

*Parents'*  
***EMERGENCY***  
**MEDICAL GUIDE**



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User's Guide

# Introduction

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Congratulations! You now own a powerful, portable medical emergency reference where the answers to your child's symptoms are at your fingertips. This electronic *Parent's Emergency Medical Guide* can do all of the following:

- narrow down the symptoms of your child's emergency to find the best possible advice;
- find answers to many pediatric medical illnesses or emergencies quickly and easily;
- store emergency phone numbers for quick access;
- store your family's medical information;
- read about common problems and concerns; and
- learn how to prevent accidents, illnesses, and more.

## ✓ **Disclaimer**

The content contained in this book should not be considered a substitute for consultation with or for appropriate medical treatment from your physician or a health care professional.





# Key Guide

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## Function Keys

BACK	Backs up a step or erases a letter.
CLEAR	Clears to the entry screen.
ENTER	Enters a request or selects a topic.
FAM	Shows Family Info menu.
HELP	Shows a help message.
INFO	Shows reference info about a topic, the topics's location, and a whole item's name.
MENU	Shows the main menus.
NEXT	Shows the next topic section.
PHONE	Shows your phone numbers list.
PREV	Shows the previous topic section.
Y or N	Answers yes or no to questions.

## Direction Keys

 	Move up or down.
	Moves left.
	Moves right or types a space.

# Getting Started

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You can change the type size, shutoff time, and screen contrast. The shutoff time is how long the product remains on if you forget to turn it off.

## ► Disabling the Demonstration

### 1. Press ON/OFF.

A brief demonstration appears. If you want to stop the demonstration, press CLEAR.

### 2. Press MENU.

### 3. Mark *Disable Demo*.

To mark a line, press  $\downarrow$  until the triangle is next to the item you want to select.

### 4. Press ENTER to disable it.

To enable the demo, repeat the above steps.

## ► Changing Settings

### 1. Press MENU.

### 2. Mark *Set Type Size, Set Shutoff, or Set Contrast*.

### 3. Press ENTER to select it.

If you selected *Set Contrast*, press  $\uparrow$  and  $\downarrow$ . You can also adjust the contrast by pressing  $\uparrow$  and  $\downarrow$  at the entry screen.

### 4. Select a setting.

To exit without changing a setting, press BACK.

# Answering Questions

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Throughout this product you will find decision trees asking you various questions about your child's emergency. This narrows down the emergency so you can find the doctor's advice you need.

Press the Y key to answer yes, or press the N key to answer no.

Your child has hit her head.

Is she unconscious? **YES** **NO**

## ✓ Viewing Help Information

You can view help information at most screens by pressing HELP. To exit help, press BACK.

## ✓ Follow the Arrows

The flashing arrows to the right of the screen show which arrow keys you can press to view more.

## ✓ Resuming Where You Left Off

You can turn this product off at any screen. When you turn it on again, you return to the last screen you viewed.

# Finding Information

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To find information about your child's problem, type the symptom, illness, or emergency at the entry screen. You can find anything from bee stings to broken bones.

**1. Press CLEAR.**

**2. Start typing *nosebleed*.**

You go directly to the index list.

**3. Press ENTER when *nosebleed* is marked.**

An item is marked when the triangle is next to it.

**4. Press ↓ to read the doctor's advice.**

There is a question at the end of the advice.

**5. Press the Y key to answer yes or the N key to answer no.**

**6. Continue to answer all questions.**

**7. Press ↓ to read the doctor's advice.**

**8. Press CLEAR when done.**

## ✓ Reading Cross-References

When you see an **XREF**, press ENTER to go to the cross-referenced text. Press BACK to go back to the screen you were previously viewing.

# Using the Contents Menu

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The Contents menu is divided into three categories. *Emergencies*, *Common Problems and Concerns*, and *Prevention*. They include general information about many children's health concerns. Read them to learn more about caring for your child's health.

1. Press **MENU**.
2. Press **ENTER** to select the Contents menu.
3. Select a category (e.g., *1 Emergencies*).
4. Select a topic (e.g., *4 Choking*).
5. Select a sub-topic, if needed (e.g., *Doctor's advice*).
6. Press **↓** to read.
7. Press **BACK** to go back to the previous screen.
8. Press **CLEAR** when done.

## ✓ Using the Index Menu

You can also go to the Index by pressing **MENU** and then selecting *Index*. Start typing an emergency to zoom directly to it. Press **ENTER** to answer questions and then read the advice. Press **INFO** to read the topic's general reference information.

### ► **Emergencies**

This category has a section on general information including *How to Handle Emergencies*, *Cardiopulmonary Resuscitation*, *The Emergency Room*, and *The Hospital*. After general information there are fifteen emergency topics from which to choose.

1. Bone & joint injuries
2. Breathing problems
3. Burns
4. Choking
5. Convulsions (seizures)
6. Cuts & bleeding
7. Drowning
8. Electrical injuries
9. Eye injuries
10. Fainting
11. Frostbite
12. Head injuries
13. Heat illnesses
14. Neck & back injuries
15. Poisoning

### ► Common Problems and Concerns

In this category, you will find information on many common illnesses or problems. The General Information section includes *How to Use Medicine*, *How to Use a Thermometer*, and *How to Choose a Doctor For Your Child*. The following list shows the topics.

