

Emergency help here

Free for every family. Call first, then help.

[Same line in local language — Gondi / Santali / Telugu]

108

Ambulance

102

Mother & baby

ASHA

[Name]

[Phone]

Tele-doctor

[PHC /

eSanjeevani]

[Phone]

1 Newborn

- Not feeding
- Fits
- Fast breathing, chest pulls in
- Too cold or too hot
- Limp, or yellow palms

Keep baby skin-to-skin · call 102

2 Mother

- Bleeding
- Fits, bad headache, blurred eyes
- Labour over 12 hours
- Baby not moving
- High fever after birth

Lie on left side · call 102 + ASHA

3 Elder

- Chest pain
- Face droops, arm weak, speech slurred
- Breathless at rest
- Bad fall, cannot stand
- Confused or will not wake

Note the time it began · call 108

4 Anyone

- Snake or scorpion bite
- Fever with shivering
- Diarrhoea, sunken eyes
- Deep wound or burn
- Poison swallowed

Keep still · call 108

Never: injections · medicines on your own · tight tie on a bite · cutting a bite · waiting.

Two at once? Help the smallest first. Write every case in the Setu register. · Keeper: [Name] · Backup: [Name]

Newborn in danger

Birth to 28 days — or any sick baby under one year

1**Spot it**

Not feeding · fits · fast breathing · too cold or hot · limp · yellow palms.
Any one is enough.

**2****Call 102 / 108, then the ASHA**

Say: “newborn, danger sign”, the village name, and the nearest point a vehicle can reach.

**3****Keep baby warm**

Skin-to-skin on the mother’s chest, head and feet covered. Breastfeed if the baby can suck.

**4****Go together**

Mother travels with baby and the MCP card. Write one line in the Setu register.

Never: bathe the baby, give water, honey or any medicine, or put anything on the cord.

Mother in danger

Pregnancy, labour, and the 42 days after birth

1 Spot it

Bleeding · fits · bad headache or blurred eyes · labour over 12 hours · baby not moving · fever after birth.

2 Call 102 / 108 and the ASHA

If the vehicle is more than 30 minutes away, call the tele-doctor too.

3 Lie her on her left side

Warm and calm. Nothing by mouth if she is fitting or drowsy. Keep the clean delivery kit ready.

4 Go with her MCP card

A woman companion goes too; the newborn travels with her. Write it in the register.

Never: push on the belly, pull the cord, give injections or tablets, or wait for bleeding to stop.

Elder in danger

Anyone 60 or older

1

Spot it

Chest pain · face droops · arm weak · speech slurred · breathless at rest · bad fall · sudden confusion.

2

Note the time, call 108

The time it began decides the treatment. Then call the tele-doctor.

3

Keep them safe

Sit up if breathless; on their side if drowsy. Splint a limb that looks broken — don't straighten it.

4

Go with their medicines

Bring every strip or bottle they take, and the Ayushman card. Write it in the register.

Never: give food or water after a stroke sign, rub balm on the chest and wait, or lift by the arms after a fall.

Bites, stings & poison

Snake · scorpion · rat poison · leech

1**Keep them still and calm**

Find out what bit, stung or was swallowed. Don't chase the animal.

2**Call 108 — say what it was**

Snake, scorpion, rat poison or leech. Ask which facility is ready for it.

3**First aid — by what happened****Snake**

Lay still, remove rings and bangles, loose splint. Go to a facility with anti-venom (ASV).

Don't: tie, cut, suck or ice it.

Scorpion

Wash the sting; cold wet cloth for pain. Go at once if sweating, vomiting, cold limbs or breathless.

Don't: cut it or apply herbs.

Rat poison swallowed

Go now, even if they look well — harm shows after 1–3 days. Bring the packet.

Don't: force vomiting; no milk or oil.

Leech

Slide a fingernail under the mouth end to lift it off; press 10 min. Go if in nose, throat, eye or private parts.

Don't: pull hard or burn it.

4**Carry them, lying down**

Bring the packet and the time it happened. Write it in the register.

A child bitten or stung is Priority 1. Never wait for the local healer first.