

FIRST AID

Call 911 or an Emergency Number for any severely ill or injured child.

STINGS AND BITES

Stinging Insects Remove the stinger as quickly as possible with the scraping motion of a fingernail. Put a cold compress on the bite to relieve the pain. If trouble breathing, fainting, or extreme swelling occurs, call 911 or an emergency number immediately. For hives, nausea, or vomiting, call the pediatrician. For spider bites, call the pediatrician or Poison Center and describe the spider. Have the pediatrician examine any bites that become infected.

Animal or Human Bites Wash wound thoroughly with soap and water. Call the pediatrician. The child may require a tetanus or rabies shot.

Ticks Use tweezers or your fingers to grasp as close as possible to the head of the tick and slowly pull the tick away from the point of attachment. Call the pediatrician if the child develops symptoms such as a rash or fever.

Snake Bites Take the child to an emergency department if you are concerned that the snake may be poisonous or if you are unsure of the type of snake bite. Keep the child at rest. Do not apply ice. Loosely splint the injured area and keep it at rest, positioned below the level of the heart. Try to identify the snake, if you can do so safely.



BURNS AND SCALDS

General Treatment First stop the burning process by removing the child from contact with hot water or a hot object (for example, tar). If clothing is burning, smother flames and cool clothing by soaking with water. Remove clothing unless it is firmly stuck to the skin. Run cool water over burned skin until the pain stops. Do not use ice or apply any butter, grease, medication, or ointment.

Burns With Blisters Do not break the blisters. Call the pediatrician for advice on how to cover the burn and about any burns on the face, hands, feet, or genitals.

Large or Deep Burns Call 911 or an emergency number. After stopping and cooling the burn, keep the child warm with a clean sheet covered with a blanket until help arrives.

Electrical Burns Disconnect electrical power. Do NOT touch the victim with bare hands. Pull the victim away from the power source with a wooden pole. ALL electrical burns need to be seen by a doctor.

SKIN WOUNDS

Make sure the child is immunized for tetanus. Any open wound may require a tetanus booster even when the child is currently immunized. If the child has an open wound, ask the pediatrician if the child should receive a tetanus booster.

Bruises Apply cold compresses. Call the pediatrician if the child has a crush injury, large bruises, continued pain, or swelling. The pediatrician may recommend acetaminophen for pain.

Cuts Wash small cuts with water until clean. Use direct pressure with a clean cloth to stop bleeding. Apply an antibiotic ointment, then cover the cut with a clean bandage. Call the pediatrician for large and/or deep cuts, or if the wound is gaping, because stitches should be placed without delay. For major bleeding, call for help (911 or an emergency number). Continue direct pressure with a clean cloth until help arrives.

Scrapes Rinse with soap and water to remove dirt and germs. Do not use detergents, alcohol, or peroxide. Use antiseptic soap. Apply an antibiotic ointment and a bandage that will not stick to the wound.

Splinters Remove small splinters with tweezers, then wash and apply local antiseptic. If you are unable to remove the splinter completely, call the pediatrician.

Puncture Wounds Do not remove large objects such as a knife or stick from a wound. Call for emergency medical assistance (911). Such objects must be removed by a doctor.

Call the pediatrician for all puncture wounds. The child may need a tetanus booster.



EYE INJURIES

If anything is splashed in the eye, flush gently with water for at least 15 minutes. Call the Poison Center or the pediatrician for further advice. Any injured or painful eye should be seen by a doctor. Do NOT touch or rub an injured eye. Do NOT apply medication. Do NOT remove objects stuck into the eye. Cover the painful or injured eye with a paper cup or eye shield until you can get medical help. An eye injury may require a tetanus booster.

FRACTURES AND SPRAINS

DO NOT MOVE A CHILD WHO MAY HAVE A NECK OR BACK INJURY, as this may cause serious harm. Call 911 or an emergency number.

If an injured area is painful, swollen, deformed, or if motion causes pain, wrap it in a towel or soft cloth and make a splint with cardboard or another rigid material to hold the arm or leg in place. Apply ice or a cold compress, or seek emergency care, if there is a break in the skin near the fracture or if you can see the bone, cover the area with a clean bandage, make a splint as described above, and seek emergency care.

If the foot or hand below the injured part is cold or discolored, seek immediate emergency care.



