

# Family Keys

Self-Care Resources for Children & Their Families

## First Aid

**5**  
KEY

Injuries occur frequently in and around the home as a result of playing or doing household chores.

Follow safety rules to prevent injuries.

In an emergency, knowing first aid can mean the difference between a lesser injury and permanent damage, or between rapid recovery and a long hospital stay.

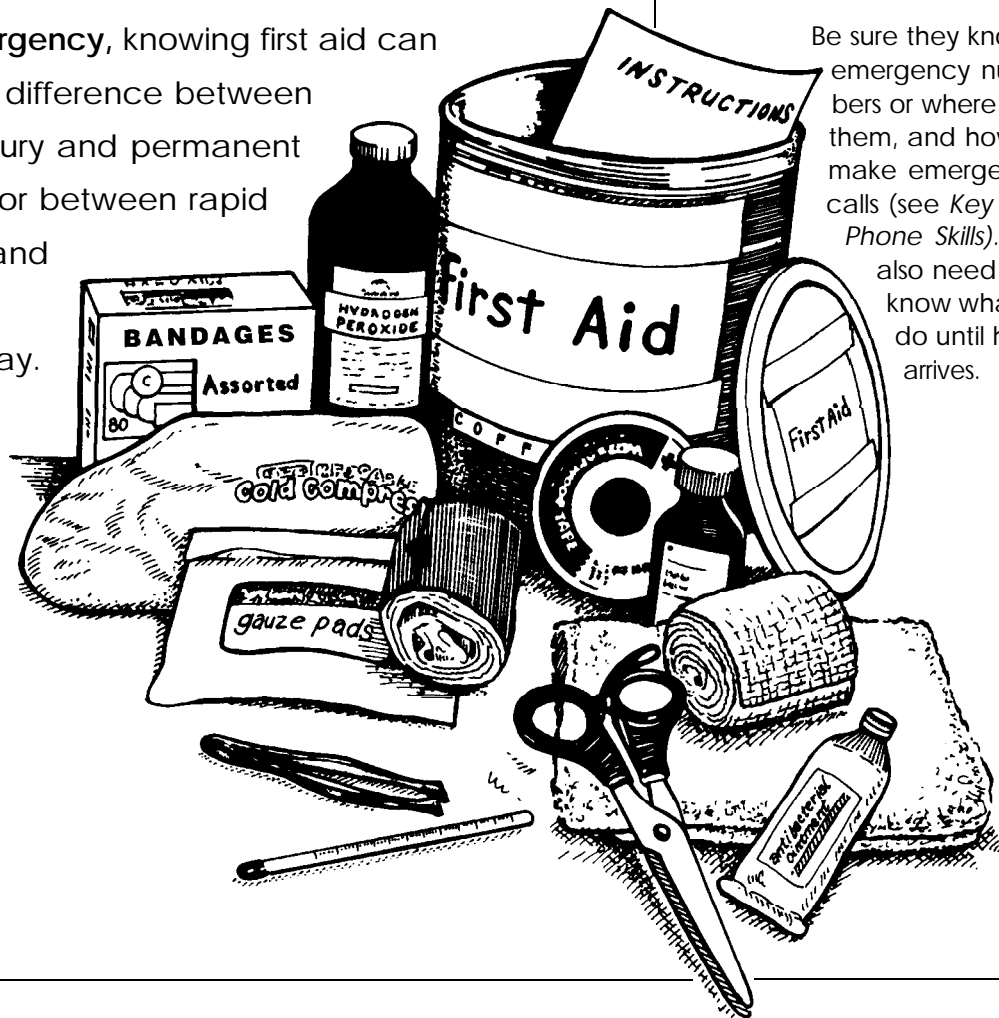
Parents can help:

**What is an emergency?**

An emergency is when there is real or potential threat to the child's health or safety, or to personal property, and the child is unable to handle the situation alone. Examples of emergencies are fire, severe injury, or assault.

