



KPFARS MONTHLY HEALTH HUB

Neighbors Staying Informed, Staying Healthy, and Staying Safe Together



EMS Week Newsletter: Medical Preparedness at Home

Being prepared for medical emergencies at home is crucial because it enables families to respond quickly and effectively, potentially saving lives and reducing the severity of injuries. Having a plan, a well-stocked first aid kit, and basic medical knowledge empowers everyone in the household to handle unexpected health crises with confidence.

Creating a Home Medical Emergency Plan

Emergency Contact List

Having a list of emergency contacts can save precious time during an emergency. Ensure that all family members know where to find this list and what it includes:

- **Important Contacts:** Include phone numbers for family members, neighbors, and healthcare providers.
- **Emergency Numbers:** List critical emergency services such as 911 and the local poison control center (1-800-222-1222).

Medical Information for Each Family Member

Keep detailed medical information for each family member to provide to emergency responders:

- **Allergies:** Note any known allergies to medications, foods, or other substances.
- **Medical Conditions and History:** Document chronic illnesses like diabetes, asthma, or heart disease and other health history.
- **Medications and Dosages:** List all current medications, including dosage and frequency.
- **Identification:** Keep copies of health insurance cards and identification documents/information such as name and date of birth.

IN THIS ISSUE

MEDICAL PREPAREDNESS AT HOME

RECOGNIZING AND RESPONDING TO SERIOUS MEDICAL EMERGENCIES

WHAT HAPPENS WHEN YOU CALL FOR AN AMBULANCE?

UPCOMING EVENTS

NEXT DRILL:

JUNE 5TH AT 7PM AT THE NEW ROAD BUILDING

NEXT BUSINESS MEETING:

JUNE 19TH AT 7PM AT THE NEW ROAD BUILDING

MONTHLY CPR CLASS:

EMAIL BNY831@GMAIL.COM FOR MORE DETAILS

Recognizing and Responding to Serious Medical Emergencies



Being able to identify signs of common medical emergencies can save lives. Recognizing these critical symptoms and knowing how to respond effectively ensures timely intervention:

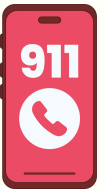
Heart Attack Signs: Recognize chest pain, shortness of breath, nausea, and other symptoms. (Visit [American Heart Association](#) for heart attack warning signs).

Stroke Symptoms: Remember FAST – Face drooping, Arm weakness, Speech difficulties, and Time to call 911. (Visit [American Stroke Association](#) for stroke symptoms).

Severe Allergic Reactions: Identify difficulty breathing, swelling, and hives as signs of anaphylaxis.

What Happens When You Call for an Ambulance?

- 1. Calling 911:** Provide a brief description and duration of the emergency, your exact location, caller's contact information, and patient details such as name, age, medical conditions, medications, and allergies. Follow instructions from the dispatcher and stay calm.
- 2. Dispatch of EMS:** Basic Life Support (BLS) or Advanced Life Support (ALS) responders are dispatched based on the nature and severity of the emergency. Ensure the area is clear for their arrival.
- 3. On-Site Assessment:** When responders arrive, they will assess the situation, provide initial medical care, and may ask you to repeat important patient information, such as name, age, medical conditions, medications, and allergies, as well as the description and duration of the emergency. This ensures that the information provided is accurate and the patient receives proper care.
- 4. Transport Decision:** Depending on the assessment, responders may transport the patient to the nearest appropriate medical facility. Patients should bring identification, health insurance information, a medication list, relevant medical records, personal items, emergency contact information, and advance directives to the hospital for a smooth admission process and continuity of care.
- 5. Transfer of Care:** EMS will provide a detailed report to hospital staff upon arrival, including patient information, medical history, and any treatments administered, ensuring continued treatment.

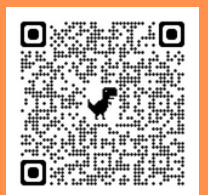


WANT TO GET INVOLVED?

Consider volunteering with us at the Kendall Park First Aid and Rescue Squad! Our team is comprised of dedicated individuals from various backgrounds, united by a shared commitment to providing quality Emergency Medical Services. Whether you're a healthcare professional, an engineer, a teacher, student, or a retiree, there's a place for you here. Join us in making a difference—responding swiftly to 911 calls, saving lives, and serving our neighbors in Kendall Park and beyond.

Visit our [website](#) to learn more about our application process.

Thank you for your support!!



KPFARS Supporter Spotlight



We extend our heartfelt appreciation to Best Living Systems and The NORMI Pro Environmental TASC Force, for their generous donation of the MCI™ ProtectAIR in our new ambulance. Their support not only enhances the quality of care we provide to our patients but also helps us improve indoor air quality in our ambulance.

The MCI™ ProtectAIR is a valuable addition to our medical equipment, designed to proactively improve indoor air quality by effectively dealing with pollutants. This support ensures that our patients receive high-quality care in a clean and safe environment.



[Watch this video to learn more: Click Here](#)



Thank you, Best Living Systems and The NORMI Pro Environmental TASC Force, for your commitment to our mission and for making a positive impact on the lives of those we serve.