

Dear Parents,

The staff of West Des Moines Emergency Medical Services would like to invite you to sit down with your child and review the ideas in this coloring book. Answer their questions. Listen to their feelings. If you require more information, contact us and we will be happy to assist.



A ride in an ambulance can be a frightening experience for an injured or sick child. By teaching your child what to expect you can help to minimize these fears.

The care that is offered by West Des Moines Emergency Medical Services will be made as pleasant as possible, and delivered in a courteous, prompt and caring manner. We understand that caring for a injured or sick child can be stressful, and we will try to alleviate the stress as is possible.

We hope this is information they will know, but never need to use.

The American Heart Association says these are the most common warning signs of a heart attack:

- Uncomfortable pressure, fullness, squeezing or pain in the center of the chest lasting more than a few minutes
- Pain spreading to the shoulders, neck or arms
- Chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath

Less-common warning signs of heart attack are...

- Atypical chest pain, stomach or abdominal pain
- Nausea or dizziness
- Shortness of breath and difficulty breathing
- Unexplained anxiety, weakness or fatigue

Palpitations, cold sweat or paleness



The American Heart Association says these are the most common warning signs of a stroke:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

If you experience these signs and symptoms of a heart attack or stroke, call **911**

Can you circle the reasons to call an ambulance?

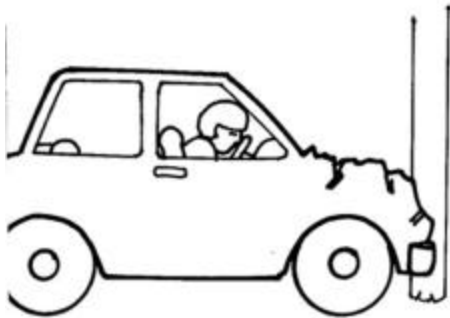
A Stubbed Toe



Unconsciousness
or no breathing



A Car Accident



A Cut Finger

A Bloody Nose



A Bad Accident



ANSWERS: A BAD ACCIDENT, A CAR ACCIDENT, UNCONSCIOUSNESS OR NO BREATHING

Our friends have forgotten to put on their safety gear.
Can you cut out their safety gear and put it on them?

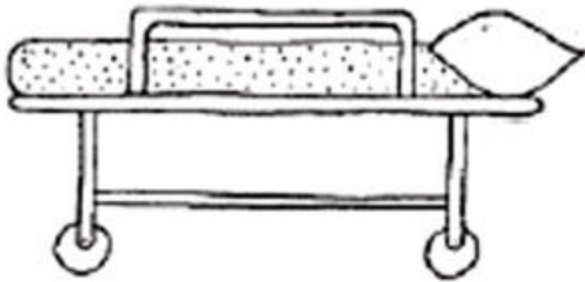


WATCH FROM A SAFE PLACE

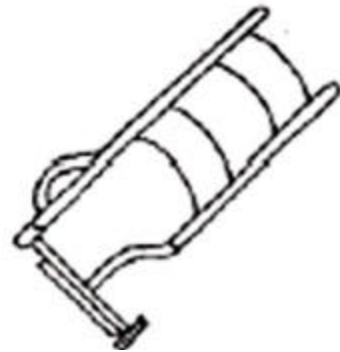


- Stay behind the sidewalk
- NEVER run out in the street to look at the ambulance
- When in a car and you see an ambulance coming with its lights and sirens on, ask the driver to safely pull off to the right

CAN YOU FILL IN THE BLANKS FOR THE NAMES OF THE EQUIPMENT?



S _____



S _____



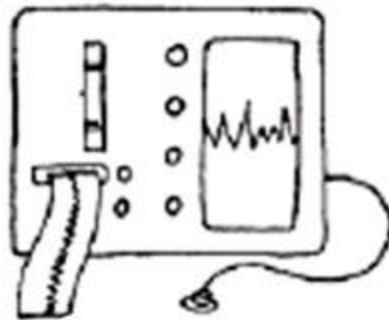
S _____



O _____



S _____



M _____

CAN YOU HELP THE AMBULANCE REACH
THE INJURED CHILD?

