



# + First Aid

## EMERGENCY NUMBERS

EMERGENCY RESCUE - 911

or \_\_\_\_\_

DOCTOR \_\_\_\_\_

POISON CONTROL \_\_\_\_\_

POLICE \_\_\_\_\_

FIRE \_\_\_\_\_

## HOW TO CALL FOR HELP

**Stay calm.** Getting hysterical often panics the victim, hinders communication with emergency medical personnel and causes even more harm and delay.

### When calling for help, give:

- Precise location, address and telephone number from where you are calling. If the address is unknown, look around for *landmarks, businesses* or *cross streets*.
- The nature of the emergency or injury
- The number of people involved
- Your name
- Ages and gender of victims involved

## BROKEN/ DISLOCATED BONES AND FRACTURES

### Treatment:

- Seek medical attention.
- If victim must be moved, immobilize the injured area first.
- If an arm or leg is involved, splint the part **in the position in which it was found** before moving the victim. **Do not** attempt to straighten the limb.
- Use folded blankets or towels around the area to aid immobilization.
- If it is an open fracture (one where the bone breaks through the skin), control bleeding (see "Bleeding Wounds," page 2).

## COMMON AILMENTS

### Foreign Matter in Eye

#### Symptoms:

- Irritation, redness, pain
- Unable to open eye
- Visual problems

#### Treatment:

- Flush eye with water or use eye wash kit.
- Examine eye to see if matter is removable.
- **CAREFULLY** remove with corner of a folded tissue. If unable to remove, seek medical advice.
- If irritation persists or eye is encrusted with yellow drainage, seek medical advice.
- If severe pain, inability to open eye, or visual problems exist, go to E.R.

### Black Eye

- Apply a cold compress to reduce swelling and pain.
- If pain persists, or visual problems develop, go to E.R.

### Nosebleeds

- Sit upright, leaning slightly forward.
- Pinch nostrils for 5 to 10 minutes.
- Do NOT blow your nose.
- If bleeding continues, apply ice pack to bridge of nose or back of neck, or apply pressure to upper lip.

### Earache

- Hold a hot water bottle or heating pad on ear.
- Control pain with over-the-counter medication.
- Consult physician if pain persists, is severe or accompanied by fever.

### Toothache

- Rinse mouth with warm salt water to remove any food debris.
- Take over-the-counter medication for pain.
- Apply ice pack to face.
- Do not place aspirin directly on the tooth.
- A topical anesthetic may be applied for temporary relief.
- See the dentist as soon as possible.

### Loss of Permanent Tooth

- Rinse tooth gently, do NOT hold by root end.
- Try to reinsert the tooth into socket.
- If you cannot reinsert the tooth, place in a container of milk.
- See dentist or E.R. **WITHIN ONE HOUR.**

## LYME DISEASE

Symptoms (caused by the bite from a deer tick):

- Red, bull's-eye shaped rash that increases in diameter daily around bite
- Chills
- Dizziness
- Fatigue



- Fever
- Muscle and joint pain
- Nausea
- Severe headache
- Stiff neck

### Treatment:

- If suspected, seek medical attention. There is no effective home remedy.

## QUICK TIPS

- Substitute a bag of frozen vegetables for an ice pack.
- Put ice in a resealable bag and wrap in paper towel or cloth.
- Do not use cotton on an open wound.
- Always have hydrogen peroxide on

- hand for minor cuts and scrapes.
- If wound is really dirty, pour or dab on hydrogen peroxide. Avoid squirting directly into wound.
- Keep ipecac syrup to induce vomiting **if recommended by poison control.**

# INSECTS, SNAKES, SPIDERS AND SEA CREATURES

## Bee & Wasp Stings



Difficulty breathing, headache or coughing, could be signs of allergic reaction. Seek medical attention immediately (see "Anaphylactic Shock," page 2).

### Symptoms:

- Red, swollen, painful area with a small point of entry in the center

### Treatment:

- Remove the stinger by scraping skin with a credit card or cardboard edge. Do not use tweezers; they can inject more venom into the skin.
- Wash area with soap and water.
- Apply ice pack.
- Apply calamine lotion or use a paste of baking soda and water, or over-the-counter 1% hydrocortisone cream.

