

# First Aid for Children

**First Aid for Burns**


1. Stop the burning process by removing the child from the heat source or turning off the gas.

2. Cool the burn with cool (not cold) water for 10-20 minutes.

3. Remove any jewelry or clothing near the burn.

4. Cover the burn with a clean, dry cloth or sterile dressing.

5. Seek medical attention for severe burns.



**First Aid for Cuts and Scrapes**


1. Wash hands with soap and water.

2. Clean the wound with mild soap and water.

3. Apply an antibiotic ointment.

4. Cover the wound with a sterile bandage.

5. Change the bandage daily.



**First Aid for Allergies**

1. Stop the child from eating or drinking anything.

2. Give the child an antihistamine if available.

3. Call the doctor if symptoms worsen.

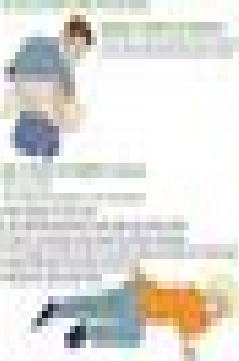


**First Aid for Choking**

1. Encourage the child to cough.

2. Perform the Heimlich maneuver if the child is unable to breathe.

3. Call the doctor if the child is still choking.


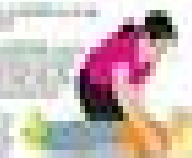


**First Aid for Poisoning**

1. Call the Poison Control Center (1-800-235-7622).

2. Do not induce vomiting unless instructed by the doctor.

3. Give the child water or milk if the poison is not acidic.



**First Aid for Seizures**

1. Lay the child on their side.

2. Do not restrain the child.

3. Call the doctor if the seizure lasts more than 5 minutes.

**First Aid for Headaches**

1. Rest the child in a dark, quiet room.

2. Give the child an over-the-counter pain reliever if appropriate.



**First Aid for Stomach Issues**

1. Give the child small sips of water.

2. Avoid fatty or greasy foods.

3. Call the doctor if symptoms persist.

