

C u T h    n g:

## Care for Cuts and Scrapes

### 1. Stop the bleeding

The first step in the care of cuts, scrapes (abrasions) is to stop the bleeding. Most wounds respond to direct pressure with a clean cloth or bandage. Hold the pressure continuously for approximately 10 to 20 minutes. If this fails to stop the bleeding or if bleeding is rapid, seek medical assistance.

### 2. Clean the wound

Next, thoroughly clean the wound with soap and water. Remove any foreign material in the wound, such as dirt, or bits of grass, which may lead to infection. Tweezers can be used (clean them with alcohol first) to remove foreign material from the wound edges, but do not dig into the wound as this may push bacteria deeper into the wound or injure subcutaneous (under the skin) structures. The wound may also be gently scrubbed with a washcloth to remove dirt and debris. Hydrogen peroxide and povidone-iodine (Betadine) products may be used to clean the wound initially, but may inhibit wound healing if used long-term.

### 3. Protective barrier

Cover the area with a bandage (such as gauze or a Band-Aid) to help prevent infection and dirt from getting in the wound. A first aid antibiotic ointment (Bacitracin, Neosporin, Polysporin) can be applied to help prevent infection and keep the wound moist.

### 4. Continued care

Continued care to the wound is also important. Three times a day, wash the area gently with soap and water, apply an antibiotic ointment, and re-cover with a bandage. Change the bandage immediately if it gets dirty or wet.

For more information: [http://www.medicinenet.com/cuts\\_scrapes\\_and\\_puncture\\_wounds/article.htm](http://www.medicinenet.com/cuts_scrapes_and_puncture_wounds/article.htm)

<http://kidshealth.org/kid/watch/er/cuts.html#cat117>

## How to apply a bandage

### C m máu cam - Stop a nose bleeding

Most people who develop nose bleeding can handle the problem without the need of a treatment by a health-care professional if they follow the step-by-step first aid recommendations below on how to stop a nosebleed:

1. Pinch all the soft parts of the nose together between the thumb and index finger.

2. Press firmly toward the face - compressing the pinched parts of the nose against the bones of the face.
3. Lean forward slightly with the head tilted forward. Leaning back or tilting the head back allows the blood to run back into the sinuses and throat and can cause gagging or inhaling the blood.
4. Hold the nose for at least five minutes. Repeat as necessary until the nose has stopped bleeding.
5. Sit quietly, keeping the head higher than the level of the heart. Do not lay flat or put your head between your legs.
6. Apply ice (wrapped in a towel) to nose and cheeks.

<http://kidshealth.org/kid/watch/er/nosebleeds.html#cat117>

For more information on nosebleeding facts and how to prevent nose from bleeding again, see this link: <http://www.medicinenet.com/nosebleed/article.htm>

For a quick demonstration video, see this link: <https://www.youtube.com/watch?v=PmmhxW0vVXA>

## Care of Burns

### What causes burns?

You can get burned by heat, fire, radiation, sunlight, electricity, chemicals or hot or boiling water. There are 4 degrees of burns:

- ) First-degree burns are red and painful. They swell a little. They turn white when you press on the skin. The skin over the burn may peel off after 1 or 2 days.
- ) Second-degree burns are thicker burns, are very painful and typically produce blisters on the skin. The skin is very red or splotchy, and may be very swollen.
- ) Third-degree burns cause damage to all layers of the skin. The burned skin looks white or charred. These burns may cause little or no pain because the nerves and tissue in the skin are damaged.
- ) Fourth-degree burn is full thickness burn that extends to muscles and bones.

### How long does it take for burns to heal?

- ) First-degree burns usually heal in 3 to 6 days.
- ) Second-degree burns usually heal in 2 to 3 weeks.
- ) Third-degree and fourth-degree burns usually take a very long time to heal.

### How are burns treated?

The treatment depends on what kind of burn you have.

See a doctor if:

- )] A first- or second-degree burn covers an area larger than 2 to 3 inches in diameter.
- )] The burn is on your face, over a major joint (such as the knee or shoulder), on the hands, feet or genitals.
- )] Third-degree or fourth-degree burn requires immediate medical attention.

### **First-degree burn**

Soak the burn in cool water for at least 5 minutes. The cool water helps reduce swelling by pulling heat away from the burned skin.

Treat the burn with a skin care product that protects and heals skin, such as aloe vera cream or an antibiotic ointment. You can wrap a dry gauze bandage loosely around the burn. This will protect the area and keep the air off of it.

Take an over-the-counter pain reliever, such as acetaminophen (one brand name: Tylenol), ibuprofen (some brand names: Advil, Motrin) or naproxen (brand name: Aleve), to help with the pain. Ibuprofen and naproxen will also help with swelling.