## Snake Bites

Take a good look at the snake, if possible - you may need to provide a description.

### Symptoms:

- Sharp pain
- Swelling
- Weakness
- Shortness of breath
- Vomiting
- Dizziness
- Blurred vision



Scarlet King Snake

### Treatment:

- Call rescue.
- Have the victim lie quietly, keeping the bitten area below heart level to slow the blood flow to the heart.
- Clean the area - wipe AWAY from the bite to prevent more venom from entering the wound.
- Do **NOT** cut the bite or try to suck out the venom.
- Do not apply ice.

## Spider Bites

- Spiders are found in dark areas such as under furniture, woodpiles, in shoes, barns, basements, etc.
- If possible, bring the spider or the remains of the spider with you to the physician for identification.

*Both the black widow and brown recluse spider bites need to be attended to immediately by a medical professional.*

### Black Widow

#### Symptoms:

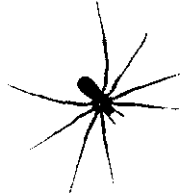
- Abdominal pain
- Pain in muscles
- Pain in soles of feet
- Swollen eyelids
- Excessive sweating
- Bite looks like a small pin prick
- Dull, numbing pain
- Headache
- Shortness of breath
- Tightness in chest



### Brown Recluse Spider

#### Symptoms:

- Bite appears as an ulcer circled by a red ring
- Stinging sensation
- Weakness
- Fever
- Joint Pain
- Nausea
- Shock



### Treatment:

- Wash area with soap and water.
- Apply a cold compress.

## Man-o-war (Jellyfish) Sting

### Symptoms:

- Sudden severe stinging sensation when swimming in ocean water
- Tentacles stuck to the skin



### Treatment:

- Gently pick off any tentacles, using gloves or edge of credit card.
- Rinse the area with salt or fresh water or soak with vinegar.
- 1% hydrocortisone cream may be used on affected area.
- If rash or pain persists, seek medical advice.

## Animal Bite

- Wash carefully with soap and water.
- Apply an antiseptic such as hydrogen peroxide.
- Apply antibiotic cream and bandage.
- Rabies is always a concern with any animal bite. Be sure to notify animal control so the animal may be captured (if necessary), tested for rabies, and quarantined.
- Seek medical attention immediately.
- If bite is severe, try to stop the bleeding (see "Bleeding Wounds," page 2) and call rescue.



## Fire Ants (only in southern states):

### Symptoms:

- Itchy, stinging rash
- Blisters

### Treatment:

- Apply ice pack to bites to relieve pain and swelling.
- 1% hydrocortisone cream can be applied to relieve itching.
- If an allergic reaction occurs, or if large areas are bitten, seek medical attention.

# PLANTS - POISON IVY, OAK AND SUMAC



Poison Ivy



Poison Oak



Poison Sumac

- Rash in the pattern of streaks or patches
- Pimples or blisters

### Treatment:

- Wash exposed skin immediately with soap and water.
- Clean under fingernails to prevent spreading.
- Remove and wash clothes and clean shoes of victim to prevent spreading.

### Symptoms:

- Redness of skin and extreme itching

- Apply cool compresses.
- Apply anti-itch medication (calamine lotion / 1% hydrocortisone cream).
- Consult physician if rash persists, itching can't be controlled, rash is on face, eyes or genitals, and/or rash has pus or odor.
- Seek medical help if there is swelling or difficulty breathing.

## THE ELEMENTS

### Heat exhaustion

#### Symptoms:

If symptoms are severe, call for medical attention immediately.

- Dizziness, weakness, nausea, headache and vomiting
- Cool, moist, pale or flushed skin
- Profuse sweating
- Feeling thirsty and hot
- Muscle cramps

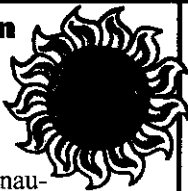
#### Treatment:

- Drink plenty of fluids, especially sports drinks.
- Move to a cool area.

