



# 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

**Ying Liu**



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