

Riverside Community College

Health and Wellness Center

Emergency Care and First Aid Directory

Emergency Information

REMAIN CALM

- 1) Someone stay with, reassure, and observe person until help arrives.
- 2) If life threatening situation, **FIRST use a campus phone and dial 911** which will initiate the campus emergency response system. If you are not close to a phone, shout for help.
- 3) Always use gloves if blood/body fluids are present.
- 4) Describe injury as precisely as possible.
- 5) Please remain with the nurse and injured person, as the nurse may need your assistance.

EMERGENCY INFORMATION

Burns

Call the College Police at ext. 8171 and

The Health and Wellness Center at:

Riverside campus ext 8150 Norco campus ext 7046 Moreno Valley campus ext 6103

UNTIL HELP ARRIVES:

- 1) If no wounds, immerse burned area in cool water 15-20 minutes and apply wet, clean, loose dressing: remove jewelry (rings, etc.)
- 2) Do not apply any ointments, butter or creams.
- 3) Do not open blisters.
- 4) If blisters, open wounds, or charred skin appear, the burn should be treated by a health care professional immediately.
- 5) If smoke inhalation is suspected, take person to open space, observe for difficulty in breathing: maintain open airway.

BURNS

Injury to Bones and Joints

Call the College Police at ext. 8171 and

The Health and Wellness Center at:

Riverside campus ext 8150 Norco campus ext 7046 Moreno Valley campus ext 6103

UNTIL HELP ARRIVES:

- 1) Always suspect a fracture.
- 2) **DO NOT MOVE** injured part. If possible immobilize the area.
- 3) Apply a cold pack.
- 4) In case of a major joint injury – knee, hip, shoulder, ankle or suspected back or neck injury – **DO NOT MOVE PERSON**. Call 911.

INJURY TO BONES AND JOINTS

Abrasions – Cuts- Bleeding

Call the College Police at ext. 8171 and

The Health and Wellness Center at:

Riverside campus ext 8150 Norco campus ext 7046 Moreno Valley campus ext 6103

UNTIL HELP ARRIVES:

SUPERFICIAL:

- 1) Put on gloves.
- 2) Clean with soap and water; use antiseptic towelettes, if only thing available.
- 3) Apply Band-Aid or dressing.

DEEP:

- 1) Put on gloves.
- 2) Apply direct pressure over wound with clean pad or gauze. Press hard enough to stop bleeding.
- 3) May need to apply additional dressings: **DO NOT REMOVE PREVIOUS DRESSING.**
- 4) Bandage snugly but not too tightly.
- 5) Elevate the injured part (unless fracture is suspected.)
- 6) If bleeding is severe, **call 911.**

ABRASIONS – CUTS - BLEEDING

Seizures

Call the College Police at ext. 8171 and

The Health and Wellness Center at:

Riverside campus ext 8150 Norco campus ext 7046 Moreno Valley campus ext 6103

UNTIL HELP ARRIVES:

- 1) **KEEP CALM** (this person is usually not in a life-threatening situation.) Protect his/her privacy.
- 2) If possible, turn person on side; loosen restrictive clothing (e.g. at neck or wrist.)
- 3) If person starts to vomit, turn on side immediately.
- 4) Remove any objects from area that may cause injury to person. Protect person's head. If there was a fall, check for injuries.
- 5) **DO NOT** restrain person's movements any more than is necessary.
- 6) **DO NOT** place object between teeth.
- 7) **DO NOT** try to revive him/her with fluids, stimulants, fresh air or walking.
- 8) Make sure s/he has an open airway once seizures have stopped.
- 9) Allow person to rest quietly at least thirty minutes after the attack.
- 10) When person regains consciousness, ask if s/he has history of seizures; seek medical care.

