

BASIC FIRST AID PROCEDURES

<u>INJURY</u>		<u>TREATMENT</u>
NOSE BLEEDS	→	Pinch nose and tilt head forward.
ANIMAL BITES	→	Wash wound, identify animal, and report the bite.
SERIOUS FALLS	→	Do NOT move the victim; call 9-1-1.
SEVERE WOUNDS	→	Have the victim sit or lie down, apply direct pressure to stop the bleeding, call 9-1-1.
SMALL WOUNDS	→	Wash the wound, apply dressing and bandage
BRUISES	→	Apply a cold compress.
BURNS	→	1st and 2nd degree: Put burn in cold water, pat dry and cover with clean bandage. Do not break blisters.
	→	3rd degree: Do not put water on an open wound, do not remove burned on clothing. Cover the burn lightly and get medical help!
<ul style="list-style-type: none"> • A 1st degree burn is red, sore, and covers a small area. • A 2nd degree burn is blistered and painful. • A 3rd degree burn causes the skin to be white or charred and there is a loss of skin layers. 		
FOR ALL SEVERE WOUNDS AND BURNS, DIAL 911		

FIRST AID KIT

Your basic First Aid Kit should contain the following items:

An Antiseptic: (Betadine)	Ice Bag or Cold Pack
Antibiotic Spray or Ointment	Scissors with Rounded Ends
Adhesive Bandages (various sizes)	Tweezers
Adhesive Tape (1 ½" to 1" wide)	Thermometer
Sterile Gauze Pads	Aspirin
Hydrocortisone Cream or Calamine Lotion relieve minor itching)	Syrup of Ipecac (for swallowed poisons: (to use as directed by the POISON CONTROL CENTER)

CAUTION

Be sure that all supplies are kept out of the reach of young children.