

First Aid CareKit™



Do Not Reproduce

Note: This **CareKit™** does not replace expert medical care.

Be Prepared

EMS #: 9-1-1

Poison Control #: 800.222.1222

Take a first aid course. Learn CPR and first aid for choking.

Before you give first aid, look around. Is it safe for you to help? If not, call 9-1-1 (or have someone else call). If yes, do steps for conditions listed on the following pages.

Animal / Human Bites

1. Control *Bleeding* (see page 4).
2. Clean wound with soap and water for 5 or more minutes.
3. Dry and cover wound with a clean bandage.
4. Notify animal owner and local animal control.
5. Get immediate medical care.
6. Observe wound for a few days, checking for signs of infection: increased redness, swelling, tenderness, or pain; pus; and/or fever.

Bleeding

1. Cover wound with clean, dry cloth, then waterproof material. Apply direct pressure. For severe bleeding, call 9-1-1 or take person to hospital E.R. Lift wound area higher than heart if able and no bone is broken.
2. Apply pressure (add extra cloths, if needed) until bleeding stops or person receives medical care.
3. Do not remove object stuck in a wound if blood gushes from it or it bleeds badly. Call 9-1-1. Pad and tape around (not on) wound.

Broken Bones

1. For a serious injury, call 9-1-1. Do not move the person.
2. Control *Bleeding* (see page 4).

3. Do not reset bone.

Immobilize wound with a splint. Use firm material and



pad with softer one. Secure splint above and below injury or tie injured part to uninjured area.

4. Get immediate medical care.

Burns

For Heat Burns

1. Call 9-1-1 for a serious burn.
2. Use cold water, not ice, on burned area.
3. Remove hot or burned clothes that come off easily. Do not remove if stuck to skin.
4. Cover with a clean, dry cloth.
5. Do not break blisters. Do not use ointments or antiseptic products. Apply aloe vera 3 to 4 times a day.

For Chemical Burns

1. Protect yourself. Rinse chemicals off fast while removing contaminated clothing. Rinse the area for 15 or more minutes. (If lye or dry chemical gets on skin, brush off powder before applying water.)
2. Call 9-1-1 or take person to hospital E.R.
3. Cover area with a clean, dry cloth.

For *Electrical Burns*, see *Electric Shock* on page 9.

Cuts and Scrapes

1. Control *Bleeding* (see page 4).
2. Clean in and around the wound with soap and water. Press on the cut for up to 10 minutes to stop the bleeding. Use a sterile bandage, wet or clean cloth, but not dry gauze.
3. After bleeding has stopped, apply a first aid cream to the clean, dry wound. Then apply a bandage.

Electric Shock

1. *Do not* touch victim until power source is shut off. If source is a high voltage wire or lightning, call 9-1-1. You *can* touch a lightning victim.
2. If source is a low voltage current, remove fuse or switch off circuit breaker. If you can't shut off source, make sure your feet and hands are dry, then use a wood broom handle, etc. to get person away from source.

Eye Injuries

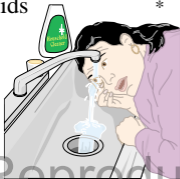
For Chemicals in the Eye

1. Hold the eyelids apart.

Immediately flush the eye with water, gently, without

stopping for 30 or more minutes or until you get medical help. Don't let water flow to other eye.

2. Loosely bandage both eyes with sterile gauze or cloth.
3. Take person to hospital E.R.



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For Cuts or Object in the Eye

1. Do not remove object or press on or rub the eye.
2. Cover injured eye with a paper cup. Gently tape in place. Loosely cover other eye with a bandage.
3. Take person to hospital E.R.

For a Severe Blow to the Eye

1. Have the person lie down with his/her eyes closed.
2. Put a cold compress over affected eye area, not directly on the eye. Don't apply pressure.
3. Take person to hospital E.R.

Fainting

Fainting is a *brief* loss of consciousness.

1. Catch the person before he/she falls. Lie person down with the head below heart level or sit bending forward, putting his/her head between the knees.
2. Don't slap or shake the person. Don't give anything to eat/drink.
3. Check for a medical alert tag and respond as needed.
4. Call 9-1-1 if person who fainted is older than age 40. Otherwise, take person to doctor or hospital E.R.

Frostbite

Signs are: Pain (at first); swelling; white to red to purple skin; then numbness. The skin is hard, solid, and frozen. Loss of function and absence of pain follow.

