

NHS

**North West
Ambulance Service**
NHS Trust



Activity Book



In Case of Emergency (ICE)

In case of an emergency and you need to ring 999, you will need to know your name, telephone number and address.

Practice writing them below, cut it out and keep in a safe place.

In Case of Emergency (ICE) Card

My name is:.....

My telephone number is:.....

I live at:.....

.....

.....

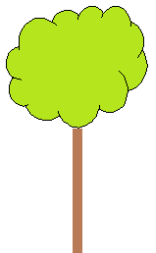
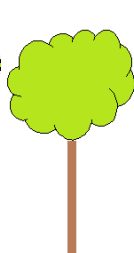
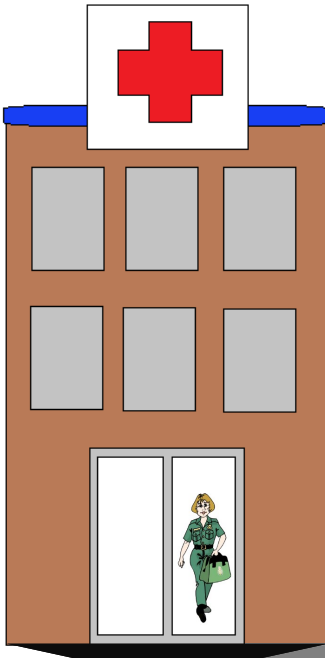
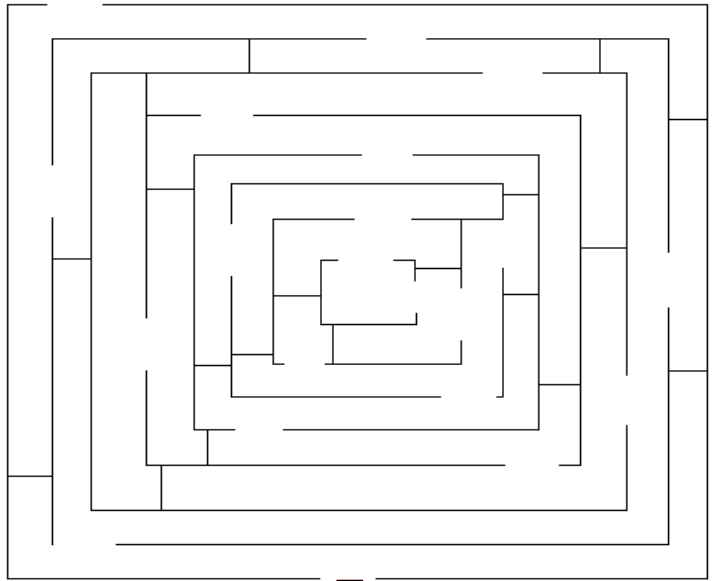
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Did you know... if you have to ring 999 you should listen carefully to the instructions given by the operator.

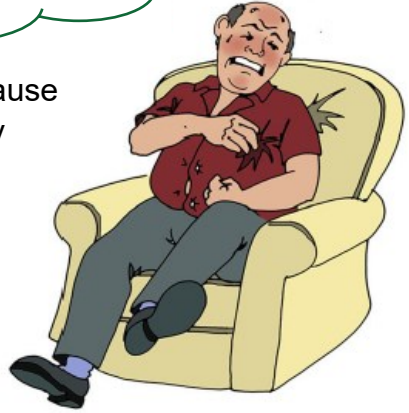
Take us to the hospital...

I have a patient on-board...
Take us to the hospital!



Would you call 999?

1. Grandad is holding his chest because of the pain and he is having difficulty breathing. He can not talk.



Would you call 999 for grandad?

Yes No



2. Billy has cut his finger whilst playing with one of his toys and it is bleeding a little.

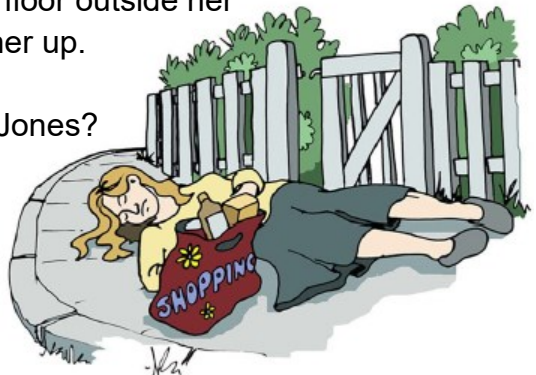
Would you call 999 for Billy?

Yes No

3. Mrs Jones is lying on the floor outside her house and you can't wake her up.

Would you call 999 for Mrs Jones?

Yes No



Find the following words

All these words are associated with calling for an ambulance.