SEIZURES

Puncture Wounds

Call the College Police at ext. 8171 and

The Health and Wellness Center at:

Riverside campus ext 8150 Norco campus ext 7046 Moreno Valley campus ext 6103

UNTIL HELP ARRIVES:

- 1) Put on gloves.
- 2) Allow to bleed freely for a few minutes.
- 3) Wash with soap and water
- 4) Apply sterile gauze dressing.
- 5) All deep puncture wounds (may have internal bleeding) should be seen by a health care professional. Have person consult with his/her health care provider or the Health and Wellness Center concerning the date of last tetanus toxoid injection, whether surface or deep wound.

PUNCTURE WOUNDS

Insect Bites and Stings

Call the College Police at ext. 8171 and

The Health and Wellness Center at:

Riverside campus ext 8150 Norco campus ext 7046 Moreno Valley campus ext 6103

(Epinephrine for severe reactions is available in the Health and Wellness Center for emergency treatment.)

Stings from ants, bees, wasps and yellow jackets occasionally cause death due to acute allergic reaction. Black widow, brown recluse spiders and scorpions can cause severe symptoms.

CHECK FOR MEDI-ALERT BRACELET OR NECKLACE: If none, talk with person regarding the purchase of this, after the emergency is over.

MINOR REACTIONS:

- 1) If bite or sting is on an extremity, keep area below heart.
- 2) Remove embedded stinger as quickly as possible by gently scraping skin with fingernail, edge of card (e.g., index card, credit card).
- 3) Wash with soap and water.
- 4) Apply cool compress to help alleviate swelling, avoid ice.
- 5) Do not use a tourniquet or give person a stimulant or pain medication.

SEVERE REACTIONS: (e.g. severe swelling at site and in other parts of the body, wheezing, shortness of breath, painful constrictions of chest, nausea and headache.)

- 1) **DO NOT WAIT FOR SYMPTOMS: CALL 911 IF PATIENT IS KNOWN TO BE ALLERGIC.**
- 2) Keep affected part below the heart.
- 3) Keep person lying down unless short of breath; let person sit up slowly.

INSECT BITES AND STINGS

Snake Bites

Call the College Police at ext. 8171 and
The Health and Wellness Center at:
Riverside campus ext 8150 Norco campus ext 7046 Moreno Valley campus ext 6103

UNTIL HELP ARRIVES:

- 1) **Call 911**
- 2) Get victim away from snake (if possible, identify kind of snake).
- 3) Stay calm and keep patient calm.
- 4) Have victim sit down or lie still; avoid unnecessary movement of individual and area involved.
- 5) If bite is on an extremity, immobilize below level of heart.

DO NOT CUT BITE
DO NOT SUCK BITE
DO NOT APPLY TOURNIQUET
DO NOT USE ICE

HOSPITALS WITH ANTIVENIN:

Riverside Community Hospital - Emergency - 788-3200/Pharmacy - 788-3485

Loma Linda University Medical Center – Emergency – 558-4444/Pharmacy – 558-4500

Information needed: Person's name, age, time bitten, and kind of snake. If possible, procure
dead snake and send with person.

SNAKE BITE

Animal Bites

Call the College Police at ext. 8171 and

The Health and Wellness Center at:

Riverside campus ext 8150 Norco campus ext 7046 Moreno Valley campus ext 6103

UNTIL HELP ARRIVES:

- 1) Put on gloves.
- 2) If not heavy bleeding*, cleanse with soap and running water for five (5) minutes or more.
- 3) Apply sterile gauze dressing.
- 4) Seek medical attention promptly for treatment and possible need for vaccinations.
- 5) Notify Animal Control at 909-358-7387. Be able to describe what the animal looked like and where it was or went.

STAY AWAY FROM ANIMAL.

***If heavy bleeding, apply pressure; do not remove dressing used; add new ones. DO NOT CLEAN WOUND IF HEAVY BLEEDING. Call 911 if wound(s) are severe.**

ANIMAL BITES

Insulin Shock/Diabetic Coma

INSULIN SHOCK/DIABETIC COMA

Call the College Police at ext. 8171 and
The Health and Wellness Center at:
Riverside campus ext 8150 Norco campus ext 7046 Moreno Valley campus
ext 6103

*Medic Alert Bracelets/Necklaces are usually worn by diabetics; check a person's wrist or neck.

