



An Important Message from the Old Tappan First Aid Corps

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache, confusion
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness
<ul style="list-style-type: none"> Get to a cooler, air conditioned place Drink water if fully conscious Take a cool shower or use cold compresses 		<p>CALL 9-1-1</p> <ul style="list-style-type: none"> Move person to cooler place Cool using cool cloths or bath Do not give anything to drink

Heat Emergencies

Do you know the difference between heat exhaustion and heat stroke, and do you know what to look out for? This image shows common signs and symptoms of both. We are always here to help our community and encourage you to watch out for these signs/symptoms in yourself and others.

Never hesitate to call for help if needed.

RTF Gear

As recent events have shown, no community is immune to the threat of an active shooter incident. The Old Tappan First Aid Corps has trained volunteers with the skills necessary to respond to active shooter incidents,



but they do not have the protective rescue task force (RTF) gear. A GoFundMe fundraiser has been created to help raise the necessary funds for the purchase of this RTF gear. Please help support this fundraising initiative by contributing and/or sharing the following link with your family, friends, and social media accounts:

<https://gofund.me/ef3a70c6>.

Thank you in advance for your support!

There is a Role for YOU in ours Corps!
YOU Can Make a Difference! 



Join Our Team!

- Scholarship Opportunities
- Free, Flexible Training (Days/Nights)
- LOSAP (Retirement Account Contribution) Program
- No Prior Experience Necessary
- Discounts (Verizon, Nike, etc.)
- Age 16 and Up Welcome
- Free Annual Physical
- EMTs and Drivers Needed

OLD TAPPAN EMS



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