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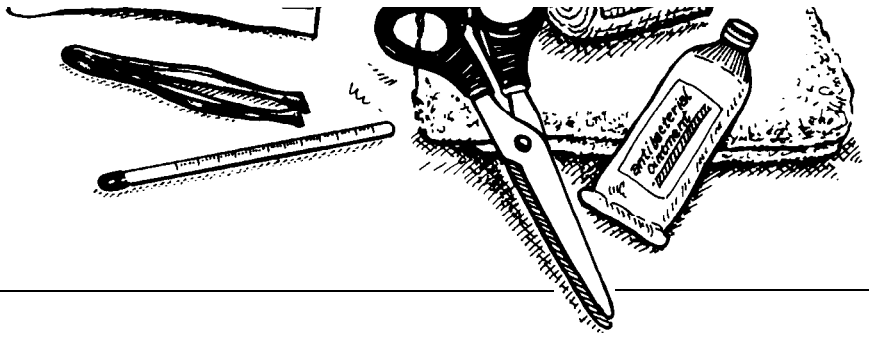
Family Keys



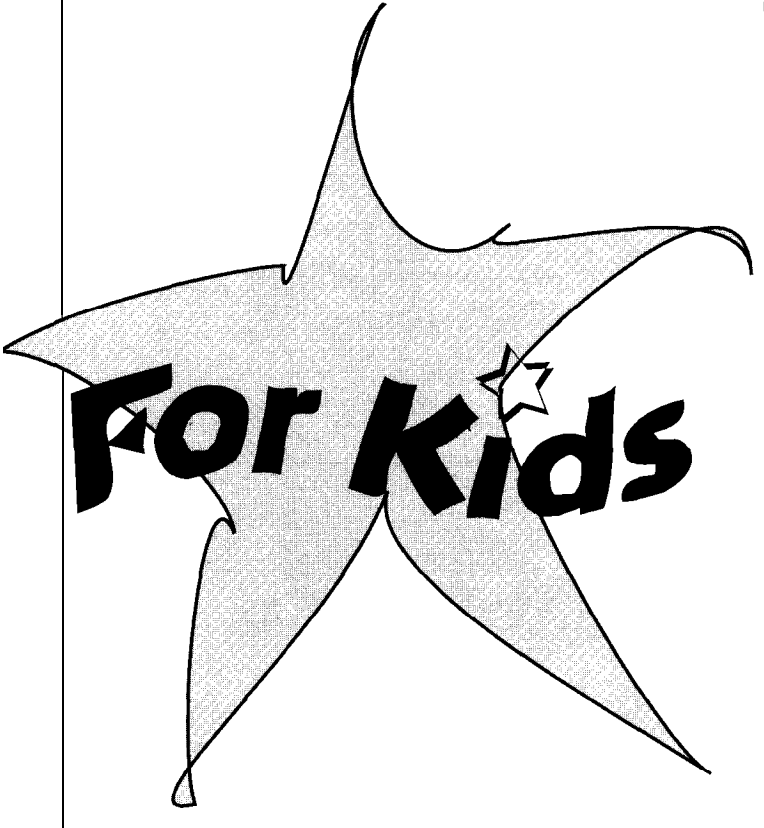
In case of emergency. . .

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.

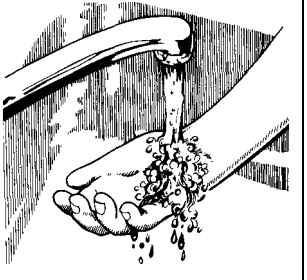
3. Call the right emergency number or get help.



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.



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.

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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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