

*Urgent Care Resources*

Familiarize yourself with the emergency action plan and building layout for your camp area so you will know what to do in the event of any type of emergency and please notify the building staff if you have an emergency in their area.

Recreation Services has staff trained in first aid within their buildings.

- Assess the situation: Do you need an ambulance or just first aid?
- Ensure the scene is safe for you and the person in need of assistance

ACCESSING 911 / EMERGENCY ASSISTANCE

- Call 911 from ISU / landline phone to reach ISU Police Dispatch.
- Call 911 from your cell phone to reach off-campus emergency dispatch. Tell them your emergency is at Iowa State University.
- Be prepared to tell them:
  1. Your exact location including bldg name/room #
  2. Your name and phone # you are calling from
  3. Details of your emergency / what happened

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### Quick tips for Emergency Situations

- **First Aid Guidance:** Refer to pocket reference guide in your first aid kit.
- **For severe bleeding:**
  - \* Have someone call 911 for assistance
  - \* Place an absorbent pad from your first aid kit directly onto the wound
  - \* Apply firm pressure over the wound, do not remove the original pad
  - \*If soaking through, add more gauze or another pad and continue pressure until emergency medical services arrive
- **Poison Control:** 1-800-222-1222
- **Fire Emergency:**
  - R: Rescue (people in immediate danger)
  - A: Alert (pull the alarm/call for help)
  - C: Contain **ONLY IF SAFE** (close doors/windows/smother fire)
  - E: Evacuate/ Extinguish (get everyone to a safe location and use fire extinguisher **ONLY** if it is safe and you are trained to do so.)
- Emergency Notification, Response and Evacuation policy and EH&S' Emergency Procedures <http://www.ehs.iastate.edu/prep/emergency-procedures> and Weather page <http://www.ehs.iastate.edu/prep/weather>

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