

First Aid for Shock or Suffocation

1. Stay calm.
2. Analyze the situation.
3. Do not move the victim.
4. Keep the victim lying down.
5. Examine the victim.
6. Call a physician.
 - Give artificial respiration if the victim is not breathing and if the victim's condition allows it.
 - If artificial respiration is not needed, place the victim on a blanket flat on the floor.
 - Cover the victim for warmth.
 - If the victim's face is flushed, raise the victim's head and shoulders slightly.
 - If the victim is pale, keep the victim flat.
 - Call a doctor if a person remains unconscious for more than a few minutes.