

# What to Do in Case Someone is

  get help. Call 911 and, if you cannot do it yourself, ask someone to call for you.

  put the person's feet higher than his/her head. This helps the water exit the **lung**.

  place your ear next to the person's mouth and nose. Look if the person's chest is moving.

  check the person's pulse for 10 seconds.

  if the person is not breathing and you have been properly trained for it, do chest compressions. If you have not been properly trained, make notes of the information you collected about the pulse and breathing and wait for help to arrive.

Following the instructions above will help you calm down during the emergency.

- What is the first thing you need to do to help someone drowning?
- What is the last thing you can do to avoid drowning?
- Can you change the order of the instructions? Why? Why not?



## Words

We use specific words and phrases to show the exact   in which we should follow

- first • then • after that • next • finally.

Sequence words make the steps clearer and easier. We use **first** to indicate the first step of a list. The word **then** and the phrase **after that** can be used interchangeably. Sometimes there are several steps to follow. Use them alternatively to give variation to your style. Do not forget to use a comma (,) after most of the sequence words. The only word that is not followed by a comma is **then**.