

# Internal Bleeding

## What is it?

Bleeding inside the body.

When bleeding occurs inside the body, you may be able to see a bruise under the skin or you may not be able to see anything.

## **You should suspect internal bleeding if someone:**

- Was injured in a car crash or was hit by a car
- Fell from a height
- Was injured in the abdomen or chest (including bruises such as seat belt marks)
- Was injured in a sporting event, such as slamming into other people or being hit with a ball
- Has pain in the abdomen or chest after an injury
- Has shortness of breath after an injury
- Is coughing up or vomiting blood after an injury
- Shows signs of shock without external bleeding
- Was stabbed or shot

## Plan of Action:

- Call 911, and get a first aid kit and AED
- If the person is responsive, have them lie down and keep still while you treat any external injuries
- Check for signs of shock and provide first aid as needed
- Be prepared to provide CPR if they become unresponsive and stops breathing normally

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