATMENT

- Cool the burn with cool tap water or a cold compress, but do not apply ice directly to the burn.
- Cover the burn with a sterile gauze bandage; do not use cotton.
- If blisters form, do not pop them.
- Apply petroleum jelly regularly.
- Protect the burn area from the sun.

## MAJOR BURN TREATMENT

- Call 911 or seek emergency help.
- Check for signs of circulation (breathing, coughing, or movement).
- Elevate burned parts of the body.
- Cover the burn area.
- Do not attempt to remove burned clothing.
- Do not immerse large burns in cold water.

## HELP SOMEONE CHOKING

- Determine the level of help needed. Look for inability to talk; difficulty breathing; coughing; skin, lips, or nails turning dusky or blue
- Encourage victim to cough, if able.
- Bend victim at the waist, and use the heel of your hand to give five blows between shoulder blades.
- Start Heimlich Maneuver (see below).
- Do NOT put your fingers in victim's mouth or attempt to remove the object.
- If person becomes unconscious, start CPR.

## HEIMLICH MANEUVER

- Stand behind the victim, and make a fist with one hand.
- Wrap your arms around victim's waist, grasping your fist with the other hand, slightly above the navel.
- Tilt victim forward, and perform a total of five quick, upward abdominal thrusts.
- Alternate with back blows and repeat.

# HOW TO PREPARE FOR AN EMERGENCY

## KNOW THE EMERGENCY ALERTS AND WARNINGS

Wireless Emergency Alerts (WEA) and the Emergency Alert System (EAS), via cellular devices, television, and radio, warn receivers of:

- Imminent threats
- AMBER alerts
- Presidential alerts

NOAA Weather Radio broadcasts (24 hours a day, 7 days a week) issue warnings related to:

- Weather
- Hazardous information
- Non-weather emergencies such as national security, natural, environmental, and public safety through the EAS.

## CONSIDER SPECIFIC HOUSEHOLD NEEDS

When preparing for emergencies, consider the unique needs of your household members, including:

- Ages of members of your household
- Dietary needs
- Medical needs including prescriptions, devices, and equipment
- Disabilities or access needs
- Languages spoken
- Cultural and religious considerations
- Pets or service animals

## HAVE A FAMILY EMERGENCY PLAN

Create a family plan that includes:

- Important phone numbers and addresses
- Emergency meeting places
- Evacuation steps
- Use the communication plan guide on [www.fema.gov](http://www.fema.gov) to help create a full plan
- Hold mock emergency drills as a family to practice your plan, identify things you haven't thought of, and make changes as needed.

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## FIRST AID KITS

### Why do I need a first aid kit?

A first aid kit helps you respond well to common injuries and emergencies. Keep one kit in your home and one in your car.

### What should I put in my first aid kit?

Include basic supplies, such as adhesive tape, antibiotic ointment, antiseptic solution or towelettes, bandages, cotton balls or gauze pads, hand sanitizer, and a thermometer.

A first-aid kit should also include basic medications, such as aloe vera gel, anti-diarrheal pills, antihistamines (such as Benadryl), pain relievers (such as ibuprofen), calamine lotion, and hydrocortisone cream.

Other important items include blankets, flashlights, batteries, candles and matches, and a whistle.

We care about your health and well-being and our staff of registered nurse care managers, mental health professionals, and clinical pharmacists are here to help. **If you have questions, please call 855-586-2568, Monday through Friday, 8 a.m. to 5 p.m. MT.**