INSULIN SHOCK

SIGNS AND SYMPTOMS: (Sudden Onset)

- 1) "Trembly feeling" inside;
general weakness
intense thirst.
- 2) Intense hunger.
- 3) Skin cold, clammy; may have
breath
profuse sweating.
- 4) Rapid pulse and weakness.
abdominal
- 5) Nervousness, confusion.
- 6) Fainting, convulsions, and possible coma.
progress to stupor

WHAT TO DO:

- 1) If conscious, give sugar (1/2 packet
MEDICAL
under tongue; produces best and
CALL 911
quickest response,) frosting, honey or
orange juice. *Artificial Sweeteners DO
NOT WORK.*
- 2) Contact person's health care provider.
- 3) **If unconscious, CALL 911.**

DIABETIC SHOCK

SIGNS AND SYMPTOMS: (Gradual Onset)

- 1) Skin flushed and dry.
- 2) Dry mouth and
- 3) Deep rapid breathing.
- 4) Fruity smelling
- 5) Weak, thready pulse.
- 6) Nausea, vomiting and
pain.
- 7) Drowsiness; can
and coma.

WHAT TO DO:

- 1) **THIS IS A
EMERGENCY;**

**NOTE: If in doubt as to which
give sugar.**

Head Injuries

Call the College Police at ext. 8171 and

The Health and Wellness Center at:

Riverside campus ext 8150 Norco campus ext 7046 Moreno Valley campus ext 6103

SIGNS AND SYMPTOMS: (Don't wait for all symptoms to appear – CALL 911.)

- 1) Increased drowsiness or confusion
- 2) Persistent or increasing severe headaches.
- 3) Personality changes and/or irritability
- 4) Possible seizure and /or slurred speech.
- 5) Persistent vomiting.
- 6) Slowing Pulse
- 7) Stiffness in neck.
- 8) Blood or clear fluid from nose or ear.
- 9) Weakness or loss of coordination.
- 10) Convulsions.
- 11) Unequal size of pupils, blurry vision.

UNTIL HELP ARRIVES:

- 1) Do not shake the person to see if s/he is dazed or conscious.
- 2) If unconsciousness, convulsions, bleeding or fluid from ears occur, **DO NOT MOVE PERSON.**
- 3) If severe headache, nausea and/or vomiting, incoherence or dazed appearance occurs, **DO NOT MOVE PERSON.**
- 4) Person is to remain quiet: Severe head injuries may not show physical/external signs and symptoms, or may be delayed.
- 5) Do not remove helmet if you suspect a serious head injury.
- 6) Do not move any object sticking out of a wound.
- 7) Observe person for symptoms noted above.

HEAD INJURIES

Heat Stroke/Heat Exhaustion

Call the College Police at ext. 8171 and

The Health and Wellness Center at:

Riverside campus ext 8150 Norco campus ext 7046 Moreno Valley campus ext 6103

HEAT STROKE:

- 1) Body temperature may be elevated (often 106 degrees or higher.)
- 2) Sweating mechanism blocked.
- 3) Skin dry, red and hot.
- 4) Rapid strong pulse.
- 5) Pupils constricted
- 6) May be confused.
- 7) Possible seizure
- 8) Person may be unconscious

TREATMENT:

- 1) Move to cool place.
- 2) Cool person first; spray person with hose (or whatever is available); sponge bare skin with cool water, or apply ice packs to back of neck, groin, and armpits.
- 3) **CALL 911: THIS IS A MEDICAL EMERGENCY.**
- 4) **DO NOT** give stimulants (coffee, coke, etc.) or any medications.

