

FIRST AID

**Call 911 or an Emergency Number
for any severely ill or injured child.**

BLEEDING

- Apply direct pressure to the wound using a clean gauze pad or clean cloth.
 - Elevate the injured area above the level of the heart if there are no fractures.
 - Cover the dressing with a pressure bandage.
- If bleeding continues:
- Apply a second dressing and bandage.
 - Apply firm, steady pressure to the artery with your hand.

BURNS

- Stop the burning. Remove the person from the source of the burn.
- Cool the burn. Hold burned area under cold running water for at least 10 minutes or apply a cold, wet compress until pain eases.
- Cover the burn loosely with clean cloth.
- Do not apply butter, oils, or ointments.

FRACTURES

- Help the person support the injured area.
- Stop any bleeding by applying pressure.
- Check for sensation, warmth and color below the fracture.
- Immobilize the injured area. Apply a soft or rigid splint above and below fracture.
- Apply ice or cold pads behind the towel to reduce swelling.
- Treat for shock. Lay the person down and elevate the legs.

SPRAINS

- Rest the ankle or injured area.
- Apply ice or cold pads (wrap in cloth or place cloth under to protect the skin).
- Compress the injured area using an elastic bandage (not too tight).
- Elevate the injured area above heart level to reduce swelling.

EYE INJURIES

- Don't rub the eye.
- Flush out foreign body such as dirt, sand, etc. using clean water.
- Pull the upper eyelid down over the lower lid.
- Flush the eye with water.
- If chemicals get into eyes immediately wash the eyes with lots of water.

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SHOCK

- Help the person lie down in a safe, warm place.
- Keep the legs raised unless there is an injury.
- Control any bleeding and cover with a blanket.
- Keep the person warm and comfortable.
- Do not give anything to eat or drink.
- If unconscious, turn person on their side.
- Bleeds from the mouth.



BE PREPARED: CALL 911
KEEP EMERGENCY NUMBERS
BY YOUR TELEPHONE