

First Aid for children


INTRODUCTION

First aid is the immediate help given to a person who has been injured or is suffering from a sudden illness. It is the first medical attention given to a person before a doctor or other medical professional arrives.

First aid is important because:

- It can prevent the injury or illness from getting worse.
- It can help the person feel better and more comfortable.
- It can save lives.

First aid is not a substitute for professional medical care. It is only a temporary measure to help the person until they can be taken to a hospital or other medical facility.



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UNCONSCIOUSNESS

Unconsciousness is a state of being unaware of one's surroundings and unable to respond to external stimuli. It can be caused by a variety of factors, including head injury, low blood sugar, or a seizure.

Signs and symptoms of unconsciousness include:

- Loss of consciousness.
- Unresponsiveness to verbal or physical stimuli.
- Abnormal breathing patterns.
- Pupils that are dilated or constricted.
- Loss of reflexes.



RECOVER POSITION

The recover position is a position in which the person is lying on their side with their head tilted back and their airway open. This position is used to help prevent choking and to keep the airway clear.

Steps to place a person in the recover position:

- Place the person on their side.
- Place their head on the ground and tilt it back.
- Place their arm across their chest.
- Place their legs in front of them.





RELAZACION

Relaxation is a state of being free from tension or stress. It is a natural part of the body's response to stress and is essential for good health.

Relaxation techniques include:

- Deep breathing.
- Muscle relaxation.
- Progressive relaxation.
- Transcendental meditation.
- Vipassana meditation.




RENOZACION

Renovation is the process of restoring something to its original state or condition. It can be used to describe the process of restoring a building, a piece of art, or a person's health.

Renovation techniques include:

- Restoration.
- Rehabilitation.
- Renovation.




FEVER

Fever is a rise in body temperature above the normal range. It is a common sign of infection and can be caused by a variety of factors, including bacteria, viruses, and fungi.

Signs and symptoms of fever include:

- High body temperature.
- Chills.
- Sweating.
- Headache.
- Muscle aches.



ASTHMA & ALLERGIAS

Asthma and allergies are common conditions that affect many people. Asthma is a chronic condition that causes the airways to become inflamed and narrow, making it difficult to breathe. Allergies are an immune system reaction to a substance that is normally harmless.

Signs and symptoms of asthma and allergies include:

- Wheezing.
- Shortness of breath.
- Coughing.
- Itchy, watery eyes.
- Sneezing.
- Rhinitis.

