

5

minute safety talk



Signs and Symptoms of Sudden Illness

Heart Attacks, Angina, and Strokes

Many illnesses may occur suddenly and become medical emergencies. You do not have to know for sure what the victim's specific illness is before you give first aid.

General signs and symptoms of sudden illness:

- Person feels ill, dizzy, confused or weak
- Skin color changes (flushed or pale), sweating
- Nausea, vomiting

General care for sudden illness:

1. Call 9-1-1 for unexplained sudden illness.
2. Help the victim rest and avoid getting chilled or overheated.
3. Reassure the victim.
4. Do not give the victim anything to eat or drink.
5. Watch for changes, and be prepared to give basic life support.

Heart attack:

A heart attack is a sudden reduced blood flow to the heart muscle. It is a medical emergency, because it can lead to cardiac arrest. Heart attacks can occur at any age. Signs vary from vague chest discomfort to crushing pain, with or without other symptoms. A victim may have no symptoms at all before collapsing suddenly.

Facts about heart attacks:

- Half a million people a year in the United States die from heart attacks—many of whom could have been saved by prompt first aid and medical treatment.
- Heart attacks result from coronary artery disease, which can often be prevented or minimized with a healthy diet, exercise, not smoking and regular medical care.
- Heart attacks are more likely for those with a family history.
- One-fifth of heart attack victims do not have chest pain, but often have other symptoms.
- Heart attack victims typically deny they are having a heart attack. Do not let them talk you out of getting help!

Symptoms of heart attack include:

- Complaint of persistent chest pressure, tightness, ache or pain
- Pain that spreads to the neck, shoulders or arms
- Shortness of breath
- Dizziness, lightheadedness, feeling of impending doom
- Pale moist skin, or heavy sweating
- Nausea

Do this first:

1. Call 9-1-1 immediately, even if the victim says it is not serious.

2. Help the victim rest in a comfortable position. Loosen constrictive clothing.
3. Ask the victim if he is taking heart medication, and obtain the medication for the victim.
4. Allow the victim to take one aspirin (unless allergic).
5. Stay with the victim. Be reassuring, calming and prepared to give basic life support.

Additional care:

- Do not let the victim eat or drink anything.

Angina

Angina is chest pain caused by heart disease which often occurs after intense activity or exertion. The pain usually lasts only a few minutes. Most people know when they have angina and may carry medication for it. Help a person with angina take his own medication and rest. If the pain persists for more than 10 minutes, stops and then returns, or if the victim has other heart attack symptoms, give first aid as for a heart attack.

Stroke

A stroke is an interruption of blood flow to a part of the brain, killing nerve cells and affecting brain function. A stroke victim needs medical help immediately to decrease the chance of permanent damage. Strokes are more common in older adults. More than 700,000 Americans have strokes every year, resulting in more than 162,000 deaths.

Symptoms of stroke include:

- Sudden, severe headache
- Sudden weakness or numbness of face, arm or leg on one side
- Dizziness, confusion, difficulty understanding speech
- Difficulty speaking or swallowing, vision problems
- Changing levels of responsiveness or unresponsiveness

Do this first:

1. Call 9-1-1.
2. Monitor the victim and be prepared to give basic life support.
3. Have the victim lie on his back with head and shoulders slightly raised.
4. Loosen any constrictive collars.
5. If necessary, turn the victim's head to the side to allow drool or vomit to drain.

Additional care:

- Keep the victim warm and quiet until help arrives.
- Put an unresponsive victim in the recovery position.
- Do not let a stroke victim eat or drink anything.

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Síntomas y signos de la Enfermedad Repentina

Angina y ataques cardíacos, accidentes cerebro vasculares.

Muchas enfermedades ocurren repentinamente y se transforman en emergencias médicas. No hace falta saber a ciencia cierta cuál es la enfermedad específica que padece la víctima antes de brindarle primeros auxilios.

Síntomas y signos generales de enfermedad repentina:

- La persona se siente enferma, mareada, confundida o débil.
- Cambia el color de la piel (enrojecimiento o palidez), transpiración.
- Náuseas y vómitos

Atención general en casos de enfermedad repentina:

1. Llame al servicio de emergencia (9-1-1 en los Estados Unidos) ante una enfermedad repentina sin explicación.
2. Procure el descanso de la víctima, y evite su exposición a excesivo calor o frío.
3. Tranquilice a la víctima.
4. No le de nada de beber o de comer a la víctima
5. Esté atento a los cambios, y esté preparado para brindarle resucitación de ser necesario.

