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instead. Immerse the affected area in hot water, as hot as the person can tolerate, for at least 20 minutes or until the pain goes away. If hot water isn't available, use dry hot packs. If those aren't available, use dry cold packs.

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to provide you with the knowledge you need to make a positive difference in the life of any ill or injured person to whom you give aid.

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- Send someone to call 911 or the designated emergency number and obtain an AED and first aid kit.
- Ensure that the person is face-up on a firm, flat surface such as the floor or ground.
- Begin

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incident.<sup>2</sup> The seriousness or horror of the incident will be a factor in determining the amount of emotional distress.

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