

# Recognizing Emergencies

How do you tell the difference between a true emergency and a minor problem? Certain symptoms are so alarming that the need for emergency care – or even an ambulance - is obvious.

Only a Doctor can diagnose medical problems. But you can protect your roommates and friends by learning to recognize certain symptoms.

According to the American College of Emergency Physicians, the following are some warning signs of a medical emergency:

- Difficulty breathing, shortness of breath
- Chest or upper abdominal pain or pressure
- Fainting
- Sudden dizziness, weakness, or change in vision
- Change in mental status (such as unusual behavior, confusion, difficulty arousing)
- Sudden, severe pain anywhere in the body
- Bleeding that won't stop
- Severe or persistent vomiting
- Coughing up or vomiting blood
- Suicidal or homicidal feelings

Trust your instincts. Many other factors, including the time of day, other medical problems, or state of mind, can make an otherwise minor medical problem an “emergency”!!



FRANKLIN PIERCE  
EMS

Health Center  
20 College Road  
Rindge NH, 03461

**EMERGENCY: ext. 5555**

Business: ext. 4130  
Email: FPCEMS@FPC.EDU  
Written: 8/04 by SJK

FRANKLIN PIERCE  
EMS

*"Students Helping Students"*



EMERGENCY  
603-899-5555

Tel: 603-899-4130

# What Is FPCEMS

FPCEMS is a Certified New Hampshire State First Response Agency with students from the school certified minimally at the basic level by the National Registry of Emergency Medical Technicians. Under direction of the Director of Health Services, we work closely with Monadnock Community Hospital and their protocols, Jaffrey-Rindge Memorial Ambulance, Rindge Rescue, and the Department of Campus Safety. We are here to provide the highest quality of care to any individual sick or injured on the Franklin Pierce Campus in a timely and safe manner. If you are interested in joining or have prior experience and certifications please feel free to stop by the health center and leave your information and either the Director of Health Services or a FPCEMS Chief will be in touch with you.



## When To Call FPCEMS

- Is the victim's condition life-threatening? (IE, not breathing, major trauma, gross bleeding)
- Could the victim's condition worsen and become life-threatening if help is not summoned immediately? (IE, Chest Pain, Respiratory Difficulty, Unconscious)
- Could moving the victim cause further injury?
- Does the victim need the skills or equipment of Emergency Medical Technicians and possible access to the Advanced Life Support System?
- If there is any question in the patient status at all
- If there is a medical or traumatic emergency and Health Services is closed

If the answer to any of these questions is "yes" or if you are unsure, call FPCEMS. This is true even though you can sometimes get to the hospital faster by driving than by calling. EMT's and Paramedics can alert the Emergency Department of the patients condition in advance, and can communicate with the physician in the ER by radio or phone. They are trained to begin medical treatment on the way to the hospital. This prevents any delay that could occur if you drive the patient to the hospital.

## How To Call For FPCEMS

- ✓ Keep the emergency number near your telephone. In a community like this we use ext. **5555** to report emergencies. **9-1-1** will also work. Additionally, emergency help can be summoned by the use of any of the **blue light phones**. If calling from campus using a cell phone use, **(603) 899-5555**. In any case a trained dispatcher will be on the other end to begin providing assistance.
- ✓ When you call for help, speak clearly and remain calm.
- ✓ Give your name, the address, phone number if known, location of victim, and nature of problem.

**DO NOT** hang up until the dispatcher tells you to. He/She may need additional information or need to give you instructions.

**FRANKLIN PIERCE  
EMS**

