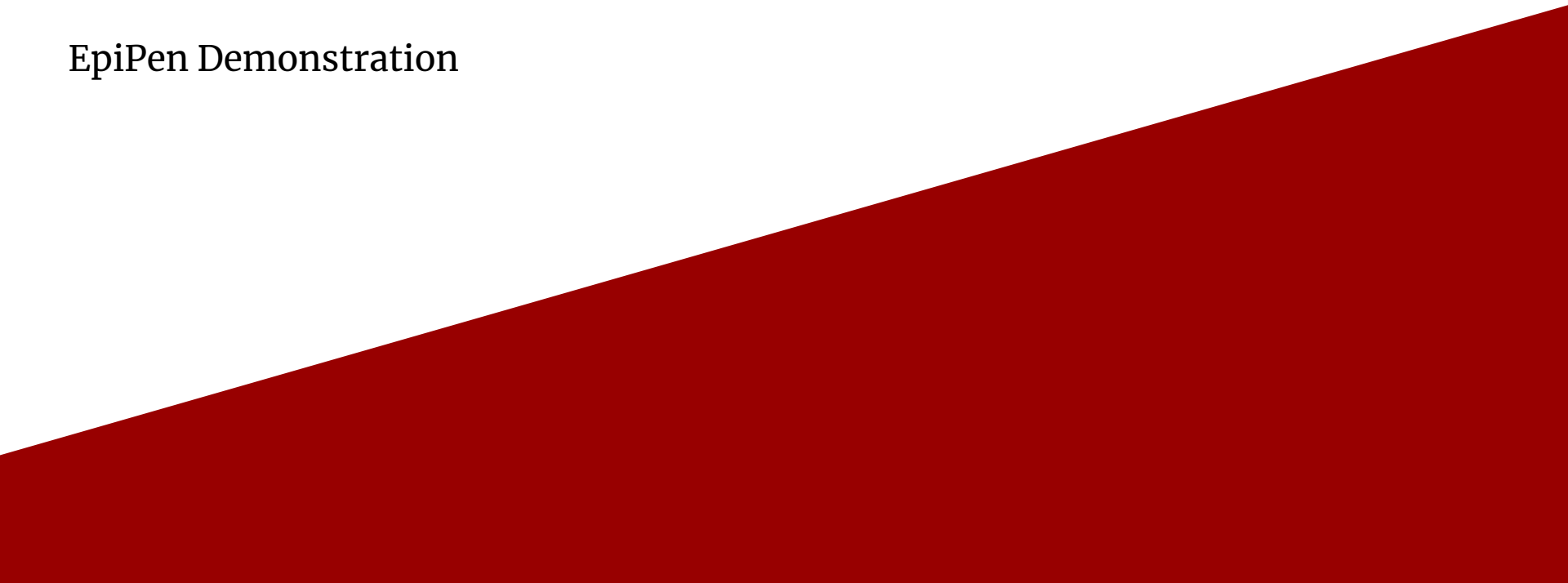


ARC Meeting: November 8th

EpiPen Demonstration



Reminder!!

- Our canned food drive is open until the last day before Thanksgiving Break (Nov 22)!
- Deliver them to Ms. Spear and she will sign off on hours
- 30 Minutes per can

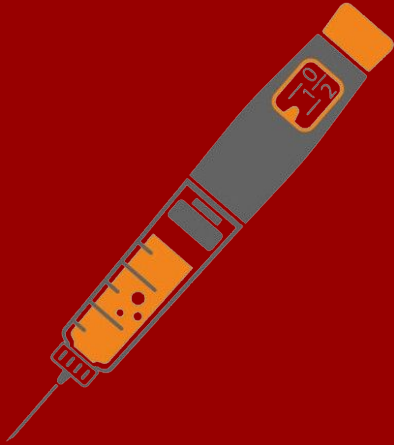


Club Picture

We will be taking our club picture for the Yearbook!



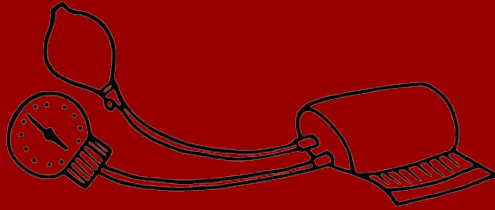
EpiPens



Steps:

1. Hold the EpiPen correctly
 - a. “Blue to the sky, orange to the thigh”
2. Remove blue safety top
3. Swing and push orange side to area hard enough that you hear a “click”
4. Hold for 10 seconds (to be safe)
5. Call 911

Blood Pressure Monitors



Steps:

1. Locate Brachial Pulse
 - a. Inside of upper arm
2. Secure the cuff on the upper arm
3. Inflate and deflate the cuff (more in detail in demo)
4. If attempting a second time on the same arm wait at least 1 minute
5. Record blood pressure