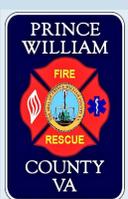


MEDICAL SAFETY & ACCIDENT PREVENTION

- Only take medications that have been prescribed to you.
- Check expiration dates on prescription bottles.
- Be sure to follow your doctor's orders when taking medications.
- Keep prescription medications away from kids.
- Never leave a young child alone while bathing.
- Learn to swim (www.pwcgov.org/government/dept./park for more information)
- Protect your head; always wear a helmet for the sport you're playing.
- Get your child immunized.
- Reduce your chances of getting the flu and get a flu shot.
 - Cover your mouth and nose when coughing or sneezing.
 - Wash your hands often and thoroughly.
- Properly cook meals to avoid food-borne illnesses.
- Program ICE (In Case of Emergency) in your cell phone to help emergency personnel locate a friend or family member who can speak on your behalf if you become unconscious or incapacitated. The app stores important information for first responders and hospital staff to use in case of an emergency involving you. Download the ICE App for Android or Apple via Google Play Store or Apple Store.



How would you describe your experience with Prince William County Fire & Rescue System?

For comments, please contact us at: Fire&RescueComments@pwcgov.org

CALL 911

HOSPITALS/MEDICAL FACILITIES

PRINCE WILLIAM COUNTY

Sentara Northern Virginia Medical Center
2300 Optiz Boulevard
Woodbridge, VA 22191
703-523-1000

UVA Prince William Medical Center
8700 Sudley Road
Manassas, VA 20110
703-369-8000

UVA Haymarket Medical Center
15225 Heathcote Boulevard
Haymarket, VA 20169
571-284-1000

ADDITIONAL REGIONAL HOSPITALS

Inova Fair Oaks Hospital
3600 Joseph Siewick Drive
Fairfax, VA 22033
703-391-3600

Fauquier Hospital
500 Hospital Drive
Warrenton, VA 20186
540-316-5000

Inova Trauma Center
Inova Fairfax Hospital
3300 Gallows Road
Original Building, 2nd Floor
Falls Church, VA 22042
703-776-2274

Stafford Hospital
101 Hospital Center Boulevard
Stafford, VA 22554
540-741-9000

WASHINGTON, D.C.

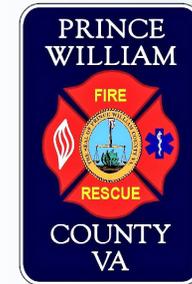
Washington Hospital
Burn Center
110 Irving Street, N.W.
Washington, D.C. 20010
202-877-7347

Children's National Medical Center
111 Michigan Avenue, N.W.
Washington, D.C. 20010
202-476-5000

CALL 911



Help Us Help You



Emergency Medical Services

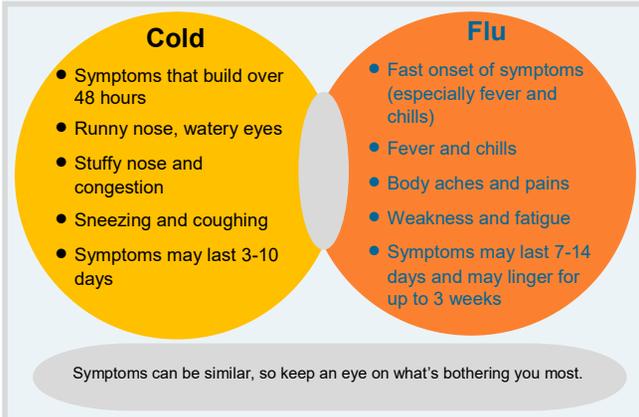


Prince William County Fire & Rescue System
1 County Complex Court
Prince William, VA 22192
703-792-6800

FLU

Influenza, commonly called the flu, is a viral infection that attacks your respiratory system—nose, throat, and lungs. Flu viruses travel through the air in droplets; when someone with the infection coughs, sneezes, or talks, you can inhale the droplets directly or pick up the germs from an object such as a phone or computer keyboard.

Flu symptoms can be similar to those of a cold, although they tend to be more severe. General signs/symptoms include but are not limited to:



HEART ATTACK

Caused by a blockage in the coronary artery. General signs/symptoms include but are not limited to:

- Chest pain or discomfort
- Pain in the arm(s), back, neck, or jaw
- Nausea and/or vomiting
- Shortness of breath
- Extreme fatigue
- Cold sweats
- Upper back pressure
- Lightheadedness
- Indigestion
- Anxiety

Stay Calm — Time is Muscle

CALL 911

CARDIAC ARREST

The heart suddenly and unexpectedly stops beating due to ineffective blood flow. General signs/symptoms include but are not limited to:

- No pulse
- No breathing
- Sudden collapse
- Unresponsive

Start CPR—Find an AED

CALL 911

STROKE

Caused by a cerebral artery blockage or brain hemorrhage. General signs/symptoms include but are not limited to:

- Sudden numbness/weakness in the face, arm or leg, especially one side
- Sudden trouble walking, dizziness, loss of balance, or lack of coordination
- Sudden severe headache with no known cause

Time is critical in the treatment of stroke; therefore, it is important to recognize its symptoms, determine the time of symptom onset and take immediate action.

WHEN STROKE STRIKES, ACT F.A.S.T.

FACE

Has their face fallen on one side? Can they smile? Do they have vision problems?

ARMS

Can they raise both arms and keep them there?

SPEECH

Is their speech slurred? Is there sudden confusion?

TIME

Call 911 if you see any single one of these signs.

CALL 911

POISON CONTROL

Poisoning can occur in many different ways, for example:

- Inhaled (Pollen)
- Injected (Bee Stings)
- Ingested (Peanuts)
- Absorbed (Detergent)

General signs/symptoms include but are not limited to:

- Nausea
- Vomiting
- Diarrhea
- Chest or abdominal pain
- Difficulty breathing
- Changes in consciousness
- Seizures
- Burns around the lips, tongue, or on the skin

IF YOU SUSPECT A POISONING CALL 911

The 911 Call Center will direct you to call the NATIONAL CAPITAL POISON CONTROL CENTER TOLL-FREE HOTLINE at (800) 222-1222 if required.

For more information visit www.poison.org.



CALL 911