

## **First Aid for kids**

First Aid is pretty easy to follow. It is always best to get an adult if someone gets injured but there are also things you can do to help the process of care until help arrives. All injuries should be reported in case further care is required.

**Bruise:** If you can elevate the area above the heart it may help minimize the bruising. A bruise that is larger than your fist should be reported immediately.

**Possible break:** immobilize (don't move or let it move) and get help

**Stab with object:** do not remove the object, get help immediately

**Bee/bug sting:** if someone is stung and is allergic it is an emergency that you need to get help. If not someone can check to see if the stinger is in the skin to be removed and wash with soap and water then apply ice.

**Dog bite:**

**Scrap:** wash with clean water and soap. Be sure there is no dirt or grit left behind and apply a clean cloth or tissue with pressure for 3 to 5 minutes and place ointment and bandage. The bleeding should have stopped.

**Cut:** the same can be followed depending on how deep the cut is but if not bad you can apply pressure for 5-10 minutes and dress the wound and seek further medical attention in case stitches would be required. If it is an arm or leg hold it above your heart while applying the pressure.

Reminder if anyone is cut by an object that is dirty and rusty they will need to see if a tetanus shot is needed.

**Someone feels like they can't breathe:** Calm them down by talking in a low, calm tone. Have them sit down and face you and breathe with them in a slow in and out motion.

**Someone hits their head:** if they are dizzy or pass out when hit call for medical attention.

**Choking:** if someone is choking and making a coughing sound the body is trying to cough out what is irritating it, if they are trying to cough and can't make a sound or grab their throat a method can be performed after a call for medical assistance. Consult with your parents and you can go on line to learn what to do through the American Red Cross.

CPR: Call for medical attention and you can consult with your parents and go on line to American Red Cross to learn the proper procedure.