



Chapter 14: Emergency - Dial 911

If there is an emergency, you may need to make a 911 phone call. Seconds count during an emergency, so it is important to know how to get help quickly. **This is why you must always have a phone to use.** There are different phones and so you must be familiar with how to dial 911 on your phone. Most calls from land lines can be traced to the address, so the 911 operator automatically knows where you are calling from. If you are using a cell phone or a call from the Internet, this may not be the case.

Good tips to know for making a 911 call

- Remember to call from a safe location. If your house is on fire, get out and then call.
- Know your full name and address and post this near your phone.
- Remain calm and speak clearly.
- Stay on the phone with the 911 operator until they tell you to hang up. If it is a medical emergency, they will guide you through life saving directions.
- Tell the 911 operator if you dial this number by mistake and it is not an emergency. If you hang up, emergency crews could be sent to your house.



Safety tips regarding YOU in an emergency situation:

If **you** are in an emergency situation and must be taken to the hospital, it is best to have some type of identification card, particularly if you are unable to speak. The police would then know who you are and who to call. This chapter does have a sample card for you to fill out and place in a safe location.

ICE for cell phones

ICE stands for In Case of Emergency. It is an acronym used nationwide to identify who to call for help on your cell phone. ICE is used by police and hospital personnel to know who to call if you are hurt and unable to speak. For example; “ICE” would list the phone number of your mother and could save valuable time when looking for information about you.



Chapter 14 Activity: **W A N T!**

Pretend you are making an emergency phone call. You fell down in your house and have a large cut on your leg that you cannot stop the bleeding. List the following information:

Remember the word WANT!

Stay Calm. Do Not Hang Up Before the Operator Tells You.

W

WHAT
HAPPENED?

A

ADDRESS

N

NAME

T

TELE-
PHONE
NUMBER

EMERGENCY CONTACT INFORMATION

Fill in the following information and keep this card in a safe place in your backpack.

Parent's/Guardian's Name: _____

Cell Phone: _____ Work Phone: _____ Home Phone: _____

Trusted Neighbor Name: _____

Cell Phone: _____ Work Phone: _____ Home Phone: _____

School Phone: _____

CALL 911 for EMERGENCIES!!



Chapter 14 Activity: Set the Scene ...

Read the 911 stories below and role play the situation. The leader and student should change roles as the 911 operator and the caller.

Setting 1: *You are home with your little brother. You made hot dogs to eat and now your little brother is choking and cannot breathe.*

Caller: (CALL 911!) HELP, HELP, my brother is choking!

Operator: Stay calm and tell me what happened.

Caller: My brother and I were eating hot dogs and now he cannot breathe!

Operator: What is your Address?

Caller: 1200 Pennsylvania Avenue.

Operator: What is your Name?

Caller: Ummm, my name is Anna and my last name is White.

Operator: What is your Telephone number?

Caller: My house phone number is 703-555-2001.

Operator: How old is your brother? Is he conscious or not?

Caller: He is five and he is not moving and his eyes are closed.

Operator: I am sending a rescue unit to your house. Stay on the phone with me and I will tell you what you can do to help your brother.

Caller: I am scared and do not know what to do!

Operator: Stay calm and I will stay on the phone with you until the rescue unit arrives.



Setting 2: *You are walking home from school and as you get close to your house, you see the front door is open. You were the last one to leave this morning and know you locked the door. You are not expecting your family home until 7:00 p.m.*

Caller: (Go to the neighbor's house and CALL 911) There is a stranger in my house!

Operator: Stay calm and tell me, "What happened to make you think this?"

Caller: The front door is open and I locked it this morning.

Operator: What is your Address?

Caller: 1616 Cardinal Drive, but I am at my neighbor's house across the street.

Operator: What is your Name?

Caller: My name is Skip but my real name is Scott Green.

Operator: What is your Telephone number?

Caller: My house phone number is 703-555-1002.

Operator: Did anyone plan to come home early today?

Caller: No, my parents are at work and my brother is at college.

Operator: Who was the last person to leave the house this morning?

Caller: I left last at 8:00 this morning to get on the bus.

Operator: Do you have any pets in the house?

Caller: I have a dog that stays inside and a hamster in my room.

Operator: I am sending a police car now to check it out. Please stay where you are until they get there.



Chapter 15: Medical Emergency and First Aid

If you are in self care, you must be prepared in basic first aid and ready to cope with a medical emergency. This lesson goes over when it is necessary to call 911 and gives you an overview of basic first-aid procedures. It might be scary to read about these situations and they may never happen, but you will feel much more confident about staying home alone if you are prepared for anything. You may also want to take a first-aid course at your local hospital or through the American Red Cross.

If you feel sick, always check with your parent before taking any medication. It is important to read the labels and know exactly what you are taking, how much, and to write down the time you take it. You and your family will decide the best place to keep medications and Band-Aids that you might need.

Medical Emergencies:

Call 911 for a Medical Emergency in any of these situations:

- A person is bleeding heavily
- A person is not breathing
- A person is unconscious
- A person is badly burned
- A person has a broken bone
- A person has a great pain in some part of the body



Remember to *STAY CALM* and follow the directions from the 911 operator.

These emergency directions might include:

- To try to move the person or not
- To loosen clothing
- To cover a person with a blanket
- To apply pressure on an injury or not



Important to Know When Helping Someone

- Wash your hands with soap and water immediately before and after giving care.
- Avoid contact with body fluids, such as blood, whenever possible.
- Wear medical gloves if possible.
- Do not eat, drink, or touch your mouth, nose, or eyes when giving first aid.
- Try not to touch objects soiled with blood, mucus, or other body substances.