HEAT EXHAUSTION:

- 1) Body temperature near normal.
- 2) Skin pale, cool and clammy.
- 3) Profuse perspiration.
- 4) Dilated pupil
- 5) Weakness, nausea, dizziness, cramps.
- 6) Possible fainting or shock.

TREATMENT:

- 1) Move to shade or cooler area.
- 2) Have person lie down, raise feet 8-12 in.
- 3) Loosen clothing and sponge down with cool water.
- 4) **If person is conscious** give person sips of salt water (1 tsp. salt/glass), or (Gatorade) half a glass every 15 minutes over a period of an hour. Give plain water if the above is not available.
- 5) If signs and symptoms are severe, worsen, or last longer than an hour, get immediate medical attention or if shock is present call 911.

HEAT STROKE – HEAT EXHAUSTION

Fainting and Hyperventilation

Call the College Police at ext. 8171 and

The Health and Wellness Center at:

Riverside campus ext 8150 Norco campus ext 7046 Moreno Valley campus ext 6103

FAINTING OR FEELING FAINT:

(Pale, weak, dizzy, cold perspiration, uncomfortable abnormal sensations – may fall to ground and lose consciousness. Pulse is weak, rapid and often irregular.) Also may experience nausea and difficulty breathing.

TO PREVENT:

- 1) Have person lie down; elevate legs 8-12 inches. Loosen clothing, e.g., belt, tie, etc. If sitting, have person slowly bend body forward (may need some help) so his/her head is between the knees.
- 2) Calm and reassure the person.

IF FAINTING HAS OCCURRED:

- 1) Keep person lying down with feet elevated, unless head/back injury is suspected.
- 2) Maintain open airway.
- 3) Loosen restrictive clothing.
- 4) If a person vomits, turn on side or turn head sideways.
- 5) Gently bathe person's face with cool water.
- 6) Give no fluids unless fully alert.

HYPERVENTILATION:

Occurs in forced respiration (fast, deep breathing – causes loss of carbon dioxide from lungs.) Person may experience numbness of hands, prickling of skin, racing heart, trembling feeling, light-headedness, muscular cramps.

TREATMENT:

- 1) Call Riverside campus ext 8150 Norco campus ext 7046 Moreno Valley campus ext 6103
- 2) Calm person and encourage him/her to breath in slow, shallow fashion. Check to see if stress is a factor and try to eliminate the stress.
- 3) If available, give person a paper bag to breath into. Have the person cover his nose and mouth with the paper bag and breath normally.

FAINTING AND HYPERVENTILATION

Eye Injuries

Call the College Police at ext. 8171 and

The Health and Wellness Center at:

Riverside campus ext 8150 Norco campus ext 7046 Moreno Valley campus ext 6103

UNTIL HELP ARRIVES:

A. FOREIGN OBJECT IN EYE:

- 1) Instruct patient not to rub eye. Have him/her close it gently in the hope that the tears may wash the speck out, or into view.
- 2) Put on gloves, if available, and examine eye for a speck on the eye ball or lid.
- 3) Irrigate with plain water from inner corner of eye outward. Person may be instructed to hold face under running water and blink eye open and shut.
- 4) If object does not easily wash out, cover eye with dry gauze dressing. Secure with tape or use roll of gauze to wrap around eye and head.
- 5) To guard against infection, refer to a health care professional. Transportation should be provided for person.

B. CHEMICAL BURN TO EYE:

- 1) **WASH IMMEDIATELY**, thoroughly (at least 20 minutes) and repeatedly with large amounts of tap water, cleansing from inner corner of eye out.
- 2) Close eyelid(s) and apply loose sterile dressing.
- 3) Person must not rub eye(s).
- 4) **THIS TYPE OF INJURY MUST BE SEEN IMMEDIATELY BY A HEALTH CARE PROFESSIONAL.**
- 5) Take the chemical agent with the person to the health care provider.

