

# DON'T PANIC

A Simplified Guide For Handling  
Emergency Situations



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## DON'T PANIC: A Simplified Guide for Handling Emergency Situations



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This book will educate you on the way to handle emergency cases such as: Small Emergencies: Accidental Amputation, Acid Attack, Bee Sting and Spider Bite, Breathing Difficulty, Choking, Cold Injuries, Concussion, Cramps, Dehydration, Dog Bite, Drowning, Electric Shock, Eye Injuries, Fainting, Falling, Fractures, Gunshot Wounds, Head Injury, CORONARY ATTACK, Temperature Emergencies, Impaled Object, Lightning Strike, Poisoning, Seizure, Shark Attack, Snake Bite, Sprain, Stab Wounds, Stroke, Swallowed a Fish Bone/Foreign Object, Thermal (Temperature or Fire) Burns, Wild Animal Attack; and Major Emergencies: Brownout/Blackout (Power Outage), Earthquake, Fire, Flood. Basically, read it so you "Don't Panic! This is why this book is normally aptly titled "Don't Panic! Also, if the victim needs to be attended to simultaneously in any other case inaction or delay could mean critical injury or death." when the proper time comes." because it will give you the necessary knowledge on the correct ways of handling emergencies. Although it is advisable to usually seek professional and competent medical care as soon as possible, simplified knowledge on various methods and methods like those discussed right here could can be found in useful. The idea here is for the reader to know how to respond properly once caught in virtually any of the emergencies explained here. This book tries to cover the most typical emergency situations possible that could eventually a person or group of individuals on any provided day. It really is written and explained in a manner that would be most useful and understandable to the reader. Such medical know-how no matter how basic could prevent, if not overcome untoward effects while looking forward to professional help to arrive. Certainly, because of the useful knowledge offered by this book, you will have no more cause to be alarmed in case of a crisis. Nuclear Attack, Riots/Life Threatening Commotions, Road Incidents, Stampede, Terrorist Attack, Tornado, Tsunami, Typhoon/Hurricane, and Wildfire. It's an excellent help especially if professional care is not immediately available.



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