Ataque cardíaco:

Un ataque cardíaco es una reducción repentina del flujo sanguíneo al músculo del corazón. Es una emergencia médica, ya que puede llevar al paro cardíaco. Los ataques cardíacos pueden ocurrir a cualquier edad. Los signos van desde una leve molestia hasta fuertes dolores en la zona del pecho, pudiendo haber otros síntomas presentes o no. Es posible que una víctima no presente síntoma alguno antes de desvanecerse repentinamente.

Datos sobre los ataques cardíacos:

- Medio millón de personas mueren cada año en los Estados Unidos a causa de ataques cardíacos. Muchas de estas personas podrían haberse salvado si se les hubiese brindado primeros auxilios y atención médica de inmediato.
- Los ataques cardíacos son causados por enfermedades en las arterias coronarias, las cuales pueden prevenirse o minimizarse realizando ejercicio y una dieta saludable, no fumando y visitando periódicamente al médico.
- Las personas con antecedentes en su familia son más propensas a sufrir un ataque cardíaco.
- Una de cada cinco víctimas de ataques cardíacos no sufre dolores en el pecho, pero suele tener otros síntomas.
- Las víctimas de ataques cardíacos suelen negar que están sufriendo el ataque. ¡No se deje convencer de no pedir ayuda!

Síntomas del ataque cardíaco:

- Quejas por dolores persistentes, opresión o presión en el pecho.
- Dolor que se extiende por el cuello, los hombros o los brazos.
- Falta de aire
- Mareos, confusión, sensación de peligro inminente.
- Piel pálida y húmeda, o transpiración excesiva.
- Náuseas

Primero haga esto:

1. Llame al servicio de emergencias inmediatamente (9-1-1 en los Estados Unidos), aun cuando la víctima diga que no es nada grave.
2. Procure el descanso de la víctima en una posición cómoda. Aflójele la ropa ajustada.

3. Pregúntele a la víctima si está tomando algún tipo de medicación cardíaca y, de ser así, procure obtener ese medicamento.
4. Permita que la víctima tome una aspirina (a menos que sea alérgica).
5. Permanezca junto a la víctima. Calme y tranquilice a la víctima, y esté preparado para brindarle resucitación de ser necesario.

Cuidados adicionales:

- No permita que la víctima ingiera alimentos o bebidas.

Angina

La angina es un dolor en el pecho causado por enfermedad cardíaca que suele ocurrir luego de una actividad física intensa o un esfuerzo excesivo. El dolor suele durar solo unos pocos minutos. La mayoría de la gente sabe que sufre esta enfermedad y suele llevar medicación consigo. Ante una persona con angina, ayúdele a tomar su medicación y procure que descanse. Si el dolor persiste durante más de 10 minutos, cesa y luego reaparece, o si la víctima muestra otros síntomas de ataque cardíaco, suminístrele los primeros auxilios para un caso de ataque cardíaco.

Accidente cerebro vascular

Un accidente cerebro vascular es la interrupción del flujo sanguíneo a una parte del cerebro, resultando en la muerte de células nerviosas y afectando las funciones cerebrales. Una víctima de accidente cerebro vascular necesita atención médica inmediata para reducir sus posibilidades de sufrir un daño permanente. Los accidentes cerebro vasculares son más frecuentes en adultos mayores. Cada año, más de 700.000 estadounidenses sufren un accidente cerebro vascular y 162.000 mueren por esta causa.

Síntomas del accidente cerebro vascular:

- Dolores de cabeza agudos y repentinos
- Debilidad o adormecimiento repentino de un costado de la cara, de un brazo o de una pierna de un lado del cuerpo.
- Mareos, confusión, dificultad para entender el habla.
- Dificultad al tragar o al hablar, problemas de visión
- Cambios en los niveles de reacción, o en la falta de reacción

Primero haga esto:

1. Llame al servicio de emergencias (9-1-1 en los Estados Unidos).
2. Esté atento a la víctima, y esté preparado para brindarle resucitación de ser necesario.
3. Haga que la víctima se acueste boca arriba, con la cabeza y los hombros levemente elevados.
4. Aflójele el cuello de la ropa si es ajustado.
5. De ser necesario, gire la cabeza de la víctima hacia un lado para permitir que el vómito o la saliva salgan de la boca.

Cuidados adicionales:

- Mantenga a la víctima en reposo y bien abrigada hasta que llegue la asistencia médica.
- Si una víctima no responde, colóquela en la posición de recuperación.
- No permita que la víctima ingiera alimentos o bebidas.