

First Aid Basics

Bleeding

With your hand, apply direct pressure right over the wound, using a clean cloth, thick pad or bandage. Cold water or ice will help. Elevate the wound above the heart. Apply bandage once bleeding is under control. For nosebleeds, gently pinch the nostrils together until bleeding stops.

Broken Bones

Signs of a fracture are pain, swelling, unusual shape, or discolored skin. Don't move the person unless absolutely necessary. If immediate medical help is not available, support the broken bone with a splint (a rigid material such as a board or rolled up newspaper). The splint should extend to the joint above and below the break. Place padding between skin and splint; tie the splint in place with strips of cloth.

Burns

Immediately flood the burned area with *cool* clear water. Do not use ice! Cool continuously for 15–20 minutes. Do not apply ointments or butter to wounds. These trap the heat inside the skin and may cause infections. Do not puncture blisters. Remove all jewelry, belts, tight clothing, etc. from burned areas. Swelling of burned areas occurs immediately. If pain, swelling or drainage develops, call or go to the nearest burn center.

Bumps and Bruises

Bruises that show swelling can be helped with ice packs. This will reduce both pain and swelling.

Choking

A person is choking if he/she can't speak, cough, or breath. Do not give food or water. If breathing stops, for a child, turn him/her upside down and smack hard between the shoulder blades three times. Check the mouth to see if the object can be removed. The best method for assisting an adult is the Heimlich Maneuver which can be learned easily from the Red Cross or a fire department.

Cuts or Scrapes

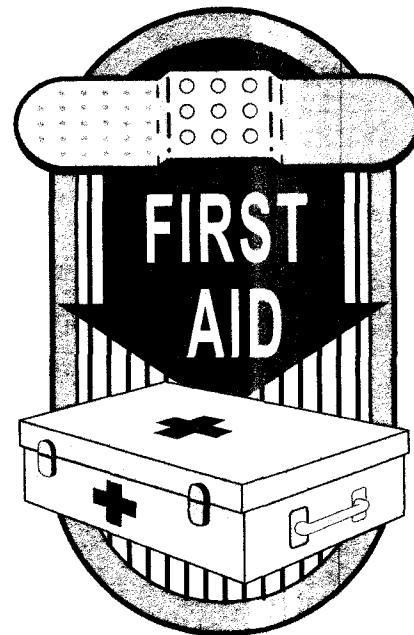
Wash minor cuts, scratches, or scrapes with soap. Don't wash wounds that bleed. Apply antiseptic and protect with a sterile bandage.

Insect Stings

Use tweezers to pull out the insect stinger. Apply ice. Watch for an allergic reaction.

Poisoning

Any non-food substance swallowed by a child should be considered an immediate danger. Call the poison control center (you should have this number written down near each telephone if you have children in your home) or 9-1-1. If possible, have the poison container on hand and try to determine how much was taken.



First Aid Kit Contents

- ✓ Gauze
- ✓ Bandages
- ✓ Ipecac Syrup
- ✓ Antihistamines
- ✓ Antibiotics
- ✓ Tweezers
- ✓ Ice Packs
- ✓ Scissors, Tape
- ✓ Ace Wraps
- ✓ Hydrogen Peroxide
- ✓ Antiseptic Cream
- ✓ Pain Relievers
- ✓ Thermometer
- ✓ Band Aids
- ✓ Bee-sting Kit