

WHEN SECONDS MATTER

LIFE-SAVING LESSONS
FOR EVERY HOME



UTTIO PUTATUNDA

PREFACE

Emergencies don't wait.

They don't check the time, the mood, or who is present in the room. They simply arrive – sudden, confusing, and often terrifying. Most people freeze, not because they don't care, but because they simply **don't know what to do in those first critical seconds**.

When Seconds Matter was born from a single question:

“What if every home could handle common emergencies with calm, confidence, and clarity?”

Instead of creating another medical handbook filled with jargon, this book takes a different path – it teaches through stories. Stories of an ordinary family, the Vermas, who find themselves facing unexpected health incidents: a choking child, a dizzy grandmother, a sudden fall, an allergic reaction, a near-electric shock, and more.

Each chapter is crafted to feel real, emotional, and practical – just like situations you and I might face in our own homes.

Through the Vermas, you'll learn:

- What to notice
- What to do immediately
- What not to do
- Why the first few seconds matter so much
- How simple actions can prevent serious harm

These 30 scenarios won't make you a doctor – but they will make you the person who can respond with presence of mind when your family needs you the most.

If this book helps even one reader stay calmer, think faster, or take life-saving action in a moment of crisis, then its purpose is fulfilled.

Stay aware. Stay prepared. Stay safe.

– Uttio Putatunda

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Story & Concept: Uttio Putatunda

Characters: Verma Family (Raj, Neha, Aarav, Mia, Dadi & Grandpa)

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Dedication

To every parent, grandparent, caregiver, and child who has ever faced a scary moment and wished they knew what to do next...
This book is for you.

Chapters at a Glance

PART I – Sudden Emergencies at Home

1. When Raj Felt a Sharp Chest Pain
2. The Morning Grandpa Dropped His Cup (Stroke Signs)
3. Mia and the Boiling Pot Incident (Burns)
4. The Sudden Choking at Lunch
5. Dadi's Fall in the Bathroom (Fracture First-Aid)
6. The Midnight Tremble (Seizures)
7. Aarav's Electric Shock from a Gadget
8. The Red Rash Fear (Allergic Reaction)
9. The Cut That Wouldn't Stop Bleeding
10. When Neha Suddenly Collapsed (Fainting/Syncope)

PART II – Body Signals & Daily Health Distress

1. Aarav's Unstoppable Hiccups
2. The Room That Started Spinning (Dizziness/Vertigo)
3. The Hot Tea Accident (Minor vs Severe Burns)
4. The Toothache That Woke the House
5. The Unexpected Ear Pain
6. The Night of Stomach Cramps
7. Low Sugar, High Danger
8. Mia's Sudden Nosebleed
9. The Pain Behind Raj's Eyes (Migraine)
10. Panic at the Pool (Near-Drowning Response)

PART III – Outdoor & Seasonal Emergencies

1. The Breath That Wouldn't Come Back (Breathing Difficulty)
2. The Itchy Night Bite
3. The Snake in the Grass (Do's & Don'ts)
4. When a Stray Dog Bit Aarav (Rabies Prevention)
5. Heatwave Faint (Heatstroke)
6. Chilly Morning Shock (Hypothermia)
7. Bicycle Crash (Head Injury Awareness)
8. Smoke in the Kitchen (Gas Leak & Smoke Inhalation)
9. Rainy Day Sprain
10. When Dadi Shivered Uncontrollably (Sudden Fever)

