

# Basic First Aid Tips

## Bleeding

- Pressure should be applied with a towel or gauze until it stops bleeding.
- Minor cuts and scrapes should be treated Hydrogen Peroxide.
- Sealing it with a band aid and antibiotic ointment can reduce the chance of infection.

## Burns

- Minor burns can be treated with cool running water or compress.
- Seek a medical professional if blistering occurs.
- Antiseptic spray can provide relief of sunburn or minor burns temporarily.

## Sprains

- Apply a cold compress or ice immediately to help swelling off and on.
- Talk to a medical professional as soon as possible to prevent further damage.
- Elevate arms or legs to help swelling.

## Bites and Stings

- Ice or cold compress should be applied immediately.
- Remove any stinger if at all possible.
- Antihistamine cream should be applied to the site.
- Benadryl should be administered by both.
- Elevate the location of the bite or sting.
- Seek a medical professional for treatment for any side-effects such as shortness of breath or swelling.

## Poison Plants and Rashes

- Wash contact area immediately, (take care to use gloves if at all possible, if not wash hands as soon as possible.)
- Antihistamine cream or hydrocortisone should be placed on the site.

- Take Benadryl by mouth
- If the site continues to decline in condition, seek a medical professional.

#### Vomiting

- Sips of ginger ale, crushed ice, and tea can be helpful every 5-10 min.
- Emetrol can ease nausea, follow instructions on the bottle.
- Add small amounts of food as conditions improve. Examples:
  - Crackers
  - Toast
  - Fruit
  - Rice
  - Clear Soups
- Incrementally add more complex foods, avoiding fatty foods until healed
- If vomit persists or it is accompanied by a fever, seek a medical professional.

#### Diarrhea

- An over the counter anti-diuretic will help most of the time. As for a pharmacist's suggestion.
- Consume only liquid until the condition improves.
- Drink liquids often, dehydration can become an issue.
- Work up to bland foods and avoid fried, fat, or vegetables until the condition is better.
- Restore original diet.
- If condition persists, consult a medical professional.

#### Colds and Sore Throat

- Drink increased amounts of fluid.
- Over the counter cold medicine is sometimes a very effective treatment. Consult a pharmacist to find one that fits your symptoms well.
- Use throat lozenges if needed following the directions on the label.

- Hot tea or other such liquids can provide temporary relief.
- If fever or other symptoms persist or occur, consult a medical professional.

# Basic First Aid Supplies

Acetaminophen
Hydrogen Peroxide
Antibiotic Ointment
Antiseptic Ointment
Antihistamine Tablets
Antihistamine Cream
Hydrocortisone Cream
Ibuprofen
Aspirin
Decongestant
Oral Medicine Syringe
Cough Suppressant
Bandage of assorted sizes
Gauze Pads
Adhesive Tapes
Sharp Scissors with protective tips
Benadryl
Throat Lozenges
Cotton Balls
Bandage Closures
Safety Pins
Tweezers
Band-aids
Elastic Bandages
Cold Packs
Calamine Lotion
Hot Packs
Thermometer