

So,
you called the
PARAMEDICS.



What should you do next?

*When you call 911 and ask for an Ambulance,
Paramedics are on the way.*

Stay calm. Don't panic. Help is coming.



- ✓ Have you called for a loved one? If possible, gather all medications and Care Card information prior to Paramedic arrival.
- ✓ Make sure that your address is visible and well lit. If access to your residence is complicated – have someone waiting to flag down Paramedics.
- ✓ Are you alone – injured, short of breath, experiencing chest pain? Stay put. Do not exacerbate your condition with unnecessary exertion.
- ✓ Please put pets in another room and close the door. Even the friendliest pet can become protective when an owner is in distress.

24/7, 365 days a year BC Paramedics are there for you - call 911 and ask for Paramedics.

A friendly safety reminder from your Ambulance Paramedics and Emergency Dispatchers of BC. For more safety tips visit www.apbc.ca.