C. EYE WOUNDS:

- 1) **CALL 911**
- 2) **NEVER REMOVE** any protruding object.
- 3) Instruct person not to move eye.
- 4) If object is not too long, cover eye with paper cup (not Styrofoam) and other eye with gauze and wrap gauze around head loosely to immobilize object. If too long, stabilize object with bulky dressing (e.g., two rolls of gauze, one on each side of object), cover other eye and wrap gauze around head loosely to stabilize. *The point is to keep all pressure off the globe of the eye.*
- 5) Keep person calm. Stay with person until help arrives.

EYE INJURIES

Choking

Call the College Police at ext. 8171 and

The Health and Wellness Center at:

Riverside campus ext 8150 Norco campus ext 7046 Moreno Valley campus ext 6103

CALL 911 IF PERSON IS UNABLE TO SPEAK OR IS UNCONSCIOUS.

IF PERSON IS COUGHING FORCEFULLY, ENCOURAGE HIM/HER TO CONTINUE COUGHING.

DISTRESS SIGNAL FOR CHOKING; PERSON WITH HAND ON THROAT.

IF PERSON IS UNABLE TO SPEAK COUGH OR BREATH, APPLY HEIMLICH MANUEVER:

CONSCIOUS PERSON:

- 1) Stand behind person and put arms around person's waist.
- 2) Make a fist (with thumb folded under fingers) and place thumb side of fist at midline of abdomen between the waist and rib cage (avoid person's chest, especially area just below sternum.)
- 3) Grasp positioned fist with other hand and apply pressure inward and upward toward person's diaphragm.
- 4) Continue until obstruction is cleared or person loses consciousness (**CALL 911**)
- 5) Perform CPR if person loses consciousness.

IF PERSON IS PREGNANT OR OBESE AND CONSCIOUS:

- 1) With person standing or sitting, position yourself behind person, placing your arms under the armpits and around the chest.
- 2) Place thumb side of fist on middle breastbone and grasp fist with other hand.
- 3) Give four (4) quick thrusts against chest (do not squeeze with your arms.)
- 4) Continue until obstruction is cleared or person loses consciousness (**CALL 911**).
- 5) Perform CPR if person loses consciousness.

*For more information about learning to perform the Heimlich Maneuver when a person is conscious/unconscious contact the Health and Wellness Center at Riverside campus ext 8150 Norco campus ext 7046 Moreno Valley campus ext 6103.

CHOKING

Emotional Crisis

Call the College Police at ext. 8171 and

The Health and Wellness Center at:

Riverside campus ext 8150 Norco campus ext 7046 Moreno Valley campus ext 6103

EMOTIONAL EMERGENCIES:

Often described as a danger to self, danger to others, or inability to care for self. But other, less clear-cut situations, are still emergencies.

BE ALERT FOR SUCH SIGNS AS:

- 1) Severe depression with or without threats of suicide (states “no options”, feels hopeless)
- 2) Severe agitation, irritability or hostility.
- 3) Extreme anxiety.
- 4) Withdrawal or social isolation.
- 5) Confusion – stunned or dazed appearance.
- 6) Suspected drug or alcohol induced state of consciousness.
- 7) Sudden change from person’s normal routine, e.g., changes in sleeping or eating habit.
- 8) Verbalization of family problems.

ACTIONS YOU CAN TAKE:

- 1) Approach person calmly, express concern and state your willingness to be of help.
- 2) If person seems unable to follow through with referral to the Health and Wellness Center, **REMAIN WITH THE PERSON**; call or get someone to call Riverside campus ext 8150; Norco campus ext 7046; Moreno Valley campus ext 6103; and Campus Police, ext. 8171
- 3) **IF PERSON IS THREATENING SUICIDE, CALL 911. Take ALL threats seriously.**
- 4) For more information on depression, suicide, sexual assault, substance abuse, or domestic violence, refer to R.C.C. Crisis Intervention Plan.

EMOTIONAL CRISIS

Handling and Disposal of infectious wastes

For clean-up call Custodians at ext. 8472 (if inside the building) or Grounds at ext. 8473 (if outside building).

