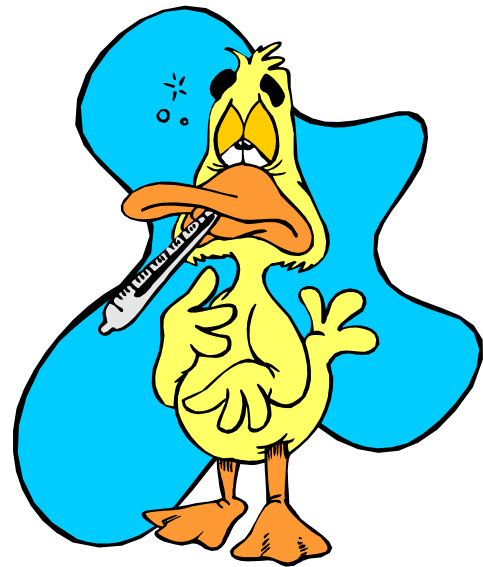


BASIC HOME FIRST AID FOR KIDS

5RMMA

Positive Child Development

■ **First Aid is the quick and correct help given when anyone gets sick or hurt.**



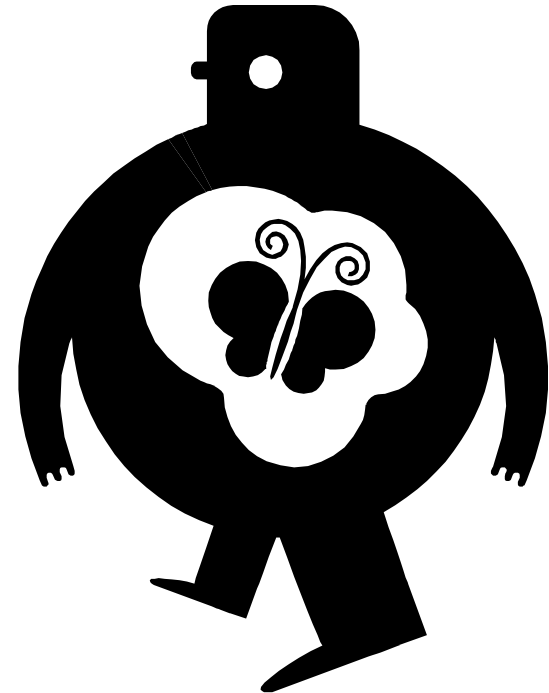
- **Sometimes things happen when no one who knows how to help is around.**



**■ Basic
First Aid
skills are
to be
used until
medical
help
arrives**



- ***Should your friend, or a brother or sister, feel nauseous or complain of a belly pain, don't give that person anything to eat or drink.***
- ***Put an ice pack on the area that hurts***
 - ***Call an adult.***
 - ***ALWAYS STAY CALM!***



- ***Run minor burns under cold water immediately after they happen. It will help take away the pain.***

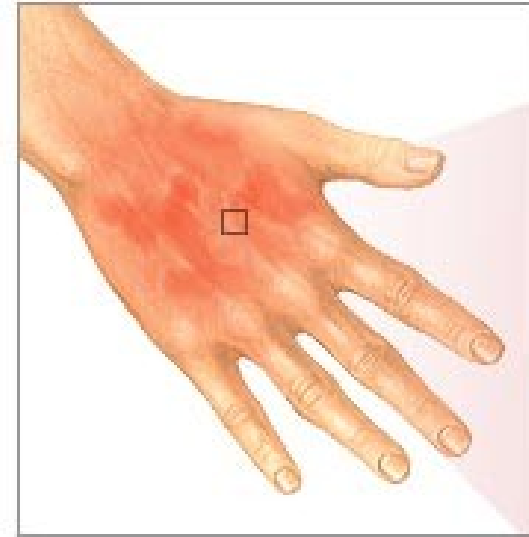
- ***If the burn covers a large area and has blisters, call for help***

