



## FIRST AID

### Fainting

If a person feels lightheaded and loses consciousness, have them lie down. If possible elevate their feet and loosen clothing. Apply a cool cloth to the forehead. If the person vomits, roll them on their side to prevent choking.

Call an adult if the person does not fully recover within 5 minutes.

### Sprains and Fractures

If an injured area begins to swell, put a magazine or newspaper around it to make a splint. To secure, use pieces of cloth to keep the splint from moving. You'll also want to make a sling for an injured arm.

If the limb appears misaligned or you're unsure if it's broken, immobilize and call an adult to evaluate.

### Burns (Including Sunburns)

First degree and first degree burns will cause the skin to redden and possibly blister. Immediately cool the area by running under cold water, then patting dry. Apply a clean bandage without any ointment. Do not pop any blisters.

Call an adult if skin is blistered. This is a first degree burn and needs immediate medical care.

### Nosebleeds

Have the person sit down and lean slightly forward. This keeps the blood from running down the face. Then, using a tissue, pinch the nose with your thumb and index finger for five minutes or until the bleeding stops.

Call an adult if the bleeding doesn't stop in 10 minutes.

### Bee Stings

Use the side of the card and scrape it across the area until the stinger comes out. Wash with soap and cold water and apply an ice pack.

Call for emergency if the person knows they are allergic or if they have trouble breathing or show other signs of allergy such as swelling of the face or tongue, hives, fainting or dizziness.

### Cuts and Abrasions

Wash your hands. If the cut is not deep or just a scrape, wash the area and apply a Band-Aid. If the cut is deeper, apply direct pressure using a clean cloth or paper towel and avoid bleeding stops that clean and bandage the area.

If there is a large amount of blood or you are not able to stop the bleeding, call for emergency help. Call an adult if you are not sure.

### Head Injuries

If bleeding, wash and dry the area and apply a clean bandage. For bumps and bangs, apply an ice pack and ice for 15-20 minutes for 10 minutes.

Call emergency if the person is vomiting, loses consciousness or if pupils appear unequal. Call an adult if the person seems confused or has a severe headache.

### Blisters

Never pop a blister. Keep the area clean and protected with a clean Band-Aid. If the area is being rubbed, such as the heel of a shoe, remove the item rubbing it or cover it with gauze for padding.

Inform an adult if the area appears infected.

### Choking

If the person cannot speak, breathe or cough stand behind them and give the heel of your hand pointing inward just above the navel and placing the other hand over the first to guide it. Push inward and upward. Repeat until object is expelled. This is called the Heimlich maneuver.

Call emergency if Heimlich maneuver doesn't work or if person becomes unconscious.