### Heat stroke

#### Symptoms:

- Sweating has stopped
- Body temperature rises rapidly
- Not aware of thirst or heat
- Confused, delirious, irrational behavior
- May lose consciousness or have convulsions
- Red, hot, dry skin
- Muscle cramps



- Dilated pupils
- Shallow breathing
- Rapid, weak pulse

#### Treatment:

- **Seek medical attention immediately.**
- Get to a cool place.
- Cool skin with cold, wet cloths or cold water.
- Apply to armpit, neck and groin areas
- Elevate feet.
- Give sips of water or sports drinks.

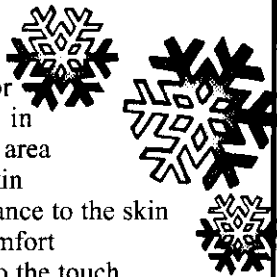
### Frost Bite

#### Symptoms:

- Numbness or insensitivity in the suspected area
- Discolored skin
- Waxy appearance to the skin
- Pain or discomfort
- Skin is cold to the touch

#### Treatment:

- Soak in warm water, approximately 100-105 degrees – NO warmer.
- Do not let the body part touch the container holding the water.



- Soak until the area is red and feels warm.
- Bandage the area with a soft cloth or gauze, gently put cotton in between fingers and toes.
- Seek medical help.

### Hypothermia (exposure to the cold)

#### Symptoms:

- Decreased levels of consciousness
- Glassy stare
- Numbness
- Rigid muscles
- Shivering
- Slow, erratic pulse
- Slurred speech

#### Treatment:

- **Call for medical assistance immediately.**
- Remove wet clothing; warm victim.
- Have victim lie down.
- Give warm drinks - not with alcohol or caffeine.
- **DO NOT** immerse the victim in water.
- Handle the victim very gently.



## POISONING

### Swallowed

Household chemicals, medications and pesticides

#### Symptoms:

- Burns on mouth and lips or unusual breath odor
- Unexplained stains and odor on clothing
- Nausea and vomiting
- Difficulty breathing or coughing
- Disoriented behavior
- Drooling
- Abdominal pain
- Excessive sleeplessness
- Dizziness or double vision
- Heart palpitations
- Weakness

#### Treatment:

- Locate the source of poisoning.
- Call poison control center and rescue immediately.
- Keep victim calm.
- Keep a supply of ipecac syrup on hand, especially with children, if instructed to induce vomiting.
- Read the poison source label, if available, for further instructions.
- Remove soiled clothing.

### Inhaled

- Call rescue.
- Move victim to fresh air.
- If not breathing, start CPR. Take precautions to avoid poisoning from residue on the victim's lips or face; use a pocket mask for additional protection, if available.

Common poisonous household chemicals – keep where children cannot get to them!

- Air conditioning refrigerant
- Acetaminophen
- All medications and drugs
- Ammonia and window cleaner
- Anti-freeze
- Bleach
- Drain opener
- Fabric softener
- Fertilizer
- Furniture polish
- Gasoline
- Hair treatments
- Laundry and dish detergents
- Lighter fluid
- Moth balls
- Paint thinner
- Plant food
- Rubbing alcohol
- Turpentine
- Vitamins

## CARBON MONOXIDE POISONING

Carbon monoxide is an odorless, colorless, potentially deadly gas that may be present:

- When a car is left running in a poorly ventilated room
- When a car's exhaust system is blocked
- As a byproduct of manufacturing or industry
- In or around burning buildings
- When a gas-powered heating unit malfunctions

#### Symptoms:

- Severe headache
- Lethargy
- Disorientation
- Agitation
- Coma
- Unconsciousness

#### Treatment:

Be sure area is well ventilated before rescue. It may only take moments to be overcome if sufficient fumes remain.

- Call rescue.
- Get the victim into open, fresh air immediately.
- Check for pulse and breathing. Administer CPR if necessary.
- If there is a pulse, but the victim is not breathing, start mouth-to-mouth resuscitation.

