



SCENARIO CARDS



SAVING LIVES IN A CHANGING CLIMATE

The game consists of 9 cards:

- 6 cards describe an emergency situation and what to do.
- 3 bonus cards indicate preventive behaviors to adopt.

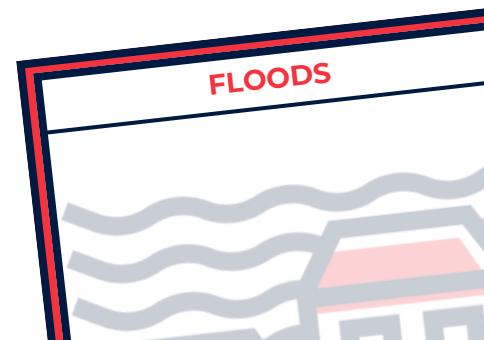
Objective of the game: Using the symptoms described, participants must identify the health problem presented on each of the 6 cards and suggest what to do. The 3 bonus cards invite participants to determine the preventive measures to be adopted to limit health risks.

This game can be used in schools, during awareness-raising workshops or with the family, to introduce young and old to first aid and good health prevention habits.

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Rules of the game:

- A player draws a card and reads the situation out loud.
- If it is a SCENARIO card, the other players must guess what the health problem is and what the most appropriate course of action to take. The player who guesses the health problem wins 1 point and the player who comes closest to the correct course of action (or who guesses it completely) wins 2 points.
- If it is a PREVENTION card, the other players must guess as many good behaviors as possible to adopt to limit health risks. The player who guesses the most wins 1 point.
- After noting down the answers, the player who drew the card reads the solution indicated on it.
- A new player draws a card and starts the next round.
- The game ends when all the cards have been played (after 9 rounds).
- The player with the most points is declared the winner.



HEATWAVES



YOU ARE FACING A PERSON WHO HAS THESE SYMPTOMS:

- Nausea, vomiting,
- Dizziness and/or light-headedness,
- Headache,
- Rapid heartbeat,
- Red, dry, warm skin,
- High body temperature (over 40°C/104°F).
- Confusion.

WHAT IS THE PROBLEM AND WHAT ARE YOU DOING ABOUT IT?



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SCENARIO 1

YOU ARE FACING A PERSON WHO HAS THESE SYMPTOMS:

- Fever,
- Impaired responsiveness,
- Headaches,
- Dizziness,
- Little or no perspiration,
- Weak radial pulse,
- Dry mouth and tongue.

WHAT IS THE PROBLEM AND WHAT ARE YOU DOING ABOUT IT?



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SCENARIO 2



ANSWER 1

HEAT STROKE

This is an **EMERGENCY**: call for help immediately.

- If possible, take the person to a cool place, such as an air-conditioned room or a well-ventilated shady area.
- Immerse the person from neck to feet in cold water (26 °C/33.8-78.8 °F).
- If this is not possible: create a wind tunnel by hanging damp sheets around the person's body or apply a cold compress or wrapped ice to the person's neck, groin and armpits.
- Cool the person down by spraying them with water as soon as possible, if they are able, make them drink a few sips of water.

ANSWER 2

DEHYDRATION

Reassure the person and give them plenty to drink.

1. In mild cases of dehydration, water is sufficient.
2. In more serious cases, give the person an oral rehydration solution. If this is not available, give them apple juice, coconut water or water.

Oral rehydration recipe:

- Half a teaspoon of salt
- Six teaspoons of sugar
- One liter of drinking water

Call the emergency medical services (EMS) if the person's responsiveness is impaired (difficulty waking up, confusion) or if they no longer respond.

FLOODS



YOU ARE FACING A PERSON WHO HAS THESE SYMPTOMS:

- Nausea,
- Spitting up water,
- Impaired consciousness,
- Anxiety,
- Difficulty breathing,
- Severe fatigue,
- Cough.

WHAT IS THE PROBLEM AND WHAT ARE YOU DOING ABOUT IT?



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SCENARIO 3

YOU ARE FACING A PERSON WHO HAS THESE SYMPTOMS:

- Head under water or face against the ground,
- Irregular/noisy breathing, or no longer breathing,
- Cyanosis,
- Loss of consciousness.

WHAT IS THE PROBLEM AND WHAT ARE YOU DOING ABOUT IT?



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SCENARIO 4



ANSWER 3 : DROWNING CONSCIOUS AND BREATHING

1. Help the person to rest in a comfortable position, preferably sitting or lying on their side. If the person is unconscious but breathing, place them in the recovery position (on their side with their head tilted back).
2. **Call the EMS and follow their instructions.**
3. Keep the person warm with dry clothes and insulate them from the cold.
4. Watch them as they may vomit or have breathing difficulties for up to 8 hours after drowning.

ANSWER 4 : DROWNING UNCONSCIOUS AND ABNORMAL BREATHING

1. **Call the EMS immediately.**
2. Clear the person's airways and give two to five initial breaths. Blow steadily for one second until you see the person's abdomen rise.
3. If there is no response, immediately perform 30 chest compressions; press down on the center of the chest at a fast, steady pace (100 to 120 compressions per minute).
4. Give two breaths. Blow steadily into the mouth (or mouth and nose for an infant) for one second until you see the chest or abdomen rise.
5. Continue with cycles of 30 chest compressions and two breaths until the person wakes up or medical services arrive.