CONSCIOUS

BLOOD

CAREFUL

PARAMEDIC

BRAVE

HURT

HELP

STREET

CALL

EMERGENCY

NAME

PHONE

BREATHING

ADDRESS

PAIN

C	B	R	E	A	T	H	I	N	G
A	O	R	K	D	R	U	W	I	Y
R	A	N	A	J	U	Q	B	A	C
E	D	A	S	V	H	E	L	P	N
F	D	M	I	C	E	T	O	L	E
U	R	E	X	Q	I	G	O	L	G
L	E	V	A	R	B	O	D	A	R
V	S	P	H	O	N	E	U	C	E
W	S	A	T	E	E	R	T	S	M
P	A	R	A	M	E	D	I	C	E

Did you know... you can check if someone is breathing by looking if their chest is moving.



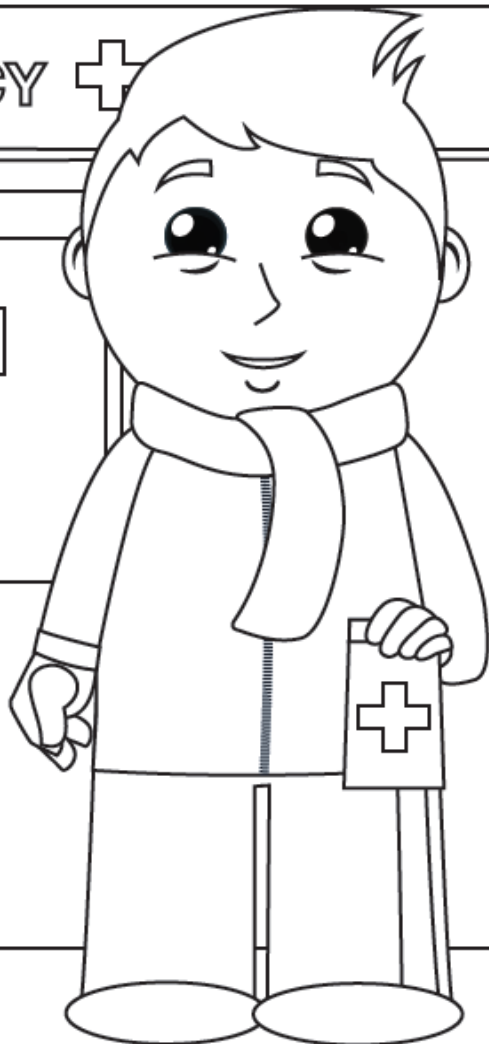
Colour me in...

MAKE THE RIGHT CALL



PHARMACY +

OPEN



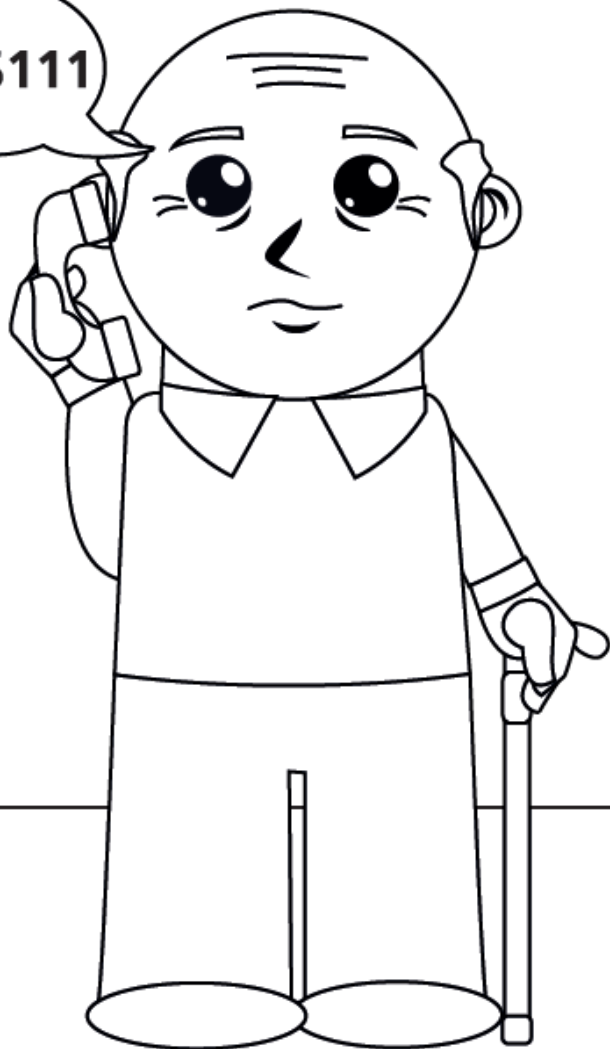
For more information visit www.maketherightcall.co.uk

Colour me in...

MAKE THE RIGHT CALL



NHS111



For more information visit www.maketherightcall.co.uk

Are your answers correct?

1 You should ring 999 for Grandad.

If a person cannot talk or breathe, this is serious. **Dial 999.**

2 You do not need to ring 999 for Billy.

If a person has a small cut, this is not serious and could be treated at home with a first aid kit.

3 You should ring 999 for Mrs Jones.

If a person will not wake up when you call their name and squeeze their shoulders, this is serious. **Dial 999.**



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