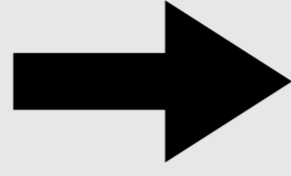


# 2020 American Heart Association and American Red Cross Focused Update for First Aid

## The Evidence

**Systematic reviews** are conducted by the **International Liaison Committee on Resuscitation** First Aid Task Force.



These studies are translated to make **evidence-based guidelines** for North American first aid providers.

## Recommendations for First Aid Providers

### Stroke

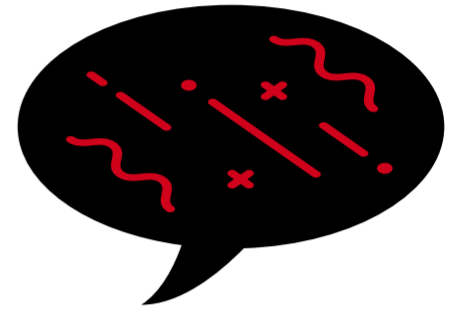
**Activate emergency services for possible stroke** when assessing an individual with **any of the following**:



Facial droop



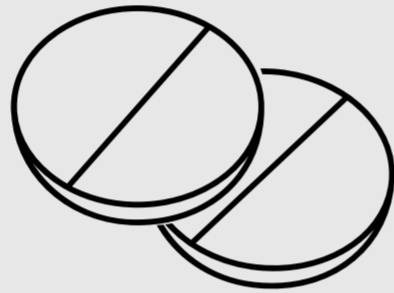
Weakness in one arm or one side



Speech disturbance

### Chest Pain

**Activate emergency services for non-traumatic chest pain**, and encourage alert adults to



Chew and swallow 162 to 324 mg aspirin

unless



Allergic to aspirin or advised not to take it by healthcare provider

### Bleeding

For treatment of **life-threatening bleeding**, perform the following:



Apply a **tourniquet ASAP** to a **life-threatening extremity bleeding** or to bleeding that **cannot be controlled with direct pressure**.



Apply **direct pressure** (with hemostatic dressing) if a **tourniquet cannot be used**, or until a **tourniquet is available**.

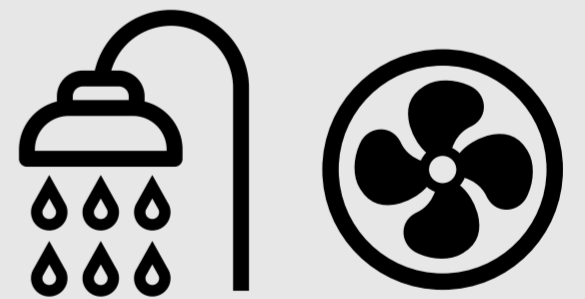
### Hyperthermia

**Cold-water, whole-body immersion is most effective** at treating people with **hyperthermia** or **heatstroke**.



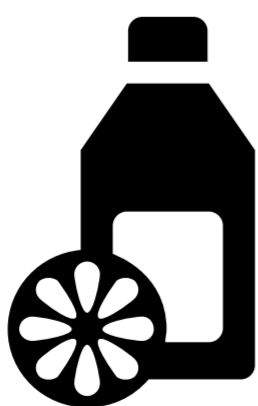
Initiate **ASAP**, and continue until a **temperature of  $\leq 39^{\circ}\text{C}$  ( $102.2^{\circ}\text{F}$ ) is reached** or until **symptoms resolve**.

If immersion not available



**Ice packs, cold showers, and fanning** may also be used.

### Hypoglycemia



Give **oral glucose** to adults and children with **suspected hypoglycemia**.



Activate emergency services if **symptoms worsen** or if they **don't resolve within 10 minutes**.

### Tooth Avulsion



If emergency replantation is not available, **transport** the tooth in a **balanced salt solution** or **wrapped in cling film**.



**Cow's milk or saliva** may also be considered. **Don't store in tap water**.