Under emergency circumstances, consider all blood and body fluids as being potentially infectious. Use the following body substance isolation procedures (universal precautions).

- 1) Hand washing:
 - a. Gloves should be worn when in contact with blood or body fluids
 - b. After the gloves are removed, whether gloves appear intact or not, wash hands thoroughly with soap and warm water.
 - c. If hands and other body surfaces are contaminated with blood/body fluids, wash thoroughly with soap and warm water.
 - d. Waterless antiseptic towelettes can be used. Wash hands with soap and warm water when possible.
- 2) Cleaning and decontamination of blood spills and equipment:
 - a. Wearing gloves, clean up promptly. Soak up visible material with disposable towels or other appropriate materials. Using an EPA approved germicide or a 1:100 solution of household bleach, scrub the area. The actual act of scrubbing is as effective as the germicide.
 - b. All items used or worn to clean up should be decontaminated (according to manufacturer's specifications) or appropriately disposed of. Leak-proof red plastic bags should be used for removal of contaminated items from spill area. EXTRA, RED PLASTIC BAGS will be kept in the Campus Police car and the Health and Wellness Center. Red bags used for campus spills may be taken to the HWC.
 - c. Boots and leather goods can be scrubbed with soap and hot water to remove contaminants.

* If splashing is anticipated, protect yourself with as much clothing and shielding as possible.
- 3) Soiled Linen
 - a. Handle with gloves and as little as possible, using minimal agitation.
 - b. Linen soiled with blood/body fluids should be put in red leak proof plastic bags and transported immediately to the Health and Wellness Center.

HANDLING AND DISPOSAL OF INFECTIOUS WASTES

Heart Attack

CALL 911 (See #1 Under Symptoms)

Call the College Police at ext. 8171 and

The Health and Wellness Center at:

Riverside campus ext 8150 Norco campus ext 7046 Moreno Valley campus ext 6103

SYMPTOMS OF A HEART ATTACK:

- 1) Uncomfortable pressure, fullness, squeezing or pain in the center of chest lasting two (2) minutes or longer.
- 2) Discomfort or pain in shoulder, left arm, neck, jaw, teeth, or back.
- 3) Above symptoms may be associated with severe pain, light-headedness, pallor, shortness of breath, faintness, perspiration, nausea, vomiting or indigestion.
- 4) **Person will often deny they are having a heart attack.**

UNTIL HELP ARRIVES:

- 1) Loosen clothing; tie, belt, etc.
- 2) Be prepared to do CPR (cardiopulmonary resuscitation).

The only way to be prepared is to take a CPR class

***DON'T WAIT FOR ALL THE SYMPTOMS – ACT IMMEDIATELY**

HEART ATTACK

Emergency Information/Referral

- 1) Emergency treatment is available at the following hospitals:

RIVERSIDE COMMUNITY HOSPITAL

4445 Magnolia Ave., Riverside, CA 92501
(909) 788-3000

RIVERSIDE COUNTY REGIONAL MEDICAL CENTER (RCRMC)

26520 Cactus Ave., Moreno Valley, CA 92555
(909) 486-4000

CORONA REGIONAL MEDICAL CENTER (CRMC)

800 South Main Street., Corona, CA 92882
(909) 737-4343

- 2) **POISON CONTROL CENTER:**

CALIFORNIA POISON CONTROL CENTER – 1800-876-4766 OR 1-800-222-1222

IMPORTANT: NO ANTIDOTE UNLESS INSTRUCTED TO GIVE BY POISON CONTROL CENTER.

- 3) A resting cot for ill or injured students is available in the Health and Wellness Center. (Please call the college nurse for assistance).
- 4) Suggested First Aid items are listed on the backside and may be provided by your department.