### **Second-degree burn**

Soak the burn in cool water for 15 minutes. If the burned area is small, put cool, clean, wet clothes on the burn for a few minutes every day. Then put on an antibiotic cream, or other creams or ointments prescribed by your doctor. Cover the burn with a dry nonstick dressing (for example, Telfa) held in place with gauze or tape. Checks with your doctor's office to make sure you are up-to-date on tetanus shots.

Change the dressing every day. First, wash your hands with soap and water. Then gently wash the burn and put antibiotic ointment on it. If the burn area is small, a dressing may not be needed during the day. Check the burn every day for signs of infection, such as increased pain, redness, swelling or pus. If you see any of these signs, see your doctor right away. To prevent infection, avoid breaking any blisters that form.

Burned skin itches as it heals. Keep your fingernails cut short and don't scratch the burned skin. The burned area will be sensitive to sunlight for up to one year, so you should apply sunscreen to the area when you're outside.

### **Third-degree and fourth-degree burn**

For third-degree burns, go to the hospital right away. Don't take off any clothing that is stuck to the burn. Don't soak the burn in water or apply any ointment. If possible, raise the burned area above the level of the heart. You can cover the burn with a cool, wet sterile bandage or clean cloth until you receive medical assistance.

Is there anything I shouldn't do when treating a burn?

Do not put butter or oil on burns. Do not put ice or ice water directly on second- or third-degree burns. If blisters form over the burn, do not break them. These things can cause more damage to the skin.

### **What do I need to know about electrical and chemical burns?**

A person who has an **electrical burn** (for example, from a power line) *should go to the hospital right away*. Electrical burns often cause serious injury to organs inside the body. This injury may not show on the skin.

A **chemical burn** *should be flushed with large amounts of cool water*. Take off any clothing or jewelry that has the chemical on it. Don't put anything on the burned area, such as antibiotic ointment. This might start a chemical reaction that could make the burn worse. You can wrap the burn with dry, sterile gauze or a clean cloth. If you don't know what to do, call 911 or your local poison control center, or see your doctor right away

Sources:

<http://familydoctor.org/familydoctor/en/prevention-wellness/staying-healthy/first-aid/first-aid-burns.html>

<https://www.youtube.com/watch?v=1B18i7pe2eE>

## **Knows the Common Poison Plants and How to Apply First Aid**

### **Poison Ivy**

- grows around lakes and streams in the Midwest and the East
- woody, ropelike vine, a trailing shrub on the ground, or a free-standing shrub
- normally three leaflets (groups of leaves all on the same small stem coming off the larger main stem), but may vary from groups of three to nine
- leaves are green in the summer and red in the fall
- yellow or green flowers and white berries

### **Poison Oak**

- eastern (from New Jersey to Texas) grows as a low shrub; western (along the Pacific coast) grows to 6-foot-tall clumps or vines up to 30 feet long
- oak-like leaves, usually in clusters of three
- clusters of yellow berries

### **Poison Sumac**

- grows in boggy areas, especially in the Southeast
- rangy shrub up to 15 feet tall
- seven to 13 smooth-edged leaflets
- glossy pale yellow or cream-colored berries

### **Treating Poison Ivy Exposures**

If you are exposed, according to the FDA, you should quickly (within 10 minutes):

- First, cleanse exposed areas with rubbing alcohol.
- Next, wash the exposed areas with water only (no soap yet, since soap can move the urushiol, which is the oil from the poison ivy that triggers the rash, around your body and actually make the reaction worse).
- Now, take a shower with soap and warm water.
- Lastly, put gloves on and wipe everything you had with you, including shoes, tools, and your clothes, with rubbing alcohol and water.

Unfortunately, if you wait more than 10 minutes, the urushiol will likely stay on your skin and trigger the poison ivy rash. You may not be able to stop it on your skin, but you might still scrub your nails and wipe off your shoes, etc., so that you don't spread the urushiol to new areas.

Commercial products, like Zanfel, Ivy Cleanse Towelettes, and Tecnu Extreme Poison Ivy Scrub, are also available over-the-counter, if you don't want to use rubbing alcohol.

Remember that poison ivy isn't contagious though, so touching the rash won't actually spread it.

If you get poison ivy a lot, having a 'poison ivy action kit' ready, with rubbing alcohol, a large bottle of water, and some soap, might be a good idea. Since rubbing alcohol can be poisonous, children should be supervised with it though and it is not something you should send off into the woods with them.

### **Preventing Poison Ivy**

In addition to getting rid of poison ivy when you find it, you can avoid poison ivy by:

- wearing long pants and a shirt with long sleeves, boots and gloves when you will be most at risk, especially when in wooded areas, around lakes, or going on hikes
- apply Ivy-Block to exposed areas

Unfortunately, few people recognize their poison ivy exposure or are aware enough to wash off the urushiol within 10 minutes to prevent a reaction. Others don't even recognize their exposure to poison ivy.

