

Problemes in/on Belly



Possible causes:

- Poisoning
- Psychological factors
- Hunger
- Diarrhea/constipation
- Food intolerances
- Illnesses/inflammations
- Injuries

Possible symptoms:

- abdominal pain/cramps
- Dizziness
- Nausea/vomiting
- Injuries (e.g. due to a fall)
- Hematomas
- labored breathing
- cold sweat/paleness
- Restless

First aid:

- Abdominal relaxing position (C-position)
- Stop bleeding
- Provide fresh air
- PAKET & if necessary Emergency call