## WOUNDS



### Cut, Puncture, Scrape, Abrasion

#### Treatment:

- Stop bleeding by applying pressure.
- Clean area thoroughly with antiseptic or warm, soapy water.
- Apply antibiotic ointment and bandage.
- With a puncture wound, or wound inflicted by a rusty/dirty item, seek medical care within 24 hrs. as anti-biotics/tetanus shot may be required.
- If the cut is on an extremity, hold above heart level to stop bleeding.
- If there are signs of infection, redness, swelling, yellow discharge, increased pain or fever, see your physician.
- If wound is deep, long, or gapes open, see your physician or go to E.R.

### Bleeding Wounds

*When dealing with a severely bleeding wound or amputation, if you have to leave the victim to seek help, first get the bleeding under control.*

- Call rescue - if blood is bright red, there may be an artery involved; be sure to tell the operator.
- Have victim lie down, preferably with head slightly lowered to prevent fainting.
- If wound is on an extremity, raise above heart level.

- Cut away clothing and apply pressure with a clean, absorbent cloth.

If unavailable, apply pressure with hand.

- Maintain pressure for 10 minutes, do NOT remove original bandage. If it becomes blood-soaked, apply another bandage over it.
- If bleeding cannot be controlled, apply pressure to a point above the wound.
- If internal organs are exposed, apply wet, clean cloth with gentle pressure.
- Attempt to control bleeding with pressure until medical personnel arrive.
- A tourniquet is not recommended.

### Penetrating Objects

- Call rescue.
- Do NOT remove any penetrating or foreign objects.
- Apply sufficient bandages to immobilize the object and support its position in the wound.

## SPRAINS & STRAINS

#### Symptoms:

- Severe pain
- Bruising, swelling and heat
- Unable to move injured part

#### Treatment:

- Rest affected limb.
- Ice on and off for 48 hrs.
- Compress with elastic bandage.
- Elevate affected limb.

## SHOCK

### Shock due to Injury

#### Symptoms:

- Weakness and cold, clammy skin with pale or bluish tinge
- Rapid, shallow breathing
- Faint and/or rapid pulse
- Restlessness, confusion or agitation
- Nausea and sweating

#### Treatment:

- Call for medical assistance.
- Lay victim down, tilt head to one side.
- Loosen clothing; keep victim warm.
- Control any bleeding.
- Keep victim calm and quiet.
- Do not administer liquid. Moisten lips if necessary.
- Elevate legs if there are no suspected hip, leg, head, neck or back injuries.

### Allergic Reaction and Anaphylactic Shock

#### Symptoms:

- Sudden appearance of hives that are widespread and itching
- Swelling of the lips, tongue and mouth (may feel itchy)
- Wheezing or difficulty breathing
- Nausea, vomiting or cramps
- Lightheadedness

#### Treatment:

- Call rescue to determine severity of reaction.
- If available, take recommended dose of oral antihistamine.
- If food-related, brush teeth to prevent ingesting more allergen.

## BURNS & SCALDS

**Note:** Any burn to the face, hands, feet, mouth or groin needs immediate medical attention.

**First-degree burn:** A minor burn, affecting only the top layers of skin.

#### Symptoms:

- Redness and pain

#### Treatment:

- Run under cold water or apply a cold, wet cloth off and on for 24 hrs.
- Do not rub or apply butter or petroleum-based products.
- Keep clean to prevent infection.

**Second-degree burn:** Affects the underlying layers of skin as well as outer layers.

#### Symptoms:

- Redness, pain, swelling and blisters

#### Treatment:

- Immediately immerse affected area in cold water or apply cold, wet compresses.
- Cover the area loosely with clean gauze or cloth.
- Do not apply butter or petroleum - based products or sprays.
- Do NOT break blisters. If blisters open, keep dressing on area.
- If a large area is affected, or if burn starts draining, seek medical attention.

**Third-degree burn:** Destroys all the layers of skin and nerves.

#### Symptoms:

- Skin may be white or black in appearance.
- Can be extremely painful, or completely painless if there is nerve damage.
- Underlying tissue and/or muscle may be exposed.

