



“SAFE DAYS” of Summer

FIRST AID FACTS

First aid is the initial medical treatment an injured person receives. In an emergency, this treatment can be critical to saving a person's life. Be sure to know what to do in a specific situation. Most non-emergency situations require only a basic knowledge of first aid and a little common sense. For serious emergencies such as an unconscious victim, **call 911 immediately**.

First Aid Situations and Their Treatment Include:

BURNS

Apply cool water immediately to the burned area. Never use any liquid other than water to treat a burn. Do not use ice to treat a burn unless directed to do so by a health care professional. Clean the wound with a sterile cloth. Never apply any kind of cream, plant material or oil to a burn – these substances can cause infection.



NOSE BLEED

Sit the person down, leaning forward with a dish under their nose. ENCOURAGE mouth breathing and DISCOURAGE nose blowing, wiping, rubbing, speaking, and movement. If bleeding is profuse, press nostrils together just below the hard part of the nose and push it against the face gently for 20 minutes. Seek medical help if bleeding continues for more than 20 minutes, or increases in volume.



POISONING

Like children, adults also accidentally swallow poisonous substances. Knowing what to do in this situation can help save a life. Before using first-aid techniques, identify the behavior of the person suspected of the poisoning. If they are unconscious, do not try to induce vomiting. If a poisoning victim has swallowed a corrosive substance, vomiting can cause more harm. Typically, someone who has ingested a corrosive substance, such as bleach or another household cleaner, will complain of burning in the mouth and throat. If a corrosive is suspected, give the person plenty of water or milk to drink. Save any containers and call the **POISON CONTROL CENTER** immediately if you suspect this type of poisoning. Begin CPR immediately if breathing stops and **call 911**.

STRAINS AND SPRAINS

These types of injuries are very common. A sprain results from over-extension of a joint. Do not massage or rub the injured area. Place the joint in a comfortable position and raise it if possible. Apply ice or cold packs to help reduce swelling. If necessary, seek medical treatment.

