

Emergencies in Portugal

Ambulance – Police - Fire

Common emergency number:

112

Please provide the following address:

Quinta Polaris, Rua Poco da Gola, Alporchinhos
(close to/opposite); **Ukino Palmeiras Village – Family Resort.**

Make sure the main gate is open when calling emergency services. The main gate can be kept open after it has been opened, by covering (put a sock on) a photocell on a small "post" on the inside of the gate. It is the caller's responsibility to ensure that the gate is open in the event of an emergency call.

Addresses and telephone no. of hospitals in the Algarve

Hospital of Faro +351 289 891 100

Rua Leão Penedo 8000-386 Faro

Hospital of Portimão +351 282 450 300

Sítio do Poço Seco 8500-338 Portimão

Hospital of Lagos +351 282 770 100

Rua Castelo dos Governadores 8600-563 Lagos

Private Hospital in Alvor +351 282 420 400 / +351 707 282 828

Sítio Cruz da Bota Lote 27

Estrada de Alvor

Alvor 8500-322 Portimão

Cardiopulmonary resuscitation (CPR) on adults

CPR 30 + 2

(30 chest compressions and two breaths)

If an unconscious person is not breathing, or has abnormal breathing, start cardiopulmonary resuscitation (CPR).

- Call **112** for help - remember the address of the QP.
- Start by giving **30 chest compressions and two breaths**.
(Continue alternating between 30 chest compressions and two breaths until the paramedics take over.)
- Have someone to open the main gate.

Lay the person on the floor and check their breathing

- The person must lie on their back on a hard surface when performing CPR.
- Kneel close to the person's chest.
- Provide free airway by pulling the person's chin forward in an underbite.
- Bend the person's head slightly back and keep their grip (head and chin).
- Check the breath - place your ear close to the person's mouth and nose and hear and feel for warm airflow.
- Look towards the chest and abdomen of the person for breathing movements.
- Use up to 10 seconds to determine whether it is normal breathing.

30 chest compressions

- Place your hands on top of each other in the middle of the person's chest.
- Provide 30 chest compressions. The rate should be 100-120 pressures per minute. Count out loud and 112 will help you keep the right pace.
- You should press down hard, 5-6 cm, use straight arms to press hard enough.
- Be sure to release all the way up between each chest compression so that you do not lean on the person's chest.

Two breaths

- Keep a clear airway - bending the head slightly back and lifting the chin forward.
- Cover the nose and the entire mouth of the person with your mouth.
- Make two gentle breaths.
- Then continue with 30 chest compressions.

When the patient has a clear airway, it takes little force to get air into the lungs. There is enough air when you see that the chest rises.

(Consider whether you should call 112 if a person experiences acute, severe chest pain, without the patient being unconscious)