#### Treatment:

- Call rescue.
- Lightly cover area with a sheet or sterile gauze (do not secure with tape).
- If breathing has stopped, begin CPR.

### Fire

If clothing is on fire, smother flames with a blanket, coat, etc. Do not remove clothing stuck to skin.

### Sunburn

- Take cool baths or apply wet, cool compresses.
- Apply aloe or lotion to soothe skin.
- Take over-the-counter pain medication for fever, chills or pain.
- Do NOT use butter or petroleum-based products.
- Do NOT break blisters.
- For severe sunburn, with severe pain, swelling or large blistered area, go to E.R.

## DRUG OVERDOSE

### Symptoms:

- Abnormal pupil size or pupils non-reactive (they do not contract when a light is shined on them)
- Agitation
- Confusion/Hallucinations
- Difficulty breathing
- Drowsiness
- Nausea
- Paranoia
- Staggering
- Sweating
- Unconsciousness
- Violent behavior
- Vomiting

### Treatment:

- Take victim to E.R. or call rescue.
- Do not try to reason with the victim.
- Do not try to restrain the victim if you are going to jeopardize your own safety. Call police.
- If breathing has stopped, begin CPR.

### Alcohol Poisoning Symptoms:

- Seizures
- Slurred speech
- Stumbling, staggering
- Unconsciousness
- Violent behavior
- Vomiting

### Treatment:

- Call rescue.
- While waiting:**
- Stay with the victim.
- Try to put the victim to bed. Prop victim **on side** in case vomiting occurs. This will prevent aspiration of the vomit (vomit gets into lungs, causing suffocation).
- Check on the victim frequently.
- If person is violent, call police.
- If coherent, try to give sports drinks to increase electrolyte levels.
- Watch for seizures.

## FOOD POISONING

### Symptoms:

- Severe stomach cramps
- Nausea and vomiting
- Weakness
- Diarrhea within a few hours of eating
- Stomach flu-like symptoms, fever

### Treatment:

- Identify the source of the poisoning if possible. If it is from mushrooms or canned food, seek medical assistance immediately.
- For minor food poisoning, the symptoms will eventually subside; vomiting can provide relief.
- Call rescue if there are signs of paralysis, difficulty breathing, difficulty speaking or swallowing, if pain is severe, if there is blood in the vomit or stool, or the stomach is distended.

## CONVULSIONS

### Symptoms:

- Blackout, fainting or confused behavior
- Drooling
- Twitching and thrashing
- Loss of bladder control
- Vigorous muscle spasms

### Treatment:

- Call rescue.
- Do not restrain the victim.
- Do not put anything in the victim's mouth.
- Do not move the victim unless necessary.
- If a child is convulsing from high fever, cool body slowly with cool, wet compresses. DO NOT immerse the child in the tub.

### Until help arrives, note whether:

- The victim is having multiple seizures or they last longer than 2 minutes.
- Victim can be awakened between seizures.
- The victim has health problems such as diabetes, high blood pressure or alcoholism.

## HEART ATTACK



### Symptoms:

- Pain in middle of chest, behind breastbone
- Pain in the arm, shoulder and/or back
- Feeling of severe indigestion
- Tightness/crushing feeling in chest
- Short, fast or noisy breathing
- Tightening or pain in jaw
- Sweating/nausea
- Victim pale or bluish in color

### Treatment:

- Call rescue - don't wait for symptoms to pass.
- Keep victim as calm as possible.
- Do not leave the victim alone.
- Do not take anything by mouth unless it's a prescribed heart medication.
- If breathing stops, begin CPR.

## INTERNAL BLEEDING

### Symptoms:

Not always apparent, but any number of the following symptoms may be present:

- Tender, swollen, bruised areas
- Vomiting/coughing up blood
- Bleeding from the rectum or vagina
- Light-headedness, shallow breathing
- Dilated pupils
- Abdominal swelling or hardness
- Cold, clammy skin
- Color blue or pale

### Treatment:

Have victim lie quietly. Keep them warm and seek medical attention immediately.

