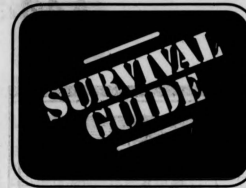
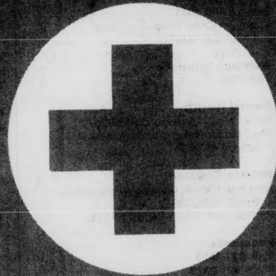


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In a major disaster, phone lines to emergency medical services may be overloaded or damaged. These pages will help you know what to do until medical help is available.

A sudden illness or physical injury can strike anyone at any time. More than 100,000 Americans die from accidents each year. 10,000,000 suffer disabling injuries. Medical authorities state that an alarming number of these people die or are disabled needlessly for lack of proper care immediately after the accident or at the start of the illness. They suggest that you carefully read the following pages and also take a first aid course from the American Red Cross.

When a person stops breathing death may occur in 4 to 6 minutes. When a person is bleeding badly, unless the bleeding is stopped within a few minutes the victim may die.

Remember: In an emergency, seconds and minutes can make the difference between life and death. Decisive, quick and proper action by you can save a life!

The Call for Help

1. If an injured person is in distress but is breathing...phone for help at once!

2. If the victim is not breathing...help first, and phone later...or get someone else to phone.

3. What to say:

- A. Give the phone number from which you are calling.
- B. Give the address and any special description of how to get to the victim.
- C. Describe the victim's condition as best you can...burned, bleeding, broken bones...etc.
- D. Give your name.
- E. Do not hang up! Let emergency persons end the conversation. They may have questions to ask you or special information to give you about what you can do until help arrives.

Pacific Bell gratefully acknowledges the cooperation of the following agencies for their assistance in compiling and reviewing the procedures contained in Survival Guide.

American Red Cross, American Trauma Society,
California Medical Association, Office of Emergency Services,
Seismic Safety Commission

Notice: Information in the Survival Guide was provided by Medical and Emergency service authorities. Pacific Bell presents this material as a public service in cooperation with the State of California. While every reasonable effort has been made to insure its accuracy, Pacific Bell is not responsible and assumes no liability for any action undertaken by any person in utilizing the information contained in these Survival Guide pages. Any person relying upon the Survival Guide does so at his or her own risk.

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