

Medical emergencies are unexpected medical crises. Examples are things like if someone loses of consciousness or has respiratory problems, heart conditions, strokes, low blood sugar or allergic reactions.

Contact information

Emergency services	Fire/Police/Ambulance	111
Medical centre / Doctor		
Neighbour		
First aid trained person		
Manager		

What you need

- First aid kit
- Trained first aider
- NZ Red Cross app
- A way to communicate quickly (RT or mobile phone)

What to do

- 1 Stay calm, check the area and only approach patient if it's safe.
- 2 Call emergency services (dial 111).
- 3 Don't move the patient.
- 4 Keep patient warm and calm.
- 5 If patient is conscious try to find out what happened.
- 6 Stay with the person until medical assistance arrives.

Remember the DRS ABCD of first aid

- Danger
- Response
- Send for help
- Airway
- Breathing
- CPR
- Defibrillation

After the event

- Check if family members need support
- Check and restock first aid kits
- Determine how the incident occurred and put a strategy in place to so it can't happen again.

Review date