



Don't drive yourself to hospital – rural and regional

Remember in a medical emergency, dial Triple Zero (000) and ask for an ambulance. Unless instructed to, don't drive yourself or the patient to hospital as you may endanger your own, the patient's or members of public's lives.



For all medical emergencies dial Triple Zero (000) immediately and ask for an ambulance

It is important that in medical emergencies that members of the community don't panic and try to drive themselves or the patient to hospital, unless instructed by the ambulance call taker.

Ambulances are equipped with lifesaving equipment and drugs. The call taker will tell you what to do and will provide medical instructions until paramedics arrive.

Paramedics are highly trained professionals who are able to provide advanced medical treatment to those who are sick or injured.

Every minute counts. By being able to deliver essential life-saving treatment at the scene, as well as en route to hospital, paramedics can start delivering treatment much earlier than if a person tries to get to the hospital by other means.

Time is not the only factor that should be considered. You can do more for the patient by staying calm, reassuring them, keeping their airway open and stop life threatening bleeding.

Especially in the rural and regional setting, follow these important steps:

- **Call Triple Zero (000)** and do not hang up the phone. The call taker needs to gather important information to help the paramedics enroute.
- **Learn First Aid** - these vital skills may help you save the life of a friend or relative.
- **Keep a First Aid Kit** in your house and in your car
- **Teach your children** how to call Triple Zero (000)
- **Help us locate you** - if possible, when you call for an ambulance, have someone wait outside your address to guide the paramedics to the correct location.

FIRST AID COURSES

NSW Ambulance encourages everyone to learn first aid, This can give you the confidence to assist someone who is injured or ill. To enrol in a first aid course contact St John Ambulance.

For further information please contact:

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Locked Bag 105, Rozelle NSW 2039
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24 hr Complaints Hotline: 1800 269 133
generalenquiry@ambulance.nsw.gov.au
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