



# Basic First Aid for Children

Emergency Situation:	What to do:
<p><b>Cuts/Bleeding/Lacerations</b></p> 	<ol style="list-style-type: none"> <li>1.) Wash the wound thoroughly with water.</li> <li>2.) Place a piece of sterile gauze or a clean cloth over the entire wound.</li> <li>3.) Apply steady, direct pressure to the wound for 5 minutes</li> <li>4.) Call your doctor or seek immediate medical attention for all large cuts, or if:             <ol style="list-style-type: none"> <li>a. you're unable to stop the bleeding after 5 minutes of pressure, or if the wound begins bleeding again (continue applying pressure until help arrives)</li> <li>b. you're unable to clean out dirt thoroughly, or there's something else stuck in the wound</li> <li>c. the wound is on the child's face or neck</li> <li>d. the injury was caused by an animal or human bite, burn, electrical injury, or puncture wound (e.g., a nail)</li> <li>e. the cut is more than half an inch long or appears to be deep</li> </ol> </li> </ol>
<p><b>Choking for Children 12 Months and Older</b></p>  <p style="text-align: center;">A                      B</p>	<ol style="list-style-type: none"> <li>1.) Choking Signs             <ol style="list-style-type: none"> <li>a. Unable to breathe, talk, make noise, or skin turning bright red or blue.</li> <li>b. If the child is coughing or gagging, the airway is only partially blocked. In this situation, let the child continue to cough.</li> </ol> </li> <li>2.) What to do:             <ol style="list-style-type: none"> <li>a. Back Blows (Picture A): Firmly strike the child between the shoulder blades with the heel of your other hand. Each back blow should be separate. Give 5 of these.</li> <li>b. Then do abdominal thrusts (Picture B): Make a fist with one hand and place the thumb side against the middle of the child's belly, just above the belly button. Grab your fist with your other hand and give 5 quick, upward thrusts into the abdomen.</li> <li>c. Repeat alternating back blows and abdominal thrusts until the object is forced out or if the child becomes unresponsive.</li> <li>d. Call 911</li> </ol> </li> </ol>

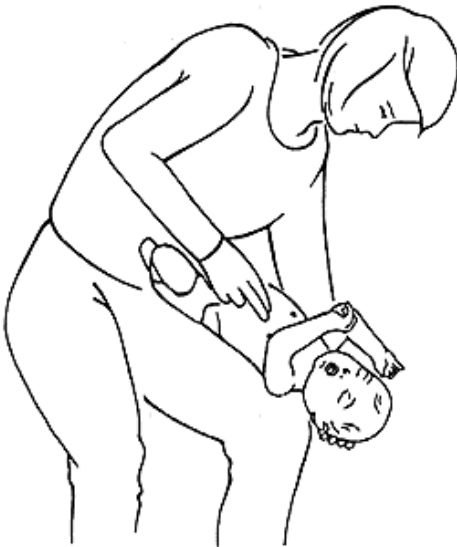
# Basic First Aid for Children

## Choking for Infants Under 12 months

A



B



### 1.) Signs of choking:

- a. Unable to breathe, talk, make noise, or skin turning bright red or blue.