

EMERGENCY WOUND-CARE

PAGE 1 | IMMEDIATE RESPONSE - QUICK REFERENCE

01 MAKE THE SCENE SAFE

Stop the activity; avoid traffic, tools, electricity, animals, or other hazards.
Wash or sanitize hands if possible; wear disposable gloves when helping someone.

02 CONTROL BLEEDING

Apply firm, continuous direct pressure with sterile gauze or a clean cloth.
If soaked, add another dressing while continuing pressure. Do not repeatedly lift it.
Heavy, spurting, or uncontrolled bleeding: call emergency services immediately.

03 CLEAN A MINOR, SUPERFICIAL WOUND

Once bleeding is controlled, rinse thoroughly with clean running water or sterile saline.
Wash surrounding skin gently with soap; do not scrub deeply into the wound.
Do not pour rubbing alcohol or hydrogen peroxide into the wound.
Do not dig out embedded objects or attempt to clean deep injuries yourself.

04 PROTECT AND RECHECK

Cover with a sterile non-stick dressing and secure without restricting circulation.
Replace the dressing when wet, dirty, damaged, or as product directions indicate.
Watch for increasing redness, warmth, swelling, pain, pus, or worsening symptoms.
Ask a healthcare professional about tetanus protection after dirty or puncture wounds.

CALL EMERGENCY SERVICES NOW

Severe or uncontrolled bleeding; fainting, confusion, or signs of shock.
A life-threatening injury, serious loss of movement, or major trauma.
For severe limb bleeding, use a commercial tourniquet only as trained.
Follow emergency dispatcher instructions and arrange urgent medical assistance.

SEEK PROMPT MEDICAL ASSESSMENT

Deep/gaping wounds, bites, punctures, numbness, embedded objects, fever or red streaks.

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PAGE 2 | HOUSEHOLD EMERGENCY INFORMATION - FILL IN BEFORE USE

LOCAL EMERGENCY NUMBER / REGION

PROPERTY ADDRESS / LOCATION / GPS COORDINATES

DIRECTIONS FOR RESPONDERS / LANDMARKS / GATE ACCESS

NEAREST EMERGENCY MEDICAL FACILITY / PHONE

PRIMARY CONTACT - NAME / PHONE

SECONDARY CONTACT - NAME / PHONE

BACKUP COMMUNICATION - SATELLITE / RADIO / OTHER

FIRST-AID KIT / BLEEDING-CONTROL SUPPLIES LOCATION

STERILE SALINE / BACKUP WATER / LIGHTING LOCATION

BEFORE AN EMERGENCY

Verify phone numbers, test backup communication, and update directions regularly.
Keep this card accessible offline. Store sensitive medical details separately and securely.
Herbal powders and pastes are not substitutes for sterile dressings or medical care.