

# WHAT SHOULD I DO IN AN EMERGENCY?



Grossmont Healthcare District's  
**Health & Wellness Library**

An East County community resource



**911**

## WHAT IS CONSIDERED A MEDICAL EMERGENCY?

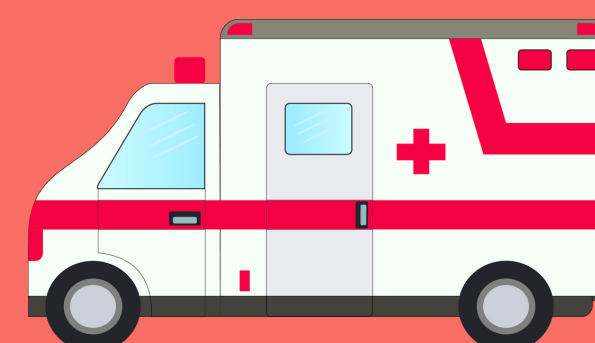
- If a person or unborn baby could die or be permanently disabled, the situation is considered a life-threatening medical emergency and you should call 911

## DIAL 911 IF YOU OR SOMEONE IS:

- Choking
- Has stopped breathing
- Has a head injury from passing out
- Fainting or confusion
- Experienced electric shock or lightning strike
- Has a severe burn
- Severe chest pain or pressure or a seizure that lasted more than 1 minute or from which the person does not rapidly awaken
- OR for other reasons listed in the hospital section.

## WHAT HAPPENS WHEN I CALL 911?

- Your call connects you to a dispatch center closest to your current location
- If you're near a freeway or highway, it connects you to the California Highway Patrol (CHP)



## WHAT INFORMATION SHOULD I BE PREPARED TO PROVIDE TO THE CALL-TAKER?

- Location of the emergency (street address, room/apartment number, if you're in a large building)
- The phone number you're calling from
- The nature of the emergency
- Details about the emergency, such as a physical description of a person who may have committed a crime, a description of any fire that may be burning, or a description of injuries or symptoms being experienced by a person having a medical emergency
- DO NOT hang up until the call-taker instructs you to do so

## EXAMPLES OF WHAT TO SAY DURING A MEDICAL EMERGENCY?

“My name is X and I'm at X location. I need an ambulance quickly as my leg is bleeding heavily. I am currently pinching it closed and adding pressure with a towel.”