

Medical Emergency and First Aid

If you are in self care, you must be prepared in basic first aid and ready to cope with a medical emergency. This lesson goes over when it is necessary to call 911 and gives you an overview of basic first-aid procedures. It might be scary to read about these situations and they may never happen, but you will feel much more confident about staying home alone if you are prepared for anything. You may also want to take a first-aid course at your local hospital or through the American Red Cross.

If you feel sick, always check with your parent before taking any medication. It is important to read the labels and know exactly what you are taking, how much, and to write down the time you take it. You and your family will decide the best place to keep medications and Band-Aids that you might need.

Medical Emergencies:

Call 911 for a Medical Emergency in any of these situations:

- A person is bleeding heavily
- A person is not breathing
- A person is unconscious
- A person is badly burned
- A person has a broken bone
- A person has a great pain in some part of the body



Remember to STAY CALM and follow the directions from the 911 operator.

These emergency directions might include:

- To try to move the person or not
- To loosen clothing
- To cover a person with a blanket
- To apply pressure on an injury or not



Important to Know When Helping Someone

- Wash your hands with soap and water immediately before and after giving care.
- Avoid contact with body fluids, such as blood, whenever possible.
- Wear medical gloves if possible.
- Do not eat, drink, or touch your mouth, nose, or eyes when giving first aid.
- Try not to touch objects soiled with blood, mucus, or other body substances.



First-Aid Rules and What to Do

Every home should have a first-aid kit filled with the basic medical supplies. When a medical need arises, you will be ready! Your family may want to assemble this kit or purchase one. Always keep the kit in one location where those in charge can easily locate it.



Suppose you are doing your homework and the paper cuts your finger.

Small Cuts - What do I do?

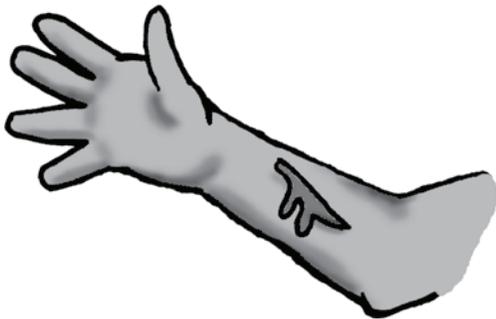
1. Press down on the cut with a clean cloth if it is bleeding for several minutes. (If the bleeding does not stop in 5 minutes, call for help.)
2. Wash wound with soap and water, gently removing any dirt.
3. Let the cut dry, apply antiseptic ointment or cream, and cover it with a Band-Aid to keep it clean.



While closing the door, your arm scrapes a sharp place on the handle.

Large Cuts - What do I do?

1. Press down on the cut with a clean cloth to stop the bleeding. (If it *does* stop bleeding, follow the above instructions for a small cut.)
2. If it does *not* stop bleeding and the blood soaks through: place another clean cloth on the cut, continue applying pressure and *do not* remove the cloth. Lie down if possible and raise the injured part up.
3. Call 911!



Stitches are needed if: the edges of the cut skin do not fall together, the cut is on the face, or the wound is over one half inch long.

You run into the pantry door and hit your nose, it immediately starts to bleed.

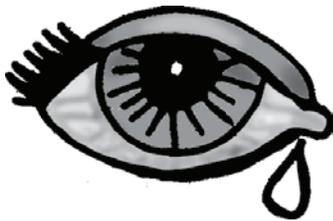
Nosebleed - What do I do?

1. Find some tissues or a towel to hold under your nose and sit down in a chair, leaning the head slightly forward. It is best if you can go to the kitchen or bathroom. Do *not* lie down.
2. Press the bleeding nostril to the center of the nose. Apply this pressure for 10 minutes. If the bleeding does not stop, press in for another 5 minutes.
3. Call for help if still bleeding after 15 minutes.



You are washing dishes and the soap squirts up in your eye.

Something in the Eye - What do I do?



1. If a liquid chemical is in the eye, quickly rinse the eye with water for 15 minutes. The easiest way to do this is to fill the bathtub with cool or lukewarm water and sit in it while rinsing your eye.
2. Call for help.
3. If dust or dirt gets in the eye, blink a couple of times to try and remove it. **DO NOT** rub your eye! If something is in the eye, rubbing can scratch it.
4. Call for help if the eye is still irritated.

When you run out to get the mail, a strange dog appears and bites you on the leg.

Animal Bites - What do I do?

1. Treat it the same way as a small or large cut.
2. Call for help immediately to try to find the animal. It is important to know from the owner if the animal has had the necessary shots for certain diseases.



While eating an apple, you notice your tooth came out.

Tooth Comes Out - What do I do?

1. If a baby tooth comes out by itself, clean it off with water and put it in a safe place. Gently rinse out your mouth with water in the bathroom.
2. If a permanent tooth gets knocked out by accident, put the tooth in a bowl of milk and call for help. Immediate dental care is required to save the tooth.



