



First Aid

EMERGENCY NUMBERS

EMERGENCY RESCUE - 911

or _____

DOCTOR _____

POISON CONTROL _____

POLICE _____

FIRE _____

HOW TO CALL FOR HELP

Stay calm. Getting hysterical often panics the victim, hinders communication with emergency medical personnel and causes even more harm and delay

When calling for help, give:

- Precise location, address and telephone number from where you are calling; if the address is unknown, look around for landmarks, businesses or cross streets
- The nature of the emergency or injury
- The number of people involved
- Your name
- Ages and gender of victims involved



BROKEN/DISLOCATED BONES & FRACTURES

Treatment:

- Seek medical attention
- If victim must be moved, immobilize the injured area first
- If an arm or leg is involved, splint the part **in the position in which it was found** before moving the victim; **do not** attempt to straighten the limb
- Use folded blankets or towels around the area to aid immobilization
- If it is an open fracture (one where the bone breaks through the skin), control bleeding (see "Bleeding Wounds," page 2)

COMMON AILMENTS

Foreign Matter in Eye

Symptoms:

- Irritation, redness, pain
- Unable to open eye
- Visual problems

Treatment:

- Flush eye with water or use eye wash kit
- Examine eye to see if matter is removable
- CAREFULLY remove with corner of a folded tissue; if unable to remove, seek medical advice
- If irritation persists or eye is encrusted with yellow drainage, seek medical advice
- If severe pain, inability to open eye, or visual problems exist, go to E.R.

Black Eye

- Apply a cold compress to reduce swelling and pain
- If pain persists, or visual problems develop, go to E.R.

Nosebleeds

- Sit upright, leaning slightly forward
- Pinch nostrils for 5 to 10 minutes
- Do **NOT** blow your nose
- If bleeding continues, apply ice pack to bridge of nose or back of neck, or apply pressure to upper lip

Earache

- Hold a hot water bottle or heating pad on ear
- Control pain with over-the-counter medication
- Consult physician if pain persists, is severe or accompanied by fever

Toothache

- Rinse mouth with warm salt water to remove any food debris
- Take over-the-counter medication for pain
- Apply ice pack to face
- Do not place aspirin directly on the tooth
- A topical anesthetic may be applied for temporary relief
- See the dentist as soon as possible

Loss of Permanent Tooth

- Rinse tooth gently, do **NOT** hold by root end
- Try to reinsert the tooth into socket
- If you cannot reinsert the tooth, place in a container of milk
- See dentist or E.R. **WITHIN ONE HOUR**

LYME DISEASE

Symptoms (caused by the bite from a deer tick):

- Red, bull's-eye-shaped rash that increases in diameter daily around bite
- Chills
- Dizziness
- Fatigue



- Fever
- Muscle and joint pain
- Nausea
- Severe headache
- Stiff neck

Treatment:

- If suspected, seek medical attention; there is no effective home remedy



QUICK TIPS

- Substitute a bag of frozen vegetables for an ice pack
- Put ice in a resealable bag and wrap in paper towel or cloth
- Do not use cotton on an open wound
- Always have hydrogen peroxide on

- hand for minor cuts and scrapes
- If wound is really dirty, pour or dab on hydrogen peroxide; avoid squirting directly into wound
- Keep ipecac syrup to induce vomiting **if recommended by poison control**