Teach children whom to call or contact in case of emergency when home alone.

Be sure they know the emergency numbers or where to find them, and how to make emergency calls (see Key 4 *Phone Skills*). They also need to know what to do until help arrives.



## In case of emergency. . .

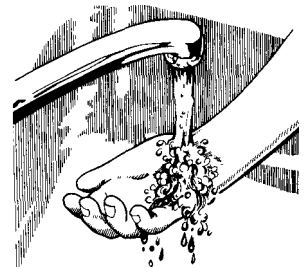
There are three things to remember in an emergency:

1. **Stay calm.**  
Crying or screaming will only make whatever happened seem worse. Take deep breaths, That will help you think clearly.
2. **Give first aid to yourself or to others, if necessary.**
3. **Call the right emergency number or get help.**

## First Aid

First aid is what you do at once in case of accident or sudden illness. You can do first aid on yourself or for someone else, for example:

- ✚ **Small cut**  
Wash well with soap and cover with an adhesive bandage, or a gauze pad and adhesive tape.
- ✚ **Large cut**  
Cover with a clean cloth, press firmly and call for help.
- ✚ **Nosebleed**  
Sit quietly, **do not** lie down, Pinch your nose for 7 minutes. Do not blow your nose. If bleeding does not stop, call for help.
- ✚ **Small burn**  
**Cool a burn with water.**  
Immediately hold under cold running water for 5 minutes, or until the pain stops.





## Is this an emergency?

**R**ead each statement carefully. Decide whether each situation is an emergency or can be handled with first aid:

1. You are watching TV. You smell smoke, and see the wastebasket is on fire.

Is this an emergency?  Yes  No

Do you need first aid?  Yes  No

What do you do?

\_\_\_\_\_

Whom do you call?

\_\_\_\_\_

2. You are cutting paper with a scissors, and cut your finger. Blood is running down your hand.

Is this an emergency?  Yes  No

Do you need first aid?  Yes  No

What do you do?

\_\_\_\_\_

Whom do you call?

\_\_\_\_\_

3. You open the cabinet above the bathroom sink. A bottle falls out and breaks in the sink.

Is this an emergency?  Yes  No

Do you need first aid?  Yes  No

What do you do?

\_\_\_\_\_

Whom do you call?

\_\_\_\_\_

4. When you lift a pan of hot water from the kitchen stove, a little spills on your arm. The skin turns red and hurts, and a blister forms,

Is this an emergency?  Yes  No

Do you need first aid?  Yes  No

What do you do?

\_\_\_\_\_

Whom do you call?

\_\_\_\_\_



5. Your little sister's favorite doll has just been broken. She feels sad and is crying a lot.

Is this an emergency?  Yes  No

Do you need first aid?  Yes  No

What do you do?

\_\_\_\_\_

Whom do you call?

\_\_\_\_\_

6. You bump your nose on an open cabinet door, and your nose starts to bleed.

Is this an emergency?  Yes  No

Do you need first aid?  Yes  No

What do you do?

\_\_\_\_\_

Whom do you call?

\_\_\_\_\_

7. Your younger brother just got hit in the stomach with a football. He is breathing funny, and his face is turning blue.

Is this an emergency?  Yes  No

Do you need first aid?  Yes  No

What do you do?

\_\_\_\_\_

Whom do you call?

\_\_\_\_\_

**Recommended answers:**

1. **Emergency.** Call the fire department or 911 from a neighbor's,
2. **Emergency if bleeding does not stop.** Need first aid. Wash well with soap and apply an adhesive bandage.
3. **No emergency or first aid.**
4. **Need first aid.** Hold under cold running water for 5 minutes or until the pain stops.
5. **No emergency or first aid.** Comfort your sister.
6. **Emergency if bleeding does not stop.** Need first aid. Pinch your nose and sit quietly for 7 minutes.
7. **Emergency.** Get help, and have someone call an ambulance or 911.



