

First-Aid Kit and Emergency Numbers Card

Keep it near the main door and in the first-aid kit.

Emergency numbers in India

- 112** Any emergency: police, fire or medical help. Works all over India.
- 101** Fire brigade
- 108** Ambulance (state-run service)
- 100** Police
- 102** Ambulance for pregnant women and children (JSSK)
- 1906** LPG gas leak helpline, 24x7
- 181** Women Helpline, 24x7
- 1098** Child Helpline, 24x7
- 1033** Help on a national highway (NHAI stretches)
- 139** Rail Madad: security or medical help on a train
- 14416** Tele-MANAS mental health support, free
- 1930** Online and cyber financial fraud
- 1070** State disaster control room, in many states
- 1077** District disaster control room, in many districts
- 1912** Electricity complaints, in many states

Poisoning: AIIMS National Poisons Information Centre, 24 hours, toll-free **1800 116 117**.

When you call 112

Say **where you are** first. Then say what has happened, how many people are hurt or trapped, and a number they can call back on. Stay on the line until the operator says you can hang up.

Not responding? Heavy bleeding?

Not breathing normally: call 112 and start CPR.

Heavy bleeding: press firmly with a clean cloth and do not let go. Check the scene is safe before you rush in.

My emergency card

Full address (building, wing, floor): _____

Landmark: _____

Family doctor: _____

Relative in another city: _____

Society security desk: _____

First-aid kit

- ☐ Dressings and bandages
- ☐ Clean cloth or sterile gauze that will not shed fluff
- ☐ Scissors
- ☐ Cling film, for covering burns
- ☐ Antiseptic, and soap for washing wounds
- ☐ ORS packets
- ☐ Thermometer
- ☐ Torch with spare batteries
- ☐ Everyone's regular medicines
- ☐ Kit checked and restocked. Do not rely on burn creams.

Burns: what to do

Cool the burn under cool, clean running water for 20 minutes. Even 10 minutes helps if that's all you can manage. No ice, toothpaste, oil or butter.

- ☐ Take off rings, bangles, watches or clothing near the burn, unless stuck to the skin.
- ☐ Cover loosely with cling film or a clean cloth. Do not burst blisters.
- ☐ No creams, gels, ghee or haldi.
- ☐ Go to hospital for burns on the face, hands, genitals or joints, burns larger than the person's palm, or any burn on a child. In an emergency call 112.