

Survival Guide



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Additional information can be obtained in the following agencies:

International Red Cross Tel: 020 - 2712159, 2714255

St. John Ambulance Tel : 020 - 224066, 222396

HEART ATTACK

Signals (Symptoms)

1. Heavy pressure squeezing, fullness, burning or pain in the centre of the chest which
 - may spread to neck, jaw, shoulders, arms, and neck (see Fig.1).
 - may come and go.
 - may not be severe
2. Shortness of breath, pallor, sweating or weakness.
3. Nausea, Vomiting and /or indigestion.
4. Apprehension, fear, denial. (Denial is a normal response to deny anything as serious as a heart attack.)
5. Any combination of 1,2,3, & 4 makes a heart attack more likely

FACT: 60% of deaths due to heart attack occur outside the hospital within 2 hours after the onset of signals. Prompt medical attention will save many of these lives.



ACTIONS FOR SURVIVAL ACT IMMEDIATELY

1. Have victim to stop any activity and sit or lie down.
2. Expect denial, you take charge.
3. If victim has known heart diseases, give Nitroglycerin.
4. Call your Emergency phone number.
5. Take actions to get to the nearest hospital with 24hour cardiac care

STROKE

Signals (Symptoms)

1. Sudden, temporary weakness or numbness of face, arm or leg.
2. Temporary loss of speech or trouble in speaking or understanding speech.
3. Temporary dimness or loss of vision, particularly in one eye.
4. Episode of double vision.
5. Unexpected dizziness, headaches, etc. In conjunction with other symptoms

ACTIONS FOR SURVIVAL

IF SYMPTOMS OCCUR – ACT IMMEDIATELY!

- Get to a hospital emergency room at once, if your doctor is not immediately available.

- Keep a list of emergency phone numbers handy, at the back of your yellow pages or your local telephone directory.

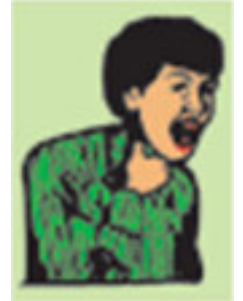
REMEMBER: The decision to act immediately is too important to leave to the victim alone. It is also the responsibility of family, friends and associates.

BREATHING

Breathing / Bleeding

1. CHOKING

- Person may not be able to breathe or speak.
- Skin will appear bluish.
- Note: Assessment & recognition are very important. Good air exchange means that the person can cough, speak, grunt, cry, and make a noise.



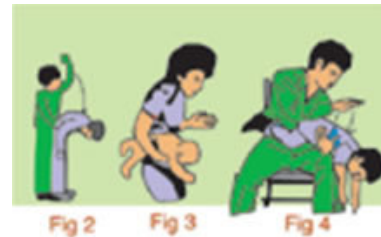
DO NOT INTERFERE WITH HIS / HER OWN ATTEMPTS TO EXPEL THE FOREIGN OBJECT AT THIS TIME.

A. FOR A CONSCIOUS VICTIM

Have someone call for help while you take action

1. BACK BLOWS

- STAND BESIDE AND SLIGHTLY BEHIND THE VICTIM.
- SUPPORT WITH ONE HAND ON THE CHEST.
- GIVE 4 SHARP BLOWS BETWEEN SHOULDER BLADES.



(See Fig. 1, 2, 3, & 4)

NOTE: The blows should be applied with a force that will not cause injury to the casualty. Particularly care should be taken if the casualty is an infant or a child.