

Dial 119 to call an ambulance

Multilingual Translation Service Available in Emergency Situations



If any one of the following situations applies, call for emergency assistance without waiting for the Health Service Center's decision.

*Please contact the Health Service Center after calling for emergency assistance.

Consciousness Disorders

- No response to calling
- Unable to open eyes
- Unable to speak
- Incoherent Speech
- Seizures
- Repeated vomiting

Anaphylaxis (especially within 2 hours after eating)

- Lethargy, pale complexion
- Irregular pulse
- Severe abdominal pain and diarrhea
- Coughing and wheezing
- Whole-body hives, redness, swelling

Stroke

- Slurred speech
- Facial distortion
- Weakness in arms or legs
- Sudden severe headache

Heart Attack

- Crushing chest pain
- Pain radiating to shoulders or jaw
- Profuse sweating
- Sudden shortness of breath
- Severe back pain moving around

If **heat stroke** is suspected and any signs of **"Consciousness Disorders"** are present, call for emergency assistance immediately.



When **UNCONSCIOUS**

- 1 No response to calling
- 2 Call for ambulance and arrange for an **AED**
- 3 Not breathing
- 4 Perform chest compressions and use **AED** (continue until emergency personnel arrive)

Key Points for Chest Compressions

- Location: In the center of the chest while lying on the back
- Depth: More than 5 cm for adults
- Tempo: 100-120 times per minute
- Continuously, with minimal interruption

If you are not confident in performing rescue breaths, just perform chest compressions effectively.

AED and CPR Workshops (on-campus) ➔