1. Move person to a warm place. Don't rub or massage skin or put snow on it.
2. Soak affected area(s) in warm water for about 45 minutes. Stop when skin becomes red, not when sensation returns.
3. Elevate and protect affected areas with loose bandages.
4. Take person to hospital E.R.

Heat Exhaustion

Signs are: Heavy sweating; nausea; headache; fast pulse; weakness; and dizziness.

1. Move person to a cool place.
Put feet higher than head.
2. Remove heavy clothing. Fan and cool person. Wrap in a cold, wet sheet or apply cold packs.
3. If person is conscious, give cool or cold water to sip.
4. Get medical care if no improvement after 30 minutes.

{Call 9-1-1 for red, dry, and hot skin; fast, weak pulse; no sweating; and decreasing consciousness. }

Insect Bites / Stings

1. For severe allergic reaction or history of one, call 9-1-1. If available, use prescribed medication (e.g., EpiPen®).
2. For high fever, stiff neck, severe headache, tremors, muscle weakness, and decreasing level of consciousness 3-5 days after mosquito bite, take person to hospital E.R.
3. For minor bites/stings, clean the area with soap and water and apply cold compress. Keep it lower than heart level. For bee sting, first scrape out stinger with credit card, etc.

Nosebleed

1. Sit upright with head tilted forward.
2. Pinch nostrils firmly, just below the bone for 20 uninterrupted minutes (use a clock to time it).
3. If nose is still bleeding, repeat steps 1 and 2.
4. If second attempt fails, get medical care.



Poisoning

For Swallowed Poisons

1. Call 9-1-1 if person is unconscious.
2. If person is conscious, call Poison Control Center (800.222.1222). Follow instructions.

For Inhaled Poisons

1. Protect yourself. Move person to fresh air (outdoors if possible).
2. Follow step 2 above for *Swallowed Poisons*.
3. Get immediate medical care.

Seizure

Signs are: Sudden falling; drooling; stiff muscles; and unconsciousness.

1. Protect person from injury (cushion the head, etc.)
2. DO NOT hold the person down, put anything in the mouth, or throw water on the face.
3. Loosen tight clothes.
4. After the seizure, lay the person on his/her side. Let the person sleep. Check for medical alert tag. Respond as needed. Call 9-1-1 (except for known seizure disorder in person you know).

Sprains / Strains

Signs are: Pain; swelling; bruising; and skin discoloration.

1. Get immediate medical care for an obvious deformity; loss of feeling; or inability to move injured body part.
2. See doctor if: It hurts to press along the bone or it is tender to touch; red streaks spread from the injured area or it has increased redness, swelling, or pain; or a limited range of motion occurs.

3. If the injury does not appear serious, use RICE:
- **R**est the injured area for 24 -48 hours.
 - **I**ce the area as soon as possible and for 10 minutes every 2 hours for the first 48 hours.
 - **C**ompress the area. Wrap with an elastic bandage. Numbness, tingling, etc. means it's too tight. Remove it every 3 - 4 hours for 15 - 20 minutes each time.
 - **E**levate the area above heart level, if possible.
4. Take an over-the-counter pain medicine.

Tooth Loss

1. Pick tooth up by the crown. Rinse all but the root with clear water. Don't remove tissue attached to the tooth.
2. Gently put the tooth back in its socket; hold it under the tongue; or put it in a jar with milk or in a wet cloth.
3. Hold a gauze pad, etc. over a bleeding gum.
4. Get to a dentist or hospital E.R. within 30 minutes. Take tooth with you.

Items for First Aid Kit

1. Antibiotic ointment
2. Antiseptic (spray, wipes, etc.)
3. Antihistamine (liquid, tablets)
4. Bandages (different sizes)
5. Cold packs (OTC ready-to-use)
6. Elastic wraps and closures
7. Gauze (roll, squares), first aid tape, and scissors
8. Pain relievers
9. Syrup of Ipecac; Activated Charcoal. Before giving, call Poison Control Center.
10. Thermometer, tweezers

Medical ID Card

Name: _____

Birth Date: _____

Doctor & #: _____

Contact Person & #: _____

Blood Type: _____

Religion: _____

Medical Conditions: _____

Allergies: _____

Medicines you take: _____

Emergency medicines you take: _____