

SEIZURE

A seizure is when the brain's signals get mixed up, causing a person to lose control of their body for a short period of time. Some seizures look dramatic, with shaking and loss of control, while others may be more subtle.

What are some of the symptoms of a seizure?

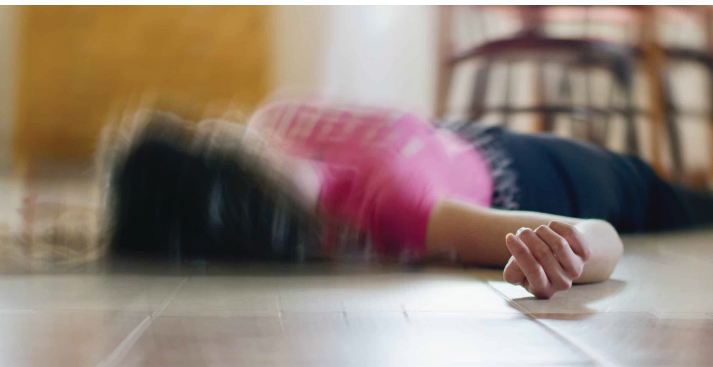
- **Physical Appearance** - the person has collapsed, and there may be sudden jerking movements
- **Appearance** - staring into space or brief confusion
- **Facial Features** - froth around the mouth

How to help someone having a seizure

- Make them safe to prevent injury, using a blanket or something soft to protect their head
- Do not restrain them
- Time the amount of time they are seizing to give to medical personnel
- Let the seizure run its course, do not try and hold them down
- Call 911 (if they have not been called already)

Websites/articles for more info

<https://www.webmd.com/epilepsy/seizure-home-care>



FENTANYL POISONING

Fentanyl is a drug that is 80 to 100 times stronger than morphine and about 50 times more potent than heroin. While it can be legally prescribed for severe pain, fentanyl is also illegally manufactured and sold on the street, often mixed into counterfeit pills, vapes, and other drugs. Even a tiny amount of fentanyl, whether ingested, snorted, injected, or vaped, can cause a fatal opioid overdose.

What are the signs of fentanyl poisoning?

- **Appearance** - slow or difficult breathing, blue lips or fingertips
- **Heart** - slow pulse, low blood pressure
- **Consciousness** - sedation, disorientation, dizziness, loss of consciousness

How to help someone who may be a victim of fentanyl poisoning?

- Call 911 immediately
- Check responsiveness and breathing
- Try to wake the person by calling their name or shaking them gently
- Perform rescue breathing or CPR if needed
- Lay them on their side (recovery position) to prevent choking if they vomit
- Give Narcan if Narcan trained

WHEN SECONDS COUNT: A TEEN'S GUIDE TO HEALTH EMERGENCIES



When emergencies happen, every second counts—and sometimes the first person to notice an emergency is you. This guide is designed by teens, for teens, to help you recognize the warning signs of a serious health crisis that can happen at school, during a game, or at a hangout.

On average, more than 182,000 in the U.S. die each year from either alcohol poisoning, diabetes complications, severe allergies, seizures, or fentanyl poisoning.

This brochure is designed to help teens know what to look for—and how to act fast until professional medical help arrives - which can make all the difference.

*Girl Scouts of America Gold Award project designed and developed by Emma Zinkowski, Girl Scout Troop 1631.

*Disclaimer: Trained medical professionals assisted in the content. This brochure is for educational purposes and is not a substitute for professional medical advice, diagnosis, or treatment. If someone is experiencing a medical emergency, call 911 immediately and follow the instructions of trained medical personnel.

SEVERE ALLERGIES

If someone is having a severe allergic reaction, they can go into anaphylactic shock and will be in need of an EpiPen to slow down and stop the symptoms of anaphylaxis.

What is an EpiPen?

An EpiPen is a type of shot that delivers adrenaline during a severe allergic reaction. It works quickly to stop the reaction from getting worse by opening airways, raising blood pressure, and reducing any swelling. Doctors usually prescribe EpiPens for people with serious allergies such as peanuts, bee stings, or certain medications.

What are the symptoms of anaphylactic shock?

- **Skin** – rash (red or other colors), widespread hives, swelling beneath the skin, and itchiness
- **Mouth and throat** – swelling of the face, eyes, lips, or tongue, tightness in the throat, a hoarse voice, difficulty swallowing
- **Heart** – rapid heart rate, weak pulse, feeling faint, tightness in the chest
- **Lungs** – shortness of breath, wheezing, coughing
- **Digestive Challenges** – vomiting, diarrhea, abdominal pain

What to do after injecting an EpiPen?

- EpiPens are a temporary emergency treatment to stop anaphylaxis from progressing into anaphylactic shock
- An EpiPen is not a substitute for professional medical care
- After you inject the EpiPen, immediately call 911 (if they have not been called already)

DIABETES

Diabetes is a medical condition that affects blood sugar levels. When a person has diabetes, their body fails to maintain a blood sugar balance, so they need to stimulate that with shots or sugar in their diet. The blood sugar drop called hypoglycemia causes their body and brain to not get enough glucose for energy.

What are the symptoms of hypoglycemia?

- **Skin** – clammy, sweating
- **Balance** – feel drowsy and confused, feel faint, unresponsive

How to help someone who is hypoglycemic

- Have them sit up and give them something sugary to eat or drink. (Ex: cola, lemonade, orange juice, jelly beans, chocolate)
- Reassure the person. If they respond well, give them more sugary food.
- Check if they have a Medical bracelet/necklace/card to give you more info
- Call 911 (if they have not been called already)

Websites/articles for more info

<https://www.redcross.org.uk/first-aid/learn-first-aid/diabetic-emergency>



ALCOHOL POISONING

This isn't about an alcoholic drink that has been poisoned. Alcohol Poisoning happens when someone drinks so much alcohol that their body can't handle it. It slows down breathing, heart rate, and body temperature, and can become life-threatening if not treated quickly.

What are the symptoms of alcohol poisoning?

- **Breathing** – slow breathing (which is fewer than 8 breaths/min), irregular breathing, trouble staying conscious
- **Appearance** – skin that looks blue, gray, or pale, low body heat (hypothermia)
- **Sickness** – vomiting, seizures

How to help someone who may have alcohol poisoning

- Call 911, alcohol poisoning is an emergency
- Never assume the person will sleep it off
- Don't leave an unconscious person alone
- While waiting for EMS, do not try to help them vomit because they can choke

What are some risk factors that will increase your risk of alcohol poisoning

- Height and weight
- Health conditions that affect how a body processes alcohol
- Whether the person has eaten recently
- The percentage of alcohol in the drinks
- How fast and how much alcohol was consumed

Websites/articles for more info

<https://www.mayoclinic.org/disease-conditions/alcohol-poisoning/symptoms-causes/syc-20354386>