FEVER

Fever in children is usually caused by infection. It also can be caused by chemicals, poisons, medications, an environment that is too hot, or an extreme level of exertion. Take the child's temperature to see if he has a fever. Most pediatricians consider any thermometer reading above 100.4°F (38°C) a sign of a fever. However, the way the child looks and behaves is more important than how high the child's temperature is. Call the pediatrician immediately if the child has a fever and:

- Appears very ill, is unusually drowsy, or is very fussy
- Has been in an extremely hot place, such as an overheated car
- Has additional symptoms such as a stiff neck, severe headache, severe sore throat, severe ear pain, an unexplained rash, or repeated vomiting or diarrhea
- Has a condition causing immune suppression (such as sickle cell disease, cancer, or the taking of steroids)
- Has had a seizure
- Is less than 2 months of age and has a rectal temperature of 100.4°F (38°C) or higher

To make the child more comfortable, dress him in light clothing, give him cool liquids to drink, and keep him calm. The pediatrician may recommend fever medications. Do not use aspirin to treat a child's fever. Aspirin has been linked with Reye syndrome, a serious disease that affects the liver and brain.



FAINING

Lay the child on his back with his head to the side. Do NOT give the child anything to drink. If the child does not wake up within 1 minute, call the pediatrician, or dial 911 or an emergency number. If the child is not breathing, begin CPR.

TEETH

Baby Teeth If knocked out or broken, apply clean gauze to control bleeding and call the pediatric dentist.

Permanent Teeth If knocked out, find the tooth and, if dirty, rinse gently without scrubbing or touching the root. Do not use chemical cleaners. Use milk or cold running water. Place the tooth into clean water or milk and transport the tooth with the child when seeking emergency care. Call and go directly to the pediatric dentist or an emergency department.

If the tooth is broken, save the pieces in milk and call the pediatric dentist immediately.



CONVULSIONS, SEIZURES

If the child is breathing, lay her on her side to prevent choking. Make sure the child is safe from objects that could injure her. Do not put anything in the child's mouth. Loosen any tight clothing. Perform rescue breathing if the child is blue or not breathing. Call 911 or an emergency number.

HEAD INJURIES

DO NOT MOVE A CHILD WHO MAY HAVE A SERIOUS HEAD, NECK, AND/OR BACK INJURY. This may cause further harm.

Call 911 or an emergency number immediately if the child loses consciousness and does not awaken within a few minutes.

Call the pediatrician for a child with a head injury and any of the following:

- Loss of consciousness
- Drowsiness that lasts longer than 2 hours
- Difficulty being awakened
- Persistent headache or vomiting
- Clumsiness or inability to move any body part
- Coughing or blood or watery fluid from ears or nose
- Convulsions (seizures)
- Abnormal speech or behavior

For any questions about less serious injuries, call the pediatrician.

POISONS

If the child has been exposed to or ingested a poison, call the Poison Center at 800/222-1222.

Swallowed Poisons Any nonfood substance is a potential poison. Call the Poison Center immediately. Do not induce vomiting except on professional advice. The Poison Center will give you further instructions.

Fire, Gas, or Smoke

Get the victim into fresh air and call 911 or the fire department. If the child is not breathing, start cardiopulmonary resuscitation (CPR) and continue until help arrives.

Skin Exposure If acids, lye, pesticides, chemicals, poisons, or any potentially poisonous substance comes in contact with a child's skin, eyes, or hair, brush off any residual material while wearing rubber gloves, if possible. Remove contaminated clothing. Wash skin, eyes, or hair with large quantities of water or mild soap and water. Call the Poison Center for further advice.

If a child is unconscious, becoming drowsy, having convulsions, or having trouble breathing, call 911 or an emergency number. Bring the poisonous substance (safely contained) with you to the hospital.



NOSEBLEEDS

Keep the child in a sitting position with the head tilted slightly forward. Apply firm, steady pressure to both nostrils by squeezing them between your thumb and index finger for 10 minutes. If bleeding continues, or is very heavy, call the pediatrician or seek emergency care.

Does your community have 911? If not, note the number of your local ambulance service and other important numbers below.