Child Page

“Operation EWHA: Emergencies While Home Alone”

What Is An Emergency?



Your leader will read the following situations. Decide if this is an emergency or not and go stand under the correct sign: Emergency, Needs First Aid, or No Action Needed.

Emergency—A sudden crisis requiring action.

EVENT	WHAT IS IT?		
1. You are watching T.V. You smell smoke and see the wastebasket is on fire.	Emergency	Needs First Aid	No Action Needed
2. You are cutting paper and the scissors cuts your finger. It is bleeding really badly.	Emergency	Needs First Aid	No Action Needed
3. You open the cabinet above the bathroom sink, a bottle of cough syrup falls out, and the bottle breaks in the sink.	Emergency	Needs First Aid	No Action Needed
4. When you lift the pan of hot water from the kitchen stove, a little spills on your arm. Now the skin is red and has small blisters and hurts.	Emergency	Needs First Aid	No Action Needed
5. Your little sister's favorite doll has just been broken. She feels bad and she is crying a lot.	Emergency	Needs First Aid	No Action Needed
6. You bump your nose on the open cabinet door. It is bleeding a little.	Emergency	Needs First Aid	No Action Needed
7. Your younger brother just got hit in the stomach with a football. He is breathing funny, and his face is turning blue.	Emergency	Needs First Aid	No Action Needed

Adapted from: Ashley, Bart, Staying Home Alone. Cooperative Extension Program/Kentucky State University, Cooperative Extension Service, University of Kentucky, University Graphics, Kentucky State University, July 1987.





Teacher/Volunteer Page

“Operation EWHA: Emergencies While Home Alone”



What Is An Emergency? KEY

Your leader will read the following situations. Decide if this is an emergency or not and go stand under the correct sign: Emergency, Needs First Aid, or No Action Needed.

Emergency - A sudden crisis requiring action.

EVENT	WHAT IS IT?		
1. You are watching T.V. You smell smoke and see the wastebasket is on fire. This could be an emergency if the fire cannot be extinguished with a fire extinguisher or water. An adult should be called or if it cannot be put out quickly call 911.	Emergency	Needs First Aid	No Action Needed
2. You are cutting paper and the scissors cuts your finger. It is bleeding really badly. If the bleeding cannot be stopped, an adult needs to be called.	Emergency	Needs First Aid	No Action Needed
3. You open the cabinet above the bathroom sink, a bottle of cough syrup falls out, and the bottle breaks in the sink. Not an emergency.	Emergency	Needs First Aid	No Action Needed
4. When you lift the pan of hot water from the kitchen stove, a little spills on your arm. Now the skin is red and has small blisters and hurts. This is probably not an emergency; however, if the burn is over a large area it could be an emergency and an adult needs to be called.	Emergency	Needs First Aid	No Action Needed
5. Your little sister's favorite doll has just been broken. She feels bad and she is crying a lot. Not an emergency.	Emergency	Needs First Aid	No Action Needed
6. You bump your nose on the open cabinet door. It is bleeding a little. Not an emergency.	Emergency	Needs First Aid	No Action Needed
7. Your younger brother just got hit in the stomach with a football. He is breathing funny, and his face is turning blue. This is an emergency and an adult needs to be called.	Emergency	Needs First Aid	No Action Needed

Adapted from: Ashley, Bart, Staying Home Alone. Cooperative Extension Program/Kentucky State University, Cooperative Extension Service, University of Kentucky, University Graphics, Kentucky State University, July 1987.



Fire safety

Tell participants that in a fire, seconds count! Fires can become out of control in a very short period of time. They must be prepared for the possibility of an emergency.

Prevention includes keeping matches and lighters out of reach of children, and keeping children away from stoves and heaters. Tell them they must always give their full attention to the children, and avoid anything that may distract them from that job.

Fire Safety

Tell the teens that making a plan will save them precious seconds if they discover fire/smoke. Go over the following steps with them:

1. Plan two escape routes out of the house or apartment. If one route is blocked, there will be another.
2. Gather the children and get them to safety; call 911 from a neighbor's house or cell phone. Do not worry about dressing the children. **Time is precious!**
3. Do not gather valuables or toys. Take pets, if time allows.
4. Do not go back into the house for anything. You can mention any concerns you may have to firefighters when they arrive.
5. If the house is filled with smoke, stay low and/or crawl.
6. Hot door handles signal fire on the other side; so do not open the door. Find another way out.
7. Stay calm and do not panic. The children will be looking to you for reassurance.

If...

- a child's clothing catches fire, push the child to floor and roll him/her in a blanket, rug or something similar until the fire is smothered. (Stop, drop, and roll.)
- they and the children become trapped, it is important to remain calm and seal off cracks around the door with anything that is available. Signal from a window when help arrives.
- they are trapped and the room is smoky, get everyone to a window and open it slightly for fresh air. Yell. Hang out a sheet or towel to signal firefighters. Climb out if you are on the ground floor. Do not risk high jumps. Wait for the fire department.

Reassure the participants that this information is not meant to scare them, but to help prepare them for the responsibility of keeping the children in their care safe. Tell them it's hard to remain calm when frightened but by learning this information, they will be as prepared as possible to do their best!