

## What To Do In An Emergency Quiz

1	If someone has lost consciousness it is always best to lay them flat on their back	True <input type="checkbox"/> False <input type="checkbox"/>
2	What is the term for the way you should position someone if they're unconscious	
3	You are at a party, your best friend is really drunk, slurring their words and can hardly stand up. What should you do: a) Put them in bed to sleep it off b) Leave them to it, someone else will keep an eye on them c) Give them black coffee d) Get them to drink water e) Stay with them and try to keep them awake until they've sobered up f) Tell a trusted adult	Tick the correct answers  a) <input type="checkbox"/> b) <input type="checkbox"/>  c) <input type="checkbox"/> d) <input type="checkbox"/> e) <input type="checkbox"/>  f) <input type="checkbox"/>
4	One of your friends has become really anxious after smoking some cannabis. What could you do to calm them down? a) Go to a quieter area b) Reassure them in a calm, quiet voice c) Leave them alone d) Breathe slowly together e) Explain they'll feel better once the effects of the drug wear off f) Tell a trusted adult	Tick the correct answers  a) <input type="checkbox"/> b) <input type="checkbox"/> c) <input type="checkbox"/> d) <input type="checkbox"/> e) <input type="checkbox"/>  f) <input type="checkbox"/>
5	Your friend is about to be sick, what could you do to help? a) Reassure them b) Get them to bend over so their head is lower than their lungs c) Leave them to go to sleep afterwards d) Give them sips of water if they wish e) Tell a trusted adult	Tick the correct answers  a) <input type="checkbox"/> b) <input type="checkbox"/>  c) <input type="checkbox"/> d) <input type="checkbox"/> e) <input type="checkbox"/>
6	Your friend is overheating after taking ecstasy, how can you help? a) Take the person to a cool, calm place b) Encourage them to drink lots of water c) Place a lukewarm damp cloth on their skin d) Try to restrain them e) Leave them alone f) Tell a trusted adult	  a) <input type="checkbox"/> b) <input type="checkbox"/> c) <input type="checkbox"/> d) <input type="checkbox"/> e) <input type="checkbox"/> f) <input type="checkbox"/>
7	Using different drugs together (including alcohol), is known as polydrug use. This can be particularly risky.	True <input type="checkbox"/> False <input type="checkbox"/>
8	If you're very concerned about someone under the effects of alcohol / drugs, who could you phone?	
9	If you've phoned for an ambulance you should stay with the unwell person until the paramedics arrive	True <input type="checkbox"/> False <input type="checkbox"/>