## LOSS OF A BODY PART

### Treatment:

- Call rescue.
- Victim and extremity must get to hospital immediately.
- Apply pressure to wound with a clean cloth to control bleeding (see "Bleeding Wounds," page 2).
- Elevate area above heart level, if possible.
- Lay victim flat and keep warm to prevent shock.
- Wrap severed body part in clean cloth and place in plastic bag. Immerse in ice water. If not available, keep as cool as possible.
- Do not put extremity directly on ice.

## STROKE

### Symptoms:

- Sudden numbness or weakness in face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Blurred vision or trouble seeing
- Dizziness, loss of balance or coordination
- Sudden trouble walking
- Severe headache with no known cause

### Treatment:

- Call rescue immediately and monitor condition until help arrives.

## HEAD, NECK AND BACK INJURY

If injury is suspected **DO NOT** move victim unless absolutely necessary.

### Symptoms:

- Head, neck or back are in an odd position
- Paralysis
- Unable to move fingers and/or toes
- Numbness in any part of the body

### Treatment:

- Call rescue.
- If there is head injury, assume there is neck injury.
- Keep victim as still as possible.

- Immobilize the head and neck carefully with rolled towels or clothing tucked around the sides of the neck and head.
- If CPR needs to be performed, do not move the head or neck; instead pull the lower jaw forward.
- If the victim must be moved to avoid further injury, hold the head, neck and shoulders absolutely still when moving. Several people should assist if available. Use a board, door or other rigid, flat object to transport the victim to safety.

## HYPERVENTILATION

### Symptoms:

- Deep, rapid, irregular breathing
- The feeling of loss of control of breathing

### Treatment:

- Calm the person; ask them to concentrate on taking slow, deep breaths.
- If this is not effective, call rescue.

## CONCUSSION

### Symptoms (Caused by a blow to the head):

- Severe headache
- Dizziness
- Sudden urge to sleep
- Vomiting
- Increased size of one pupil
- Restless, agitation, irritability

### Treatment:

- Monitor levels of consciousness.
- Do not allow victim to fall asleep.
- Call rescue or bring victim to E.R.

## CHOKING MANEUVER

### For Conscious Child or Adult

#### Symptoms

• If airway is completely blocked, victim may not be able to breathe, cough or speak. Ask them if they are choking, a nod or "yes" gesture will confirm.



#### Treatment

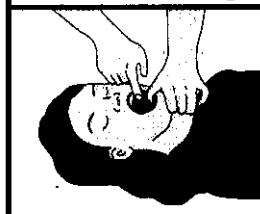
- Stand behind victim with arms wrapped around waist as shown.
- Lock hands into a fist.
- Place the thumb side of fist against victim's abdomen, below rib cage, just above the navel.



- Use quick presses of the fist in 5 upward thrusts.
- Repeat until obstruction is coughed up, or victim begins breathing.

### For Unconscious Child or Adult

- Have someone call rescue.
- Straddle prone victim as shown.
- Place heels of hands against victim's abdomen, below rib cage, just above the navel.
- Use quick presses of the hand in 5 upward thrusts. Repeat if necessary.
- If object is visible in mouth, sweep object out with hooked finger.



## ELECTROCUTION

- NEVER touch a victim of electric shock until the source of electricity has been separated from victim, turned off, or proper precautions have been taken.
- Shut off fuse box or unplug the source of electricity.

### Treatment:

- Call rescue.

- If victim is not breathing, administer CPR until medical help arrives.
- With lightning strikes, begin CPR immediately, if necessary (electricity has already passed through the body).
- When breathing has started, elevate victim's feet and keep them warm to avoid shock.

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## FAINTING

### Symptoms that fainting is about to occur:

- Sensation of dizziness, weakness, cold sweats, rapid pulse.

### To prevent onset:

- Have victim sit down and place head between knees or lie down.

### If Victim Faints:

- Raise feet 12 to 15 inches.
- Apply wet, cool, cloth to forehead.
- If consciousness does not return within 8 minutes, call rescue.

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