



Key Facts

- It is important to know how to make a clear and efficient call to emergency services, if necessary.
- Understanding the basic concepts of first aid and how to deal with common injuries can be.

By the end of these topics, I should:

- identify and name situations that may require first aid
- list reasons why someone may struggle to breathe
- identify the signs of an asthma attack or choking
- identify the signs of an allergic reaction and anaphylactic shock
- understand the correct steps for seeking immediate emergency help
- provide first aid treatment to someone who is struggling to breathe

Ask me a question!

- What could trigger an asthma attack?
- How could you help someone who is choking?
- What is an epi-pen?

I will learn the following new words/phrases:

Treatment	Medical care given to a patient for an illness or injury.
Emergency	A serious, unexpected, and often dangerous situation requiring immediate action.
Severe	Very bad, serious, or unpleasant.
Clinical Advisor	A person responsible for the assessment of health and clinical needs.
Life-threatening	Capable of causing death.
Conscious	Awake, aware of what is happening around you, and able to think.
Asthma	A common lung condition that causes occasional breathing difficulties.
Anaphylaxis	A severe and potentially life-threatening reaction to a trigger such as an allergy.
Allergic	Having an allergy to a substance.
Prescribed	To officially advise someone to use a medicine or treatment.
Obstruction	Something that gets in the way, sticks out, or blocks passage.