BE PREPARED: CALL 911 KEEP EMERGENCY NUMBERS BY YOUR TELEPHONE

PEDIATRICIAN _____
PEDIATRIC DENTIST _____
POISON CENTER _____
AMBULANCE _____
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Turn Over for Choking and CPR Instructions

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First Aid Guide 375 45

Barbara Fougere

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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The MeatEater Guide to Wilderness Skills and Survival Steven Rinella, 2020-12-01 NEW YORK TIMES BESTSELLER
An indispensable guide to surviving everything from an extended wilderness exploration to a day long boat trip with hard earned advice from the host of Netflix's MeatEater For anyone planning to spend time outside The MeatEater Guide to Wilderness Skills and Survival is the perfect antidote to the sensationalism of the modern survival genre Informed by the real life experiences of renowned outdoorsman Steven Rinella its pages are packed with tried and true tips techniques and gear recommendations Among other skills readers will learn about old school navigation and essential satellite tools how to build a basic first aid kit and apply tourniquets and how to effectively purify water using everything from ancient methods to cutting edge technologies This essential guide delivers hard won insights and know how garnered from Rinella's own experiences and mistakes and from his trusted crew of expert hunters anglers emergency room doctors climbers paddlers and wilderness guides with the goal of making any reader feel comfortable and competent while out in the wild **Lloyd's Register**
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Resources in Education, 1994 *The Unofficial Guide to Walt Disney World 2008* Bob Sehlinger, 2007-08-27 From the publishers of The Unofficial Guide to Walt Disney World A Tourist's Best Friend Chicago Sun Times Indispensable The New York Times Five Great Features and Benefits offered ONLY by The Unofficial Guide Exclusively patented field tested touring plans that save as much as four hours of standing in line in a single day Tips advice and opinions from hundreds of Walt Disney World guests in their own words Almost 250 hotels rated and ranked for quality and value including the top non Disney hotels for families A complete Dining Guide with ratings and reviews of all Walt Disney World restaurants plus extensive alternatives for dining deals outside the World Every attraction rated and ranked for each age group extensive objective head to head comparisons of the Disney and Universal theme parks

Handbook of Nautical Medicine W.H.G. Goethe, E.N. Watson, D.T. Jones, 2012-12-06 International cooperation on the health of seafarers began many years ago As early as 1921 an international convention regarding this matter was presented to governments of maritime countries for ratification The First World Health Assembly in 1948 recommended that WHO should establish with the International Labour Office a Joint Committee on the hygiene of seafarers The first session of this Committee held in 1949 defined the problems affecting the health of seamen and made a number of recommendations In the opinion of this Joint Committee the health of seamen called for international attention for a number of reasons By the nature of his work the seafarer is obliged to travel from country to country and is exposed to great variations of climate and also to any disease that may be prevalent in the port of call He may therefore become a carrier of disease so that the protection of his health is of importance not only to himself and the other members of the crew but also to the populations of other countries he visits Yet on account of the nature of his employment it is difficult to provide the seafarer with the same standard of health care that is generally available to other sections of the population

National Library of Medicine Current Catalog National Library of Medicine (U.S.), 1971 First multi year cumulation covers six years 1965-70

The Natural Health First-aid Guide Mark Mayell, Natural health magazine (Brookline, Mass.), 1994 Here's an invaluable handbook of natural remedies for treating minor emergencies that clearly evaluates the healing properties of alternative and natural remedies that can be used alone or in conjunction with conventional medical treatments

Selected United States Government Publications United States. Superintendent of Documents, 1970

Lloyd's Register OneOcean's Guide to Port Entry 1989-1990 Nations A-L Lloyd's Register Foundation, 1989-01-01 First published in 1971 these Guides provide invaluable information on thousands of commercial ports and terminals across the globe They are

