

## EMERGENCY INFORMATION

Emergency: **9-1-1** Non-Emergency: **(425) 407-3999**



### Hospital Address:

Providence Hospital  
1700 13th Street  
Everett, WA 98201  
(425) 261-2000

Swedish Medical Center: Mill Creek  
13020 Meridian Ave South  
Everett, WA 98208  
(425) 357-3900

Swedish Medical Center: Edmonds  
21601 76th Ave West  
Edmonds, WA 98026  
(425) 640-4000

### Walk-In Clinic Address:

Seattle Children's North Clinic  
1815 13th Street  
Everett, WA 98201  
(425) 783-6200

Everett Clinic - Harbour Pointe  
4410 106th Street Southwest  
Mukilteo, WA 98275  
(425) 493-6000

## CALLING 9-1-1

**STAY CALM** - This is the best thing for you and the person your trying to help. Listen and answer the questions asked by the call taker.

Location of the injured person including landmarks and/or road names. Know the name of the city/county your are in. **BE AS SPECIFIC AS POSSIBLE!**

Location of where the ambulance will be met by someone. Designate a person to meet the ambulance at the entrance.

As much information about the injured person as possible. Name, gender, age, current medical condition and mental status, medical history, allergies to medications.

## ACTIVE SHOOTER

Call: **9-1-1**



**RUN:** Evacuate if Possible

- Move quickly away from the gunfire/armed person

**HIDE:** Hide silently in a safe a place as possible

- If you cannot evacuate safely, hide out of the armed person's view
- Turn off lights if possible, silence cell phone, lock doors
- If outdoors, hide from gunfire like brickwalls, large trees, buildings

**FIGHT:** Take action to disrupt or incapacitate the shooter

- Last resort, fight. Attempt to incapacitate the shooter
- Use items such as fire extinguisher or chairs
- Throw items at shooter if possible.

## CONCUSSION AWARENESS



A concussion can be difficult to recognize on the field. Most occur without a loss of consciousness or an obvious sign that something is wrong. If a concussion is suspected **REMOVE THE PLAYER FROM PLAY.**

**COMMON SIGNS:**

- Unaware of the game, confusion, amnesia, alertness, anger, irritability, headache, dizziness, nausea, unsteadiness, stunned or dazed, seeing stars or flashing lights, ringing in ears, double vision, unconscious or loss of consciousness.

Remove, Evaluate and Rest are key steps to treating a concussion. If the player is unconscious or had loss of consciousness call **9-1-1** as immediate medical attention is required.

## COLD WEATHER GUIDELINES



Dress for the Cold

- Layer clothing - Inner Layer 1: Wicking layer (wool or polyester)
- Middle Layer 2: Insulated layer (fleece or wool)
- Outer Layer 3: Water and windproof layer

**STAY DRY, STAY HYDRATED, TAKE ACTION**

ALERT	WCT (F)	Event Conditions	Recommended Action
<b>BLACK</b>	< 0 F	Extreme Conditions	No Outdoor Training
<b>RED</b>	1 - 15 F	High Risk	Limit Exposure
<b>Orange</b>	16 - 24 F	Moderate Risk	Additional Clothing
<b>Yellow</b>	25 - 30 F	Less than Ideal	Be aware of cold injury
<b>Green</b>	> 30 F	Good Conditions	Normal Activities

### COLD RELATED ILLNESSES

**Frostbite** - Swelling, tingling, burning, blisters, numbness  
 Gradually rewarm affected area with warm water, **DO NOT** rub or massage the area it may increase the damage.

## HEAT RELATED ILLNESS



- Early signs and symptoms - weakness, headache, nausea, dizziness, altered mental status, confusion, irritability, aggressiveness, slurred speech, hallucinations, loss of balance, falling down, body temperature above 104 degrees Fahrenheit
- Complaining of chills, while skin may be warm to the touch

**REMOVE PLAYER FROM PLAY**

ALERT	Temp (F)	Event Conditions	Actions & Breaks
<b>BLACK</b>	>86.2 F	Extreme Conditions	No Outdoor Training
<b>RED</b>	84.2-86.1 F	High Risk	Maximum 1 Hour Training
<b>Orange</b>	81.1-84.1 F	Moderate Risk	Maximum 2 Hours Training
<b>Yellow</b>	76.3-81.0 F	Less than Ideal	3) 4 min breaks every hour
<b>Green</b>	<76.1 F	Good Conditions	Normal Activities

### EXCESSIVE HEAT IMPACT ON PLAY

It is recommended that training or match play be canceled or delayed until cooler when the temperature exceeds 86.2 degrees Fahrenheit.

## LIGHTNING



Recognize the threat

Apply the 30-30 rule - when you see lightning, count the time until you hear the thunder. If this time is 30 seconds or less, seek proper shelter. No place outside is safe near thunderstorms, the best shelter is a large, fully enclosed, substantially constructed building. A vehicle with a solid metal roof and metal sides is a reasonable second choice. Avoid higher elevations, wide open areas, tall isolated objects, unprotected buildings such as rain shelters, bus stops, metal fences, and metal bleachers. If you cannot avoid these locations: crouch down on the balls of your feet, keeping your feet together with your head tucked into your chest and hands over your ears. **DO NOT LIE FLAT ON THE GROUND**

If someone is hit by lightning CALL 9-1-1, start CPR if needed.

## SUDDEN CARDIAC ARREST (SCA)



- Identify the collapsed individual
- Assign someone to call 9-1-1 and someone to retrieve an automated external defibrillator (AED)
- Start hands-only CPR - chest compressions in the center of the chest, pushing hard and fast.
- Continue chest compressions. Once the AED arrives, place the pads on individual as shown by the device. The AED will guide you by voice.
- If no AED is available, continue chest compressions until emergency personnel arrives. Switch with another person if you get tired.