## Make a first aid kit.

**M**ake a first aid kit together as a family activity. Buying or gathering the materials will help every family member learn what each item is for. Include an instruction sheet in the kit. Once you make the kit, store it where those who know how to use it can reach it quickly.

### Directions

1. You can make an inexpensive and effective first aid kit in a 2- or 3-pound coffee can or other durable container with a secure plastic lid.
2. Make sure the container is clean and dry.
3. Gather from around the house or purchase the following supplies:
4. Make a first aid instruction sheet to put in the kit.
5. Place the wash cloth in the bottom of the container. Arrange supplies for easy reach, then close the lid.
6. Make labels for the container side and lid. Print clearly on each label:

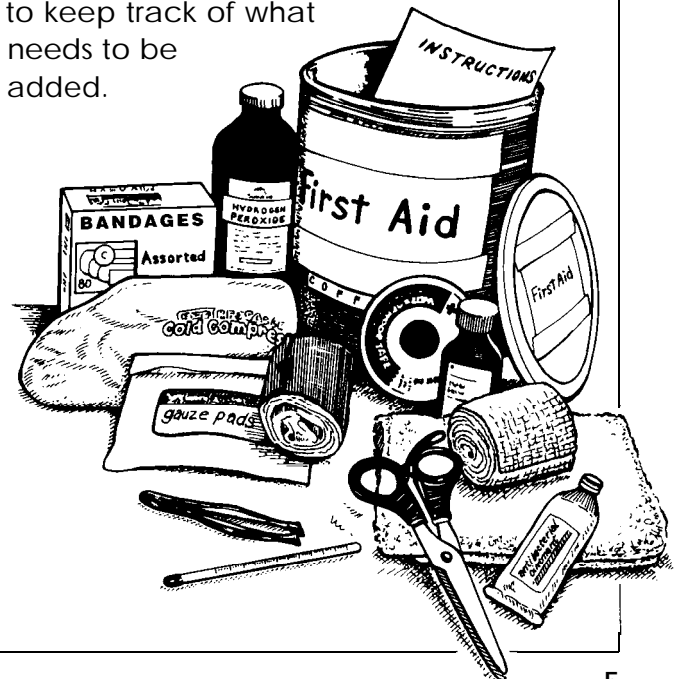
#### *FIRST AID*

7. Store the first aid kit where family members who know how to use it can reach it quickly.
8. Items that are used up or that have "Best if used by" dates need to be replenished. Decide how to keep track of what needs to be added.

Adhesive bandages, assorted  
 Adhesive tape, roll  
 Antibiotic ointment  
 Chemical cold pack  
 Elastic bandage, 2"  
 Gauze pads, 2" x 2"  
 Hydrogen peroxide  
 Latex gloves  
 Syrup of Ipecac, 6 ounces \*  
 Roller bandage, 2"  
 Scissors, small  
 Thermometer  
 Tweezers  
 Wash cloth

\* Post the Poison Control Center number with other emergency numbers by each phone. Teach your child(ren) to explain what was swallowed and wait for instructions. Syrup of Ipecac is only one of several emergency responses, and may not be the right remedy for the substance.

**Note:** Keep all medications — including aspirin or aspirin substitutes — out of reach of children. If children home alone require medication such as for asthma or allergies, ask your doctor for advice.



## Resources

Your local Red Cross provides first aid training for children and families.

Another helpful resource is *Dr. Lee Salk's Super Sitters Emergency Care and First Aid Manual: A Guide to Handling Medical Emergencies and Routine Health Care*.

For information on how to order, call:

(800) 323-3431

In Chicago: 404-0030

FAX (773) 404-0035

*Family Keys 6, 7, 10 and 11* teach personal, fire and kitchen safety.

# 5

KEY

**First Aid** introduces first aid and what to do in an

emergency. Red Cross first aid training provides details. Make a first aid kit together, and practice deciding "Is this an emergency?"



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