- |  |                                   |
|--|-----------------------------------|
| 16. Bites & stings                     | 30. Head lice                     |
| 17. Car sickness                       | 31. Newborn babies                |
| 18. Child abuse                        | 32. Nosebleeds                    |
| 19. Colds                              | 33. Pinkeye & sties               |
| 20. Constipation                       | 34. Pinworms                      |
| 21. Coughing                           | 35. Rashes                        |
| 22. Diaper rash                        | 36. Reye's syndrome               |
| 23. Diarrhea                           | 37. Sore throats<br>& tonsillitis |
| 24. Earaches                           | 38. Stomach aches                 |
| 25. Feeding babies<br>& young children | 39. Sunburn                       |
| 26. Fever                              | 40. Toddlers who say<br>"no"      |
| 27. Fussy babies                       | 41. Vomiting                      |
| 28. Growth<br>& development            | 42. Warts                         |
| 29. Headaches                          |                                   |

### ► Prevention

This category is divided into three main topics with many sub-topics on preventing accidents, illnesses, and injuries.

#### 43. Prevention of accidents

Here you will find tips on everything from *The risks as your child grows* to *Toy safety*.

#### 44. Immunizations (shots)

Select this topic to find out about specific vaccines, if vaccines are safe, if your child should receive a dpt, and when your child should be immunized.

#### 45. Physical fitness

Select this topic to learn how much exercise your child needs and when and how to start. There's also a word about smoking.

# Using the INFO key

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Use the INFO key to quickly find reference information, where you are in the outline, and to see a full name when only part is visible.

## ► To find reference information

Another way to find reference information is to type the topic you want to learn more about (e.g., *fainting*) and then press ENTER. Next press INFO. Press ↵ to read about fainting.

## ► To find a topic's location

While you are in text, press INFO again.



```
I EMERGENCIES
10. FAINTING
▶ GENERAL IN...
```

You are reading general information about fainting found in the Emergencies category.

## ► To view a full name

Some names and menu items are followed by ellipses because they are too long to fit onto one line. To view the full name, press INFO when the item is marked.



```
GENERAL INFOR-
MATION
```

# Using Phone Numbers

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Use the PHONE key to enter important phone numbers. The number of phone entries you can enter depends upon their length. The longer the entry, the shorter the list. Here is how to add your first phone number.

## ► Adding a phone number

1. Press PHONE.
2. Press ENTER to add a new entry.
3. Type the person's name.



```
TYPE NAME, ENTER
DR DAVIS
```

4. Press ENTER.
5. Press the top row of letters (notice the numbers above the keys) to type the phone number.



```
TYPE NO., ENTER
214 555 12344
```

6. Press ENTER to save the number.  
To add more phone numbers, repeat steps 2-6 above.

## Using Phone Numbers

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### ► Viewing the phone list

1. Press **PHONE**.



```
ADD NEW ENTRY
DR DAVIS
```

2. Mark the name you want to view.
3. Press **ENTER** to find the phone number.
4. Press **CLEAR** when done.

### ► Deleting a phone number

1. Press **PHONE**.
2. Mark the name you want to delete.
3. Press the **D** key.

4. Press the **Y** key to delete the name and number.

If you do not want to delete the name and number, press the **N** key.

5. Press **CLEAR** when done.

# Saving Family Information

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The FAM key is used to add medical information about family members so you can have a record of medications, allergies, etc. at your fingertips in case of an emergency. Try this example.

## ► Adding an entry

1. Press **FAM**.
2. Press **ENTER**.
3. Type a name and then press **ENTER**.

TYPE NAME, ENTER

MATTHEW

To type a SPACE press ⇨. To erase a letter, press BACK.

4. Type the medical information.

ALLERGIC TO  
PENICILLIN

To type a number hold ⤴ and press a numbered key. You must hold ⤴ each time before pressing a numbered key here.

5. Press **ENTER** to add it.
6. Press **CLEAR** when done.

## Saving Family Information

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### ► Viewing and editing the list

#### 1. Press FAM.

```
▶ ADD NEW ENTRY  
MATTHEW
```

#### 2. Mark the name you want to view.

#### 3. Press ENTER to read its information.

If you want to edit the information, press BACK to erase the letters and type in the new information. Then press ENTER to save it.

#### 4. Press CLEAR when done.

### ► Deleting an entry

#### 1. Press FAM.

#### 2. Mark the name you want to delete.

#### 3. Press the D key.

```
REALLY DELETE  
"MATTHEW"? [Y/N]  
[D]
```

#### 4. Press the Y key to delete the entry.

If you don't want to delete the entry, press the N key.

#### 5. Press CLEAR when done.

# Product Information

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**Product Care:** To clean, spray a mild glass cleaner onto a cloth and wipe its surface. Do not spray liquids directly on this product. If you have a problem with this product, refer to the warranty. If you purchased this product outside the United States, contact the place of purchase to obtain warranty or repair information.

**About the Author:** Robert E. Kaplan, M.D., was born in New York City and raised on Long Island. He received his B.A. from Brown University and his M.D. at the School of Medicine at the State University of New York at Buffalo where he is an Assistant Clinical Professor of Pediatrics. He is a Board Certified pediatrician and a Fellow of the American Academy of Pediatrics. Dr. Kaplan has published several pediatric-related articles in scholarly medical journals. He is an attending physician at the Children's Hospital in Buffalo and a full partner in an active pediatric group practice. He is happily married and has two young daughters.

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## **Replacing the Battery:**

This product uses one CR2032, 3-volt lithium battery. Should you need to replace the battery, unscrew the screws on the back with a very fine screwdriver and carefully remove the back cover. Then install a new battery, plus sign facing you, and replace the cover.

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