EMERGENCY INFORMATION/REFERRALS

Substance Abuse Signs and symptoms of Drug Abuse/Overdose

Call the College Police at ext. 8171 and
The Health and Wellness Center at:
Riverside campus ext 8150 Norco campus ext 7046 Moreno Valley campus ext 6103

Please note: Signs and symptoms and possible effects of drug usage are given under each drug category and indicate a progression of being on the drug to overdosing on the drug. Signs and symptoms of an overdose follow the asterisk.

CATEGORIES:

ALCOHOL:

*Slurred speech, poor coordination, odor of alcohol, possible nausea and vomiting, red streaks in eyes.
Unconsciousness to coma.

DEPRESSANTS/DOWNERS (e.g., barbiturates, tranquilizers):

*Pupils dilated, pulse is increased and may be rapid, possible muscle rigidity, restless, talkative, excitation, runny nose with redness to nasal area. *Agitation, hallucinations, convulsions, heart failure, and possible death.*

STIMULANTS/UPPERS (e.g., cocaine, amphetamines):

*Pupils dilated, pulse is increased and may be rapid, possible muscle rigidity, restless, talkative, excitation, runny nose with redness to nasal area. *Agitation, hallucinations, convulsions, heart failure, and possible death.*

HALLUCINOGENS (e.g., LSD, mescaline):

*Pupils dilated, increase in pulse with possible rapid breathing, possible muscle rigidity, dazed appearance, perspiring, uncoordinated, nauseated, poor perception of time and distance, paranoia.
Long intense "trip", psychosis and possible death.

PCP:

*Pupil size normal, pulse elevated, muscle rigidity present, blank stare, skin warm perspiring, repetitive speech, confused, non-communicative, agitated, illusions, possible violent behavior –CAN LOSE UNDERSTANDING OF RIGHT AND WRONG AND FIND NOTHING WRONG IN KILLING YOU.
Long intense "trip", psychosis and possible death.

CLUB DRUGS (Ecstasy, GHB, Ketamine, Rohyponol):

*Ecstasy: nausea, dizziness, blurred vision, muscle tension, teeth clenching, depression, anxiety and confusion, * increased body temperature, increased heart rate and blood pressure.*

*GHB: dizziness, loss of coordination, vomiting, muscle spasm, headache, amnesia, * delirium, higher blood pressure, slowed breathing.*

*Ketamine: nausea, amnesia, *delirium, higher blood pressure, slowed breathing*

*Rohyponol: slurred speech, dizziness, nausea, confusion, *low blood pressure, deep sedation, breathing distress.*

NARCOTICS/ANALGESICS (e.g., morphine, heroin, Darvin):

*Pupils severely constricted, pulse decreased, respirations slow and shallow, droopy eyelids, drowsiness, euphoria, low raspy speech, fresh puncture marks. *Clammy skin, convulsions, coma, respiratory failure, and possible death.*

INHALANTS (e.g., glue, paint thinner, hairspray):

*Pupils normal or dilated, odor of substance in and around nose, confused, paranoia, disorientation and slurred speech. *Excessive fatigue, increased pulse, and possible death.*

CANNABIS/MARIJUANA:

*Pupils normal or slightly dilated, reddened, sleepy-looking eyes, body tremors, relaxed inhibitions, increased appetite (craving for munchies, sweet foods), disorientation, impaired judgments, possible paranoia. *Excessive fatigue, pulse increased, and possible death.*

Student Accident Insurance/Worker's Compensation Insurance

- 1) **STUDENT ACCIDENT INSURANCE: Campus Injuries Only**
 - Student Accident Insurance is a secondary insurance policy that pays for what students private insurance doesn't, minus a \$50.00 deductible. Student insurance protects only those students who are injured during required attendance and/or college sponsored activities. Please do not inform students that all medical costs will be completely covered by student accident insurance, there are some exclusions. Additionally, Student Insurance is a managed care policy requiring students to use specific health care facilities.
 - **Immediately**, report all incidents to the Health & Wellness Center so insurance claims can be processed and students referred to appropriate medical treatment. The office is open everyday of scheduled classes. If students are injured during a school-sponsored activity, but the office is closed, please contact College Police at ext. 8171.

