



ÖSTERREICHISCHES ROTES KREUZ

Aus Liebe zum Menschen.

TO KNOW WHAT HAS TO BE DONE IN AN EMERGENCY ...

# HEALTH AND FIRST AID

GESUNDHEIT UND ERSTE HILFE / SANTÉ ET PREMIERS SECOURS

روغتيا او لومړنۍ مرستې / صحت و کمکهای اولیه / الصحة والإسعافات الأولية



## DOCTOR OR HOSPITAL?

Hospitals, clinics and ambulances are only intended for emergencies or in-patient treatment. Go to a general practitioner if it really is not urgent.



## FOR THE VISIT TO THE DOCTOR

Any visit to the doctor is free of charge to you. Always bring your "e-card-Ersatzbeleg" (+ ID) with you and take note of the office hours. If you need a doctor in the night or on weekends, then call 141.



## IN CASE OF ILLNESS

In the event of illnesses, injuries, fever, pain, diarrhoea, vomiting etc., please always contact the support staff.



## EURO-EMERGENCY CALL: 112

In case of emergency, call 112 (police, emergency service) and give your exact location (address). You can also get first aid instructions there.



## CHECK THE VITAL SIGNS

- Check for consciousness by speaking loudly and shaking the shoulders.
- If there is no reaction: check for breathing (look, hear, feel: max. 10 sec.).



## UNCONSCIOUSNESS: RECOVERY POSITION

If the patient is not responsive, but is breathing normally:

- Turn the injured person on his side.
- Tilt the person's head back, open his mouth and then dial 112.
- Check the breathing regularly and cover the patient.



## RESPIRATORY-CIRCULATORY-ARREST RESUSCITATION

If no normal breathing can be established:

- Emergency call 112
- Alternately perform 30 chest compressions and 2 artificial respirations (press quickly and firmly with the ball of the hand on the middle of the ribcage).
- Perform resuscitation until the emergency service arrives or normal breathing is restored.



## HEAVY BLEEDING

Heavy bleeding is life-threatening.

- Hold the injured part of the body up high and press firmly on the wound with absorbent material until the bleeding stops.
- Raise the injured person's legs, cover him and dial 112.

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