A bee has gotten in the house and you accidentally step on it and it stings you.

Bug Bites and Stings - What do I do?

1. In most cases, the sting will feel hot, may itch, and have a red bump on the area.
2. If the stinger is there, remove it by gently scraping it with your fingernail. Do *not* squeeze. Do *not* pull out.
3. Wash with a clean cloth and soap and water.
4. Soothe the pain with an ice pack.
5. Call for help if the pain continues OR to remove the stinger.



Some people are allergic to stings from insects. Symptoms include: lots of red bumps that sting and itch (called hives), nausea, feeling dizzy, and tightness in your throat that makes it difficult to breathe. If any of these occur, call 911!

If you know you are allergic and have medication to take, call an adult for help.

After changing clothes in your room, you miss a step going back downstairs and fall, landing on your arm and you are crying in pain.

A Broken Bone - What do I do?

1. If you think a bone is broken, it is best not to move it.
2. Call 911! The only way to tell if there is a broken bone is to x-ray it.



You tried using your sister's curling iron and put your hand down on the metal part.

Burns - What do I do?

There are 3 degrees of burns:

1st degree – skin is red

2nd degree – skin red with blisters

3rd degree – skin is burned away

1. For a **1st or 2nd degree burn**: place the burned area under cold, running water for several minutes. Cover the burn loosely with sterile dressing. Do not break open blisters.
2. For a **3rd degree burn**: call 911! *Do not* put it in cool water. The burn could become infected.

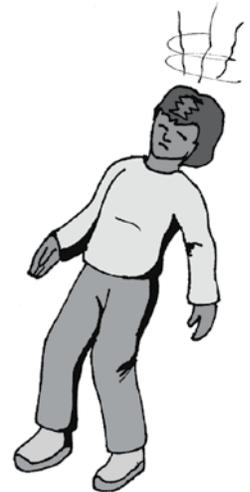


A chemical burn comes from any type of chemical substance that might come in contact with the skin and turns it red. Always flush the burned area with cold water. Remove any clothes and jewelry that might still have the chemical on it.

You are playing a game and stop to sit down because you have a funny feeling.

Feeling Faint - What do I do?

1. The symptoms of fainting include feeling dizzy or light headed and may occur for no particular reason.
2. Lie down for 15 minutes and rest OR sit in a chair with your head bent over at knee level for several minutes.
3. If a person does faint, call 911 and if you faint, call 911 when you awaken.



You are at home alone with your little brother and you find him in the garage crying with an empty bottle beside him.

Someone Eats or Drinks Poison - What do I do?

Call the Poison Control Emergency Number (1-800-222-1222) immediately! This should be posted on your Emergency Number List by the phone.

1. Try to find the box or bottle containing the poison to read the label. Tell them exactly what was swallowed and how much.
2. Follow the directions and call 911 if necessary!



There are many items in a household that can be poisonous, such as laundry detergents, pesticides, perfume, medications, and some plants.

You are eating popcorn by throwing it up in the air to catch in your mouth and suddenly it is stuck in your throat.

Choking - What do I do?

If you are truly choking, you cannot talk and will have trouble breathing. Something is stuck in the airway. There is a first-aid procedure that involves abdominal thrusts and back blows called the “Heimlich Maneuver.” This can be taught to you by a certified instructor. You can learn to do this on yourself or on another person.

1. If choking, try to cough it out first.
2. If you are home alone, call 911!
3. If someone else is with you, use the universal sign of choking if you cannot talk or breathe easily. This sign is holding your hands up around your throat.



To prevent choking:

- ✓ **Cut food into small pieces.**
- X **Do not run with food or candy in your mouth.**
- X **Do not eat or chew gum while lying down.**
- X **Do not put pieces of jewelry, pen caps, or any small objects in your mouth that aren't meant to be eaten.**

Keep your Emergency List of Phone Numbers near the phone.

Activity: Making a First-Aid Kit

In this activity, you will be making your own first-aid kit. It will be your responsibility to pick a place to keep it. Set all of the items up in an “assembly line” so each person picks one of each to put in their kit. Place the Ziploc bag first in the line to use to put the other items in it. (You may add other items to it at home.) Write “My First Aid Bag” on the bag with a marker or use a pre-made label.

Items needed:

- Small Ziploc Bag – to use as the container
- Sanitizer Hand Gel or Wipes – to use when there is no soap and water to wash hands
- Disposable Medical Gloves – to be worn to protect you from other diseases
- Sterile Cotton – to clean wounds or apply antiseptics
- Antiseptics – to clean and disinfect cuts and scratches
- Adhesive Bandages – different sizes and shapes
- Sterile Gauze Pads – various sizes and shapes to cover large cuts
- Adhesive Tape – to hold gauze pads in place

You may also want to include:

- Tweezers – to remove splinters
- Thermometer – to take your temperature
- Ice Bag – to use to soothe pain
- Blunt Scissors – to cut bandages