- ***If your clothes or someone else's cloths catch on fire, DON'T RUN!***

- ***Stop, Drop, and Roll until the flames go out, call 9-1-1.***

- ***ALWAYS STAY CALM!***

Redness



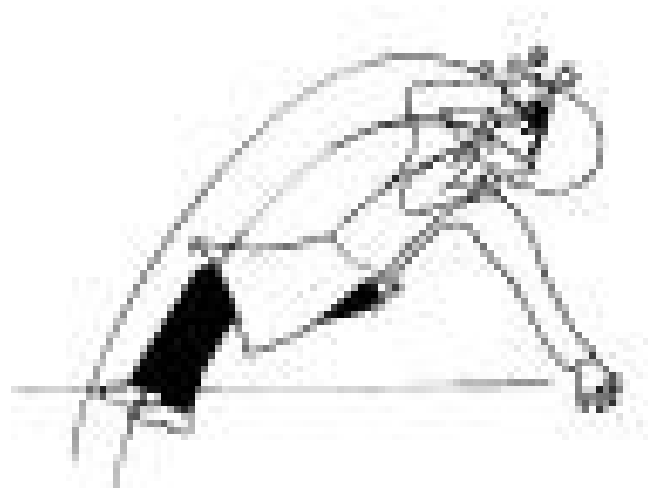
- ***Wash out minor cuts with soap and water, then cover with a bandage.***



- ***If you have a deep cut, cover it with a clean cloth.***
- ***Press down on the cut and keep the pressure steady until the bleeding stops.***
- ***If it doesn't stop, call 9-1-1***
 - ***ALWAYS STAY CALM!***



- ***If someone faints, put a pillow under his/her legs to elevate them.***
 - ***Tilt head to the side***
- ***Then put cold compresses on the forehead***
 - ***Call 9-1-1***
- ***ALWAYS STAY CALM!***



- *If you get a nosebleed, sit down and lean forward to keep the blood from going down your throat.*
- *Take a handkerchief or a clean cloth and place it over the bridge of your nose.*
- *Squeeze firmly on both sides of the soft portion of your nose for 10 minutes.*
 - *Keep the pressure steady.*
 - *If the bleeding doesn't stop, call 9-1-1.*
 - **ALWAYS STAY CALM!**



- *If someone is gasping for breath, try to calm them, and ask them if they are alright.*
- *If they are choking, and can't answer you, perform*
- *The Heimlich Maneuver*



1. Stand behind the person and wrap your arms around his/her waist with one hand made into a fist.



2. The thumb of your fisted hand should rest against the victim's abdomen well above the navel and just below the breastbone.

3. Grasp that fist with your other hand and press with one upward thrust.

Repeat thrust if necessary.

Have someone call for help.

ALWAYS STAY CALM!

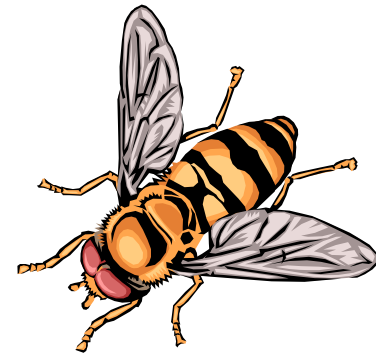
- ***If someone is hit on the head and is unconscious, call 9-1-1.***
- ***NEVER MOVE THE HEAD OR NECK, stay CALM!***
- ***Wait for emergency help to arrive.***
- ***Do not leave the person alone***
 - ***And don't allow someone to move them until help arrives***
 - ***ALWAYS STAY CALM!***



- ***If you, or a brother or sister swallow something poisonous***
- ***Call the local Poison Control Center immediately***
 - ***And call 9-1-1.***
- ***Have as much information as you can about what was taken, how much, when, etc.***
 - ***Do Not eat or drink anything***
 - ***Wait until help arrives.***
 - ***ALWAYS STAY CALM!***



- ***If an insect stings you and the stinger remains, never squeeze it out.***
 - ***Scrape it off with your fingernail.***
- ***After the stinger is removed, wash the area with soap and water.***
- ***Then apply an ice pack or cold cloth.***
- ***If you start having trouble breathing, or if you know you are allergic to that insect, call 9-1-1.***
 - ***STAY CALM!***



- ***If you or a friend should fracture a limb, don't move that limb.***
- ***Ask someone to call 9-1-1.***
- ***Don't give the injured person anything to eat or drink.***
 - ***If the injured limb is deformed or badly swollen, it usually means there is a fracture.***
 - ***STAY CALM!***