Unless you are one of the lucky few who are immune to poison ivy, many people who are exposed to poison ivy will eventually develop a rash which is usually after the second exposure.

### **Symptoms of Poison Ivy**

After exposure to the leaves, stems, or roots of a poison ivy plant, you develop symptoms of poison ivy within 8 hours to a week or so, including:

- an intensely itchy rash
- red bumps that often are in a straight line or streaks, from where the poison ivy plant had contact with the skin
- vesicles and blisters that are filled with fluid

Keep in mind when exposed to poison sumac and poison oak, other members of the genus Rhus or Toxicodendron, can get these same symptoms that are generically referred to as poison ivy symptoms above.

Other characteristic signs and symptoms of poison ivy are that the rash will worsen over days or weeks without treatment with steroids, the rash may not go away for up to three weeks without treatment, many will have worsening symptoms with each exposure, and that some areas of the skin that had less exposure to the poison ivy plant will get the rash later than others.

### **Poison Ivy Treatments**

Self-care at home is usually all that is necessary. The following treatments may be useful to alleviate symptoms:

Apply cool compresses to the skin.

Use topical treatments to relieve itching, including calamine lotion, oatmeal baths (Aveeno), or aluminum acetate (Domeboro solution).

Oral antihistamines, such as diphenhydramine (Benadryl), can also help relieve itching.

For a more severe rash, a health-care professional may prescribe a high-potency steroid cream or an oral corticosteroid (such as prednisone).

Over-the-counter pain medication like acetaminophen (Tyleno) or ibuprofen (Motrin, Advil) may be necessary for pain control.

Antibiotics may be prescribed if the rash becomes infected. Avoid scratching the rash to prevent the development of a bacterial infection.

Go to the nearest emergency department or call an ambulance if experiencing an anaphylactic reaction (severe allergic reaction) characterized by difficulty breathing, difficulty swallowing, facial swelling, or if one is exposed and has had a previous severe reaction to these plants. Also seek medical care if the rash involves the genitals or the face or if the rash shows signs of infection.

<http://www.cdc.gov/niosh/topics/plants/default.html>

<http://www.poison-ivy.org/poison-ivy-quiz>

<http://www.poison-ivy.org/>

# Water Safety for Older Children

Drowning is a leading cause of death among children, including infants and toddlers. Most infant drownings occur in bathtubs and buckets. Toddlers between one and four years most commonly drown in swimming pools. However, many children in this age group drown in ponds, rivers, and lakes. Children older than five years old are most likely to drown in rivers and lakes, but this varies from one area of the country to another. It is important to know that children can drown in even one inch of water.

Drowning ranks behind only motor-vehicle accidents as the leading cause of death among youngsters in middle childhood. Most often, these tragedies occur when children swim without adequate adult supervision. In most cases, these children (and their parents) have overestimated their swimming ability and their knowledge of water-survival skills.

Here are some guidelines to keep you safe in and near the water:

- Make sure you learn how to swim from an experienced and qualified instructor.
- Never swim alone or play by or in water away from the watchful eye of an adult. Use the buddy system even when swimming with large groups of friends.
- Do not engage in horseplay that might result in injury.
- Avoid diving unless someone has already determined the depth of the water and checked for underwater hazards.

Remember, kids can drown in just an inch of water and it happens swiftly and silently — drain inflatable pools and coolers after each use.

Never leave newborn infants and children through four years of age —even for a moment—alone, while in or near bathtubs, pools, spas, or wading pools, or near irrigation ditches or other open bodies of water. Make sure that a supervising adult should be within an arm's length of the child with full attention focused on the child at all times when she is in or near water.

Do not swim in areas where there are boats or fishermen. Nor swimming at beaches where there are large waves, a powerful undertow, or no lifeguards. Understands that swimming in one body of water (e.g., a backyard pool) may be different from swimming in another (a river or ocean).

- While riding in a boat, you should always wear a personal flotation device.
- Do not rely on an air mattress, inner tube, or inflatable toy as a life preserver. If these devices deflate, or your child slips off them, she could be in serious trouble.
- Should never be permitted to swim during a lightning storm.
- Avoid drinking alcohol before or during swimming, boating, or water skiing.

•When you are old enough—usually by high school years—you should learn life-saving skills such as CPR, taught in most cities through community agencies or the American Red Cross.

