

Pediatric Emergency Response Guide

This side of the first aid will tell you how to deal with suffocation, burns, and bleeding.

↓Other useful information↓

If you are unsure whether to call an ambulance due to a sudden illness or injury...



You want to know the hospitals and clinics where you can receive emergency medical care.

Choose No.

1

Should I see a doctor now or call an ambulance?

Choose No.

2

*Only Japanese is available.

In the event of accidental ingestion of cigarettes, detergents, cosmetics, etc.

Osaka Poison 110 (24 hours)
☎072-727-2499

Tsukuba Poison 110 (From 9 to 21)
☎029-852-9999

Japan Poison Information Center
*Only Japanese is available

Click here for a page where you can check whether your home is at risk of an accident.

Prevention for children accident



*Japanese only
Yokohama City Website
Children and Youth Bureau

Bleeding response

☆ If you are bleeding a lot or if the bleeding does not stop, call an ambulance.

- Put a layer of clean gauze, handkerchief, towel, etc. on the wound, and apply strong pressure on the bleeding site with your fingertips or palm.
- In the case of bleeding from a large blood vessel, if pressure with one hand does not stop the bleeding, apply pressure with both hands while putting your weight on it.

Burns response

☆ If you get a burn, **immediately cool** it with running water.
☆ **If the burn is extensive, if the burn is on the face or pubic area, or if the skin is charred or white and the burn is deep and painful, call an ambulance immediately.**

- No need to cool with ice or cold packs.
- If the burn covers a wide area, avoid cooling to the extent that the temperature of the whole body drops.
- Do not pop blisters



Suffocation response

Something is stuck in the throat! Purple lips! The baby can't breathe!
If the patient is not breathing or looks pale, call an ambulance.

Back taps

- Place the baby **face down** on your arm.
- Firmly hold the baby's chin with your hand and keep the baby's head in a low position.
- With the base of your other palm, tap strongly the **baby's back several times in succession.**



Chest thrust

- Place the baby's back on your arm and firmly support the back of the baby's head with the entire palm.
- Lay the baby on its back so that the head is low, and with two fingers of your other hand, **press strongly the lower half of the sternum** slightly around the foot side of the line connecting the nipples, **several times in succession.**



Suffocation response

Abdominal thrust

1 year or older

- Wrap your hands around the baby's waist from behind.
- Make a fist with your one hand and place the thumb side slightly above the child's **navel.**
- Hold the hand with your other hand and quickly thrust it toward the **front and upward.**



Demonstration video

Here is an easy-to-understand video how to respond to suffocation,

Click here to watch →

*Japanese only



Tokyo fire Department youtube channel
This is not the website of Yokohama city

First aid on this side

Tell you how to treat **febrile seizure and heatstroke**.

↓Other useful information↓

If you are unsure whether to call an ambulance due to a sudden illness or injury...

Click here for useful information on whether to visit a hospital at night or on holidays



ONLINE QQ
Children's First Aid



Japan Pediatric Society

Holiday Clinic/Nighttime Emergency Center

List of facilities



Yokohama City
Website
Medical Care
Bureau

Choose No.

1

Choose No.

2

You want to know the hospitals and clinics where you can receive emergency medical care.

Should I see a doctor now or call an ambulance?

*Only Japanese is available.

Heatstroke response

- ☆ If you have a headache, nausea, vomiting, or an inability to focus, **go see a doctor**.
- ☆ If unintelligible speech or behavior, or other symptoms of drowsiness or unconsciousness is observed, or the patient's body temperature is extremely high, **call an ambulance immediately**.

(1) Have the patient evacuate to a cool area.

A well-ventilated shaded room or an air-conditioned room is suitable.

(2) Take off the patient's clothes and cool patient's body.

- Remove the clothes to expose the skin, and if the patient does not seem to be sweating much, pour water (warm water is more effective than cold water) on the skin and blow air with a paper fan.
- Use ice packs or cooling packs to cool the neck, armpits, and thighs of the patient. Cheeks, palms and soles are also effective.

☆ **Replenishing water, salt and sugar is also important!**

Febrile seizure response

What is febrile seizure?

- Convulsion caused by fever, often seen in 1 to 4 years old.
- It usually subsides naturally within a few minutes, so don't panic and respond calmly.



Precautions for febrile seizure

- ☆ **Do not call their name out loud!**
- ☆ **Do not shake their body!**
It may jolting and cause prolonged seizure.
- ☆ **Do not put anything inside their mouth!**

Tongue biting is rare in febrile seizure. Their bite is quite strong, so it is dangerous to put objects or fingers in the mouth.

Febrile seizure response

Call an ambulance if the seizure lasts longer.

- (1) Don't panic, lay the patient down on their back in a safe and flat place.
 - ☆ If the patient feels like throwing up, **turn the patient's face and body to the side** so that the vomit does not get stuck in their throat.
- (2) Confirm the time the seizure started.
Loosen any clothing and take the patient's temperature.
- (3) Check the condition of the seizure.
 - ☆ Pay **attention to patient's body movements**, such as whether his/her arms and legs are jerky or tight!

