CALL 911
FOR ANY LIFE-THREATENING EMERGENCY

The following are examples of life-threatening emergencies:

- Injuries to the head*, back or neck; severe eye injury
- Person not breathing
- Difficulty breathing, shortness of breath
- Wheezing, facial swelling due to allergic reaction
- Near drowning
- Person unconscious, semi-conscious or unusually confused
- Uncontrolled bleeding
- Coughing or vomiting blood
- Chest pain or pressure that lasts more than 3-5 minutes
- Poisoning, drug overdose
- First time seizure, multiple seizures, or seizure lasting more than 5 minutes
- Fracture with bone deformity and/or bone exposure
- Person with sudden or persistent severe pain

Sources: American Red Cross and American College of Emergency Physicians,
First Aid – How to Proceed in Case of Injury, San Diego USD

*The following are danger signs following a bump, blow or jolt to the head or body that require 911:

- Drowsy or cannot be awakened
- Headache that gets worse and does not go away
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasing confused, restless or agitated
- Has unusual behavior
- Loss of consciousness
- Uncontrollable crying, inability to be consoled
- Blood or fluid from nose and/or ears
- One pupil larger than the other

Source: Adapted from CDC Heads Up [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion)

Please review the yellow Guidelines for School First Aid Procedures flip-chart at your school.
It is also available at [www.healthiersf.org/resources/](http://www.healthiersf.org/resources/)

IF YOU ARE NOT SURE WHEN TO CALL 911, REMEMBER THAT “WHEN IN DOUBT, CALL ‘EM OUT”