WILDFIRES



YOU ARE FACING A PERSON WHO HAS THESE SYMPTOMS:

- Sharp pain
- Red, white or brownish skin color.
- Swollen skin,
- Dry, rough and hard skin in the most serious cases,
- Appearance of blisters.

WHAT IS THE PROBLEM AND WHAT ARE YOU DOING ABOUT IT?

YOU ARE FACING A PERSON WHO HAS THESE SYMPTOMS:

- Breathing difficulties, coughing,
- Headaches, confusion,
- Nausea,
- Slow breathing (less than 25 breaths per minute in babies; 15 in children; 10 in adults)
- Bluish coloration of the lips, ears, fingers and toes.
- Ash-colored nostrils.

WHAT IS THE PROBLEM AND WHAT ARE YOU DOING ABOUT IT?



ANSWER 5 **BURNS**

- Cool the burn by running clean, fresh water or an alternative cold liquid (juice, milk) over it for at least 10 minutes, ideally 20 minutes. Do not use ice water or ice.
- **Call the EMS.**
- As long as they are not stuck to the skin, remove all clothing and jewelry on or near the burnt skin.
- Do not pierce the blisters.
- After cooling, cover it with a dressing that maintains moisture or use locally available substances such as fresh ash.
- If necessary, cover the burn with a damp cloth or plastic wrap.
- Monitor the person.

ANSWER 6

RESPIRATORY DISTRESS FOLLOWING SMOKE POISONING

1. Help the person to adopt a half-sitting position on the floor and reassure them. They may feel relief by sitting leaning forward, arms outstretched and leaning on a support.
2. **Call the emergency medical services immediately.**
3. Loosen any tight clothing.
4. Continue to observe the person, making sure they are calm and comfortable.

HEATWAVES



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HOW CAN YOU PREVENT THE RISKS ASSOCIATED WITH HEATWAVES?



PREVENTION

ADOPT GOOD BEHAVIOR

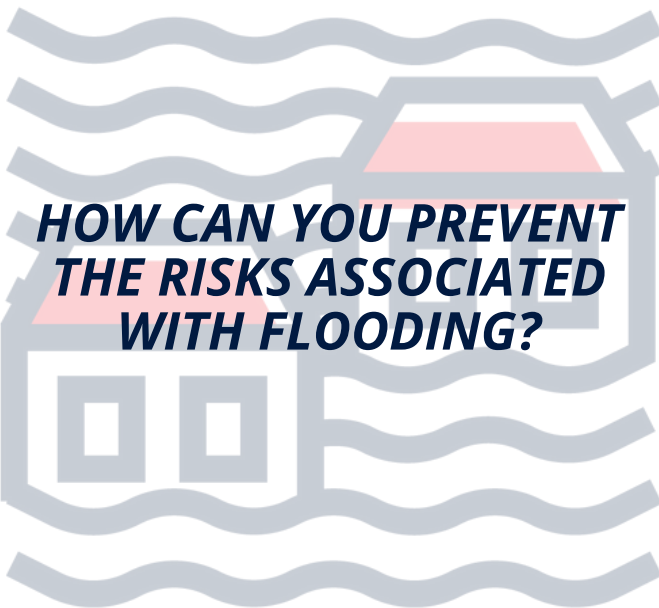
- Stay hydrated by drinking plenty of water or (fresh) liquids, even before you feel thirsty.
- Avoid the sun.
- Spend time in cooler places (air-conditioned public buildings, parks, etc.).
- Wear light-colored, light and loose-fitting clothing.
- Avoid physical exertion.
- Protect your skin and cover your head.
- Stay in the shade and take frequent breaks.
- Drink only drinking water to avoid vomiting and diarrhea.
- Take care of those around you, especially the elderly, children, and people with illnesses.

FLOODS



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HOW CAN YOU PREVENT THE RISKS ASSOCIATED WITH FLOODING?



PREVENTION

ADOPT GOOD BEHAVIOR

- Find out about the local risks by consulting the risk prevention plans.
- Prepare an emergency kit with essential items (drinking water, non-perishable food, flashlight, battery-powered radio, medicines).
- Develop an evacuation plan by determining in advance the routes and assembly points.
- Follow the alert bulletins and follow the instructions of the local authorities.
- Do not use electrical equipment (e.g. elevator).
- Go to a high place.
- Never try to walk, swim or drive in a water current.
- Only drink bottled or treated (boiled or purified) water.

WILDFIRES



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HOW CAN YOU PREVENT THE RISKS ASSOCIATED WITH WILDFIRES?



PREVENTION

ADOPT GOOD BEHAVIOR

1. Avoid risky activities during dry periods (e.g. work that generates sparks or open-air fires during periods of drought or strong winds).
2. Respect the prohibitions on access to forest areas (restricted access to prevent accidental outbreaks of fire).
3. Protect your airways (wear an FFP2 mask or use a damp cloth to cover your nose and mouth).
4. Drink plenty of water to avoid dehydration, which is accentuated by heat and smoke.
5. Stay indoors with the windows closed to limit exposure to smoke.
6. Children, the elderly and people suffering from respiratory diseases (asthma, COPD) must be particularly protected.