

FIRST AID

Bee Stings

Use the side of this 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 help 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 itching.

Blisters

Never pop a blister! Keep the area clean and protected with a fresh Band-Aid. If the area is being rubbed (such as the heel in new shoes) remove the item rubbing it or cover with gauze for padding.

Inform an adult if the area appears infected.

Burns (Including Sunburns)

1st degree and 2nd degree burns will cause the skin to redden and possibly blister. Immediately cool the area by running it under cold water, then patting dry. Apply a clean bandage without any ointment. Do not pop any blisters.

Call an adult if the skin is blackened. This is a 3rd degree burn and needs immediate medical care.

Choking

If the person cannot breathe, speak, or cough, stand behind them and place the fist of one hand pointing upward just above the navel and placing the other hand over the fist to guide it. Thrust inward and upward. Repeat until the object is expelled. This is called the Heimlich Maneuver.

Call an adult if the Heimlich Maneuver doesn't work or if the person becomes unresponsive.

Cuts and Abrasions

Wear rubber gloves. 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 large gauze pad until bleeding stops, then clean and bandage the area.

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

Fainting

If a person feels light-headed and looks pale, help them lay down. If possible, elevate their feet and loosen clothing. Apply a cool cloth to their forehead. If the person throws up, roll them on their side to prevent choking.

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

Head Injuries

If bleeding, wash and dry the area and apply a clean bandage. For bumps and bangs, apply an ice pack and sit them quietly for ten minutes.

Call for help if the person is throwing up, loses consciousness, or if pupils appear uneven. Call for help if the person seems confused or if they have a severe headache.

Nosebleeds

Have the person sit down and lean slightly forward. This keeps the blood from running down their throat. Use a tissue, pinch the nose with your thumb and forefinger for five minutes or until the bleeding stops.

Call an adult if the bleeding doesn't stop for fifteen minutes.

Sprains and Fractures

If an injured arm or leg begins to swell, roll a magazine or newspaper around it to make a splint. Tie securely using pieces of cloth to keep the limb from moving. You'll also want to make a sling for an injured arm.

If the limb appears misshapen or the bone is showing, call EMS, otherwise call an adult.