compiled and published annually by LR OneOcean whose years of global maritime experience allows them to provide expert and innovative solutions that enhance efficiency sustainability and overall industry success The Guides cover a significant geographical breadth and the most recent volume includes information on over 12 500 ports harbours and terminals worldwide These are fully indexed and contain detailed port plans and mooring diagrams **Lloyd's Register OneOcean's Guide to Port Entry 1983-1984 Port Information** Lloyd's Register Foundation,1983-01-01 First published in 1971 these Guides provide invaluable information on thousands of commercial ports and terminals across the globe They are compiled and published annually by LR OneOcean whose years of global maritime experience allows them to provide expert and innovative solutions that enhance efficiency sustainability and overall industry success The Guides cover a significant geographical breadth and the most recent volume includes information on over 12 500 ports harbours and terminals worldwide These are fully indexed and contain detailed port plans and mooring diagrams *Readers' Guide to Periodical Literature* ,1922 **The Rough Guide to First-time Africa** ,2007 **Hazardous Materials Reference Book** Daniel J. Davis,Julie A. Davis,2006-01-23 This one stop reference gives firefighters and emergency response personnel immediate access to the page number where chemical data on nearly 1 000 substances can be located in 13 of the most frequently used references It speeds up research time by alphabetizing chemicals by name and with UN NA numbers **The Only Baby Book You'll Ever Need** Marian Edelman Borden,Ellen Bowers,Vincent Iannelli,2014-01-18 Advice on diaper rash late night feedings swaddling teething vaccinations potty training picky eaters tantrums and more **The Oxford Handbook of Clinical Psychology** David H. Barlow,2014-03-31 The exponential growth of clinical psychology since the late 1960s can be measured in part by the extensive perhaps exhaustive literature on the subject This proliferation of writing has continued into the new century and the field has come to be defined as much by its many topics as its many voices The Oxford Handbook of Clinical Psychology synthesizes these decades of literature in one extraordinary volume Comprising chapters from the foremost scholars in clinical psychology the handbook provides even and authoritative coverage of the research practice and policy factors that combine to form today s clinical psychology landscape In addition to core sections on topics such as training assessment diagnosis and intervention the handbook includes valuable chapters devoted to new and emerging issues in the clinical field including health care reforms cultural factors and technological innovations and challenges Each chapter offers a review of the most pertinent literature outlining current issues and identifying possibilities for future research Featuring two chapters by Editor David H Barlow one on changes during his own 40 year odyssey in the field the other projecting ten themes for the future of clinical psychology The Oxford Handbook of Clinical Psychology is a landmark publication that is sure to serve as the field s benchmark reference publication for years to come It is an essential resource for students clinicians and researchers across the ever growing clinical psychology community **Pet Lover's Guide to Natural Healing for Cats and Dogs** Barbara Fougere,2005-08-30 Part of the Pet Lover s Guide series this volume presents detailed

information on alternative therapies for both dogs and cats Written in a clear simple manner the book is divided into three main parts Part 1 on diet and natural therapies addresses the importance of diet for pets and discusses the pros and cons of both commercially available and homemade diets It also covers the basic explanations of the various alternative therapies widely used by holistic veterinarians and readily available to pet owners e g supplements and herbs acupuncture homeopathy chiropractic and other manual healing Part 2 makes recommendations for specific health conditions such as skin problems or digestive tract problems and describes how various alternative therapies are used alone or in combination with allopathic therapies to treat or relieve the condition Finally Part 3 offers an overview of health maintenance and preventive health and includes information about vaccinations flea and tick control weight control and caring for the aging pet Full color line art and photographs illustrate various plants and herbs and also techniques such as manual therapies massage and other hands on healing techniques in a user friendly and easily identifiable manner Special boxes labeled Where We Stand present the author s strong opinions on specific sometimes controversial issues in a highlighted easy to find format Key terms are highlighted making them easy to locate and reference these terms are also included in the glossary with clear simple definitions Important information is bulleted and placed in a shaded box bringing the main points to the reader s attention in a quick and useful way Clear readability makes information easily accessible to pet owners helping them to better understand natural therapies and their uses in treating pets It also enables veterinarians to carry the book in their practices and recommend it to clients Written by established recognized veterinarians this book is a reliable source for veterinary professionals

Consumers All United States. Department of Agriculture, 1965

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Table of Contents First Aid Guide 375 45

1. Understanding the eBook First Aid Guide 375 45
 - The Rise of Digital Reading First Aid Guide 375 45
 - Advantages of eBooks Over Traditional Books
2. Identifying First Aid Guide 375 45
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an First Aid Guide 375 45
 - User-Friendly Interface
4. Exploring eBook Recommendations from First Aid Guide 375 45
 - Personalized Recommendations
 - First Aid Guide 375 45 User Reviews and Ratings
 - First Aid Guide 375 45 and Bestseller Lists
5. Accessing First Aid Guide 375 45 Free and Paid eBooks
 - First Aid Guide 375 45 Public Domain eBooks
 - First Aid Guide 375 45 eBook Subscription Services
 - First Aid Guide 375 45 Budget-Friendly Options
6. Navigating First Aid Guide 375 45 eBook Formats

- ePub, PDF, MOBI, and More
- First Aid Guide 375 45 Compatibility with Devices
- First Aid Guide 375 45 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of First Aid Guide 375 45
 - Highlighting and Note-Taking First Aid Guide 375 45
 - Interactive Elements First Aid Guide 375 45
- 8. Staying Engaged with First Aid Guide 375 45
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers First Aid Guide 375 45
- 9. Balancing eBooks and Physical Books First Aid Guide 375 45
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection First Aid Guide 375 45
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine First Aid Guide 375 45
 - Setting Reading Goals First Aid Guide 375 45
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of First Aid Guide 375 45
 - Fact-Checking eBook Content of First Aid Guide 375 45
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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