



AFTER HOURS AND
EMERGENCY INFO

YOU MUST CARRY

- * Doctor's Consultation papers ALL
- * All Investigations
- * Allergy Documents
- * Carry All your Medications
- * Accompanying Person Preferable
- * Photo identity
- * Insurance - Medclaim Card
- * Money Pouch or Cards
- * Remain CALM
- * Inform Emergency About Visit

Hospital Bag Checklist

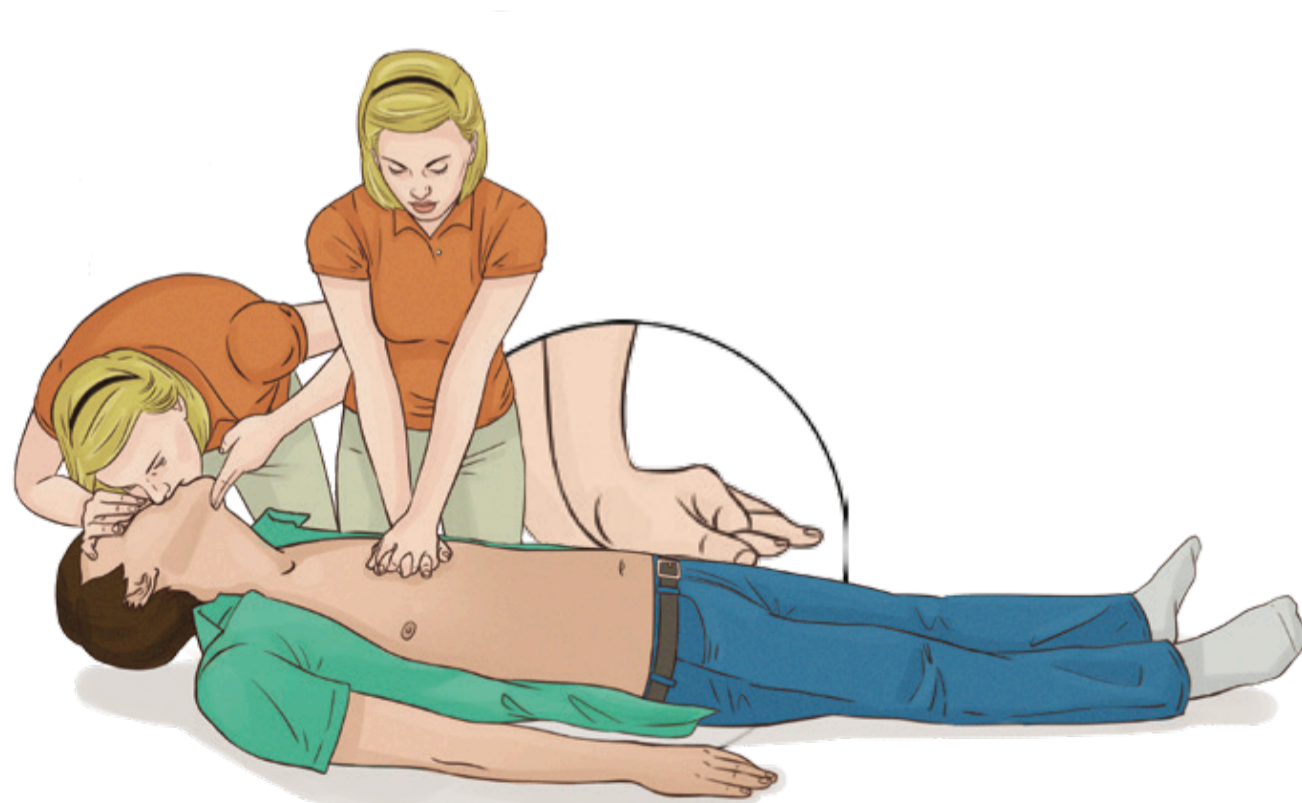
- * All documents listed as Must
- * Cash and Change
- * Smart Phone and Charger
- * External Drive
- * Hair care
- * Body care Products
- * TeethCare Products
- * Slipper and Heavy Socks
- * Inner Garmets
- * Relaxation Tools: Books, CD, Records, Pendrive
- * Pen , Small Diary
- * Ladies : Your Personal Needs

Emergency Kit List (Natural Disaster)

- * Three days' worth of food and water (at least a gallon per family member)
- * Battery powered (or hand crank) flashlights and radio
- * Extra batteries
- * First aid kit
- * Whistle to signal for help
- * Trash bags and duct tape, along with dust masks
- * Wrench or pliers to turn off utilities
- * Manual can opener for food
- * Regional maps
- * Cell phone with chargers, inverter, or solar charger
- * Moist towelettes and any personal sanitation or specific family needs, like pet supplies

4 > Begin CPR immediately

Alternate between 30 compressions and 2 rescue breaths



CPR steps

1. Check responsiveness
2. Call 108 for help
3. Remove clothing
4. Open airway
5. Check for breathing
5. Give two breaths
6. Check for pulse
7. Begin compressions