- 2) **WORK RELATED INJURIES**
 - All employees, including student employees, nursing, paramedic students who are injured on the job or during field experience, must immediately report the incident to the Health and Wellness Center.
 - If the office is closed, please notify College Police at ext. 8171.
 - If the employee or student injuries require ambulance transportation, please send them to the nearest hospital or one recommended by the emergency medical personnel (911) because of specific injuries.

Worker's Compensation Clinics:

CENTRAL OCCUPATIONAL MEDICINE PROVIDERS

Riverside

4300 Central Avenue
Riverside, CA 92506
(909) 222-2206

Open: 24 hours a day *7 days a week**

Corona

1690 West 6th Street, Suite K
Corona, CA 91720
(909) 736-9500

Open: 24 hours a day *7 days a week**

Moreno Valley

RIVERSIDE MEDICAL CLINIC
6405 Day Street
Riverside, CA 92507
(909) 924-1871

Open: 24 hours a day *7 days a week**

ALL WORKER'S COMPENSATION CASES MUST BE REPORTED AND THE PROPER CLAIM FORMS COMPLETED WITHIN 24 HOURS (Week-ends and Holidays Excluded.)

STUDENT ACCIDENT INSURANCE/WORKER'S COMPENSATION INSURANCE

Riverside 951 222-8150

8:00 to 4:00 p.m. M-Fri

4800 Magnolia

Riverside, Ca 92506

FAX 951 222-8815

Located under the bookstore

Norco 951 372-7046

8:00 a.m. to 1:00 pm M-Thurs

2001 Third Street

Norco, CA 92860-2600

Located in the Student Services Building

Moreno Valley 951 571- 6103

9:00 a.m. to 2:00 p.m. M-Thurs

16130 Lasselle Street

Moreno Valley, CA 92551-2045

Located in the Student Services Building

Make an Appointment

The physician, nurse practitioner, and personal counselor are available by appointment

Riverside 951 222-8150

4800 Magnolia

Riverside, Ca 92506

FAX 951 222-8815

Located under the bookstore

Norco 951 372-7046

2001 Third Street

Norco, CA 92860-2600

Located in the Student Services Building

Moreno Valley 951 571- 6103

16130 Lasselle Street

Moreno Valley, CA 92551-2045

Located in the Student Services Building

Emergency Information

In case of emergency, call 911

Local Hospitals

<http://www.ci.riverside.ca.us/living/hospitals.htm>

Riverside Community Hospital

4445 Magnolia

Riverside, CA 92506

951 788-3000

Riverside General Hospital

26520 Cactus Ave

Moreno Valley, CA 92555

951 486-4080

Corona Regional

800 S. Main St

Corona, Ca
951 371-4357

Loma Linda University Medical Center
11234 Anderson St.
Loma Linda, Ca
909 558-4000

Kaiser Permanente Medical Center
10800 Magnolia
Riverside, CA
(909)353-2000

Parkview Community Hospital
3865 Jackson
Riverside, Ca
(951)688-2211

Low cost community health care

Social Action Clinic
1455 East Third Street
San Bernardino, Ca
909 382-7100

Eastside Health Center
1970 University Ave
Riverside, CA
951 276-0661

Riverside Neighborhood Health Center
7140 Indiana Ave
Riverside, Ca 92504
951 359-6000

Corona Family Care Center
505 S. Buena Vista
Room 101
Corona, Ca
951 272-5445



Dental Care

Eastside Dental Clinic
1970 University Ave
Riverside, Ca
951 276-0668

Loma Linda Dental
Dental Urgent Care
909 558-4222

RCC Dental Hygiene Program
March Education Center
951 571-6431
951571 6344

Family Planning

Family Planning Association
3772 Tibbetts Suite A
Riverside, CA
682-8540