



# 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

# First Aid Study Guide

**Sabine Zange**



## **First Aid Study Guide:**

## Decoding **First Aid Study Guide**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**First Aid Study Guide**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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### **Table of Contents First Aid Study Guide**

1. Understanding the eBook First Aid Study Guide
  - The Rise of Digital Reading First Aid Study Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying First Aid Study Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an First Aid Study Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from First Aid Study Guide
  - Personalized Recommendations
  - First Aid Study Guide User Reviews and Ratings
  - First Aid Study Guide and Bestseller Lists

5. Accessing First Aid Study Guide Free and Paid eBooks
  - First Aid Study Guide Public Domain eBooks
  - First Aid Study Guide eBook Subscription Services
  - First Aid Study Guide Budget-Friendly Options
6. Navigating First Aid Study Guide eBook Formats
  - ePub, PDF, MOBI, and More
  - First Aid Study Guide Compatibility with Devices
  - First Aid Study Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of First Aid Study Guide
  - Highlighting and Note-Taking First Aid Study Guide
  - Interactive Elements First Aid Study Guide
8. Staying Engaged with First Aid Study Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers First Aid Study Guide
9. Balancing eBooks and Physical Books First Aid Study Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection First Aid Study Guide
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine First Aid Study Guide
  - Setting Reading Goals First Aid Study Guide
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of First Aid Study Guide
  - Fact-Checking eBook Content of First Aid Study Guide
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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