



Always ask the patient permission before giving care. Make sure your scene is clear and wear gloves if in touch with body fluid.

Save time and vital moments by calling 911 or getting patient to urgent care/ ER as needed if you are uncomfortable providing any care.

BURNS:

Call 9-1-1 or local emergency number for:

- Burns involve trouble breathing.
- Large surface burn that covers more than one body part.
- Burns to head, neck, mouth and nose.
- Burns resulting from chemical, electricity and explosion.

Reference: American red cross, emergency first guide hand out

Minor burns

- Cool the burn. Hold the area under cool — not cold — running water for about 10 minutes. If this isn't possible or if the burn is on the face, apply a cool, wet cloth until the pain eases. For a mouth burn from hot food or drink, put a piece of ice in the mouth for a few minutes.
- Remove rings or other tight items quickly and gently.
- Apply lotion. After the burn is cooled, apply a lotion, such as one with aloe vera or cocoa butter. This helps prevent drying.
- Bandage the burn. Cover the burn with a clean bandage. Wrap it loosely.
- If needed, take a nonprescription pain reliever, such as ibuprofen (Advil, Motrin IB, others) or acetaminophen (Tylenol, others).

What to avoid

- Don't use cold water to cool the burn.
- Don't break blisters. If a blister does break, gently clean the area with water and apply an antibiotic ointment.
- Don't try to remove clothing stuck in the burn.

When to call your doctor

If you haven't had a tetanus shot in the past five years and the burn is deep, Try to get this within 48 hours of the injury.

<https://www.mayoclinic.org/first-aid/first-aid-burns/basics/art-20056649>

FAINTINGS:

If you feel faint

- Lie down or sit down. Don't get up too quickly.
- Place your head between your knees if you sit down.

If someone else faints

- Position the person on the back. If there are no injuries and the person is breathing, raise the person's legs above heart level if possible. Prop up the person's legs about 12 inches (30 centimeters). Loosen belts, collars or other tight clothing.

If the person doesn't regain consciousness within one minute, call 911 or your local emergency number.

- Check for breathing. Check for a pulse and to see if the person is breathing. If the person is not breathing, begin CPR. Call 911 or your local emergency number. Continue CPR until help arrives or the person begins to breathe.

<https://www.mayoclinic.org/first-aid/first-aid-fainting/basics/art-20056606>

NOSEBLEEDS:

Treatment

Follow these steps to treat a common nosebleed.

- Sit up and lean forward. Keep the head up.
- Gently blow your nose. This will clear any blood clots.
- Pinch the nose for 10-15 minutes. Use the thumb and a finger to pinch both nostrils shut. Breathe through the mouth.
- Try pinching the nose again for up to 15 minutes. Seek emergency care if the bleeding doesn't stop after the second try.

- Don't pick or blow the nose. And don't drop the head below the heart or lift anything heavy for many hours. Gently put a saline gel (Ayr), antibiotic ointment (Neosporin) or petroleum jelly (Vaseline) on the inside of the nose.
- If you have another nosebleed, try first-aid steps again. This time, spray both sides of the nose with a nasal spray that has oxymetazoline in it (Afrin). Do this after blowing the nose. Then pinch the nose again. Seek medical help if the bleeding does not stop.

When to contact your doctor

- If you have nosebleeds often.
- You have nosebleeds and you're taking blood thinners.

<https://www.mayoclinic.org/first-aid/first-aid-nosebleeds/basics/art-20056683>

INSECT BITES & STINGS:

Treatment

- Move to a safe area to avoid more bites or stings.
- Remove any stingers by scraping away.
- Gently wash the area with soap and water.
- Apply to the affected skin a cloth dampened with cold water or filled with ice. Keep it on for 10 to 20 minutes.
- If the injury is on an arm or leg, raise it.
- Apply to the affected skin calamine lotion, baking soda paste, or 0.5% or 1% hydrocortisone cream.
- Take an anti-itch medicine by mouth to reduce itching. Options include nonprescription cetirizine, fexofenadine (Allegra Allergy, Children's Allegra Allergy), loratadine (Claritin). These types of medicines are also called antihistamines.
- Take a nonprescription pain reliever as needed.

When to call your doctor

See a healthcare professional if the swelling gets worse, the site shows signs of infection, or you don't feel well.

<https://www.mayoclinic.org/first-aid/first-aid-insect-bites/basics/art-20056593>

CUT & ABRASIONS:

When to call for 9-1-1 or local Emergency number:

- Bleeding that cannot be stopped
- Large or embedded objects in the wound
- If the skin completely torn away
- Wounds that show muscle and bone

Reference: American red cross, emergency first guide hand out

Treatment

1. Wash your hands.
2. Stop minor bleeding by gently press the wound with a clean bandage or cloth.
3. Clean the wound. Rinse the wound with water. Wash around the wound with soap. Do not use hydrogen peroxide or iodine Remove any dirt or debris with tweezers cleaned with alcohol, if you can.
4. Put on an antibiotic or petroleum jelly to keep the surface moist and help prevent scarring
5. Cover the wound. Put on a bandage, rolled gauze or gauze held in place with paper tape. If you have just a minor scrape or scratch, don't cover it.