**These signs may signal that a child or adult is in danger of drowning:**

- Head low in the water, mouth at water level
- Head tilted back with mouth open
- Eyes glassy and empty, unable to focus
- Eyes closed
- Hair over forehead or eyes
- Not using legs - vertical
- Hyperventilating or gasping
- Trying to swim in a particular direction but not making headway
- Trying to roll over on the back
- Appear to be climbing an invisible ladder

<http://www.cdc.gov/HomeandRecreationalSafety/Water-Safety/waterinjuries-factsheet.html>

<https://www.healthychildren.org/English/health-issues/injuries-emergencies/Pages/Drowning.aspx>

Activities and coloring book for water prevention topic:

<http://www.seattlechildrens.org/classes-community/community-programs/drowning-prevention/kids/>

## **Sunburn**

### **What Causes Sunburn?**

Skin is exposed to the sun for a period of time, eventually it burns, turning red and irritated.

The sun gives off three wavelengths of ultraviolet light:

UVA

UVB

UVC

UVC light doesn't reach the Earth's surface. The other two types of ultraviolet light not only reach your beach towel, but they penetrate your skin. Skin damage is caused by both UVA and UVB rays.



Sunburn is the most obvious sign that you've been sitting outside for too long. But sun damage isn't always visible. Under the surface, ultraviolet light can alter your DNA, prematurely aging your skin. Over time, DNA damage can contribute to skin cancers, including deadly melanoma.

How soon a sunburn begins depends on:

Your skin type

The sun's intensity

How long you're exposed to the sun

Lighter complexion is easier to get a sunburn.

### **Signs of Sunburn**

When you get a sunburn, your skin turns red and hurts. If the burn is severe, you can develop swelling and sunburn blisters. You may even feel like you have the flu -- feverish, with chills, nausea, headache, and weakness.

A few days later, your skin will start peeling and itching as your body tries to rid itself of sun-damaged cells.

### **Sunburn Relief**

Sunburn treatment is designed to attack the burn on two fronts -- relieving reddened, inflamed skin while easing pain. Here are a few home remedies for sunburn:

**Compresses.** Apply cold compresses to your skin or take a cool bath to soothe the burn.

**Creams or gels.** To take the sting out of your sunburn, gently rub on a cream or gel containing ingredients such as:

Menthol

Camphor

Aloe

Refrigerating the cream first will make it feel even better on your sunburned skin.

**NSAIDs.** Nonsteroidal anti-inflammatory drugs, like ibuprofen or naproxen, can relieve sunburn swelling and pain all over your body.

**Stay hydrated.** Drink plenty of water and other fluids so that you don't become dehydrated.

**Avoid the sun.** Until your sunburn heals, stay out of the sun.

You may be able to treat the sunburn yourself. But call for a doctor's help if you notice any of these more serious sunburn signs:

Fever of 102 degrees or higher

Chills

Severe pain

Sunburn blisters that cover 20% or more of your body

Dry mouth, thirst, reduced urination, dizziness, and fatigue, which are signs of dehydration

## **Preventing Sunburn**

Here are some tips for keeping your skin safe when you're outside:

**Watch the clock.** The sun's rays are strongest between 10 a.m. and 4 p.m. If you can't stay indoors during that block of time, at least stick to shady spots.

**Wear the right clothes.** When you have to be outdoors, wear sun-protective clothing, such as:

A broad-brimmed hat

A long-sleeved shirt and pants

UV-blocking sunglasses

**Use sunscreen.** Cover any exposed areas of skin liberally with at least 1 ounce of broad-spectrum sunscreen. That means sunscreen that protects against both UVA and UVB rays.

The sunscreen should have a sun protection factor (SPF) of at least 30. Follow these tips for applying sunscreen:

Apply sunscreen about 30 minutes before you go outside.

Use sunscreen even on overcast days because UV rays can penetrate clouds.

Reapply sunscreen every two hours -- or more often if you're sweating heavily or swimming.

Sources: <http://www.webmd.com/skin-problems-and-treatments/guide/sunburn>

<http://www.mayoclinic.org/diseases-conditions/sunburn/basics/definition/con-20031065>

[http://www.emedicinehealth.com/sunburn/article\\_em.htm](http://www.emedicinehealth.com/sunburn/article_em.htm)

## **How to handle an emergency situation?**

### **1. Assessing the Emergency**

Remain calm.

Determine the nature of the emergency. Know that sudden changes can be emergencies such as chemical spills, fires, electrical outages, ...

Be alert for human-caused emergencies.

Assess immediate threat.  
Remove yourself from danger.  
Help other leave a hazardous area.  
Seek additional help.

## **2. Handling the Emergency**

Determine if you can do anything to help.  
Take time to think before acting.  
Get the first aid kit.  
Ask basic questions of the injured person.  
Use the telephone only to ask for help.

## **3. Being Prepared**

Have an emergency plan  
Know your physical address  
Identify your closest exits.  
Take first aid and or CPR course.  
Know what chemicals are found in your home or workplace.  
Keep Emergency phone numbers posted near the phone.  
Wear a medical ID tag if you have chronic health condition.

<http://www.wikihow.com/Handle-an-Emergency-Situation>