

Self-protection Measures - Health and First Aid

The entities that provide awareness-raising activities in the field of health and first aid are the Amadora Health Center Group and the Portuguese Red Cross Amadora Delegation. The actions are taught in schools and institutions, always within the health theme.

The Portuguese Red Cross, a delegation from Amadora, has two awareness-raising actions, one for children between 6 and 10 years old called “Toni Socorrista” and another that covers the entire population over 10 years old called “Primeiros Socorros e Suporte Básico de Vida”. The objectives of each action are:

- **“Toni Socorrista”** – Teach children how to act in an emergency. This action provides some prevention measures, warning signs and basic help instructions. They also teach what number to call in an emergency and what to say on the same call;



Image 1 - Awareness raising action "Toni Socorrista".

- **“Primeiros Socorros e Suporte Básico de Vida”** – This action is a theoretical-practical Workshop and aims to provide the population with skills to act in situations that require simple first aid, as well as transmit Basic Life Support techniques to adults and children.



Image 2 - Awareness raising action "Primeiros Socorros e Suporte Básico de Vida" at a school.

The Amadora Health Center Group has five awareness-raising actions, one for the school community and the rest for institutions. The objectives of each action are:

- **“Eu e o meu Amigo Planeta”** – Awareness-raising action for children between 6 and 10 years of age, which aims to promote changes in attitudes and behavior towards the environment, considering the benefits for the health of the population. This action addresses the effects that climate change can have on public health and what measures we can take to mitigate these same effects;



Image 3 - Awareness raising action "Eu e o meu Amigo Planeta" at a school.

- **“Prevenção dos Efeitos das Vagas de Frio na Saúde”** – This action is aimed at patients, technicians, and employees of the institutions. It aims to raise awareness among the population about the causes of cold waves and their consequences for health, as well as transmitting the respective prevention and self-protection measures;



Image 4 - Awareness raising action "Prevenção dos Efeitos das Vagas de Frio na Saúde" in an institution.

- **“Prevenção dos Efeitos das Ondas de Calor na Saúde”** – This action is aimed at patients, technicians, and employees of the institutions. It aims to raise awareness among the population about the causes of heat waves and their consequences for health, as well as transmitting the respective prevention and self-protection measures;



Image 5 - Awareness raising action "Prevenção dos Efeitos das Ondas de Calor na Saúde" in an institution.

- **“Melhor Ambiente, Mais Saúde”** - This action is aimed at patients, technicians, and employees of the institutions. Its objective is to promote changes in attitudes and behaviors towards the environment, considering the benefits for the health of the population and ecosystems;



Image 6 - Awareness raising action "Melhor Ambiente, Mais Saúde" in an institution.

- **“Prevenção de Quedas na Terceira Idade”** - This action is aimed at patients, technicians, and employees of the institutions. This awareness-raising action aims to promote the prevention of accidents/falls among the senior population, so that they can maintain their independence without putting their health at risk. The biggest existing risk factors, on the street and at home, are identified and solutions are presented to avoid or reduce this same risk.



Image 7 - Awareness raising action "Prevenção de Quedas na Terceira Idade" in an institution.