When to call your doctor

- See a healthcare professional if you see signs of infection on the skin or near the wound.
- Get a tetanus shot needed if you haven't had one in the past five years and the wound is deep or dirty.

<https://www.mayoclinic.org/first-aid/first-aid-cuts/basics/art-20056711>

SPRAINS:

Treatment

To treat a sprain, try the **R.I.C.E. approach** — rest, ice, compression, elevation:

1. **Rest** the injured area. Your healthcare professional may say not to put weight on the injured area for 48 to 72 hours.
2. **Ice** the area. Use a cold pack, a bath of ice and water as soon as you can after the injury. Ice the area for 15 to 20 minutes, 4 to 8 times a day, for the first 48 hours or until swelling goes down. Don't use ice for more than 20 minutes at a time. Use a dishcloth or thin towel between the ice and your skin.
3. **Compress** the area with an elastic wrap or bandage.
4. **Elevate** the injured area. Keep it raised on a pillow or cushion above your heart whenever.
5. Pain relievers available without a prescription, such as ibuprofen (Advil, Motrin IB, others) and acetaminophen (Tylenol, others), might help ease pain

<https://www.mayoclinic.org/first-aid/first-aid-sprain/basics/art-20056622>

ANIMAL BITES:

Treatment

To care for a minor animal bite or claw wound:

- Wash the wound with soap and water.
- Apply an antibiotic cream or ointment and cover the bite with a clean bandage.

When to call your doctor

Seek prompt medical care if:

- The wound is a deep puncture.
- The skin is badly torn, crushed or bleeding severely. First apply pressure with a bandage or clean cloth to stop the bleeding.
- You notice increasing swelling, skin color changes, pain or oozing.
- You aren't sure whether the animal that bit you has rabies.
- If you haven't had a tetanus shot in the past five years and the wound is deep or dirty. Get a booster shot within 48 hours of your injury.

<https://www.mayoclinic.org/first-aid/first-aid-animal-bites/basics/art-20056591>

SUNBURN:

Treatment

- Take a pain reliever for pain and discomfort. Use a nonprescription pain reliever
- Cool the skin. Apply to the affected skin a clean towel dampened with cool tap water. Or take a cool bath. Add about 2 ounces (60 grams) of baking soda to the tub. Cool the skin for about 10 minutes several times a day.
- Apply a moisturizer, lotion or gel. An aloe vera lotion or gel or calamine lotion can be soothing. Try cooling the product in the refrigerator before applying. Avoid products with alcohol.
- Drink extra water for a day.
- Leave blisters alone. If a blister does break, trim off the dead skin with a clean, small scissors. Gently clean the area with mild soap and water. Then apply an antibiotic ointment to the wound and cover it with a nonstick bandage.
- Protect yourself from the sun.

When to call your doctor

Seek medical care for large blisters or those that form on the face, hands or genitals. Also seek medical help if you have worsening pain, headache, confusion, nausea, fever, chills, eye pain or vision changes, or signs of infection.

<https://www.mayoclinic.org/first-aid/first-aid-sunburn/basics/art-20056643>

SKIN FOREIGN OBJECTS:

Treatment

- Wash your hands and clean the area well with soap and water.
- Use tweezers cleaned with rubbing alcohol to remove the object. Use a magnifying glass to help you see better.
- If the object is under the surface of the skin, sterilize a clean, sharp needle by wiping it with rubbing alcohol. Use the needle to gently break the skin over the object and lift up the tip of the object.
- Use a tweezers to grab the end of the object and remove it.
- Wash the area again and pat dry. Apply petroleum jelly or an antibiotic ointment.

When to call your doctor

- The object is hard to see, such as clear glass, or doesn't come out easily, such as can happen with a fishhook.
- The injury involves an eye or is close to an eye.
- The wound is deep or dirty, and the injured person's last tetanus vaccination was more than five years ago.

<https://www.mayoclinic.org/first-aid/first-aid/basics/art-20056604>

HEAT EXHAUSTION:

What to look for:

- Cool, moist, pale, ashen or flushed skin.
- Headache, nausea, dizziness.
- Weakness, exhaustion

Reference: American red cross, emergency first guide hand out

Treatment

- Move the person out of the heat and into a shady or air-conditioned place.
- Lay the person down and raise the legs and feet slightly.
- Remove tight or heavy clothing.
- Have the person sip chilled water, a sports drink containing electrolytes or another nonalcoholic beverage without caffeine.
- Cool the person by spraying or sponging with cool water and fanning.
- Monitor the person carefully.

Contact a healthcare professional if symptoms get worse or if the person doesn't improve after taking first-aid measures.

<https://www.mayoclinic.org/first-aid/first-aid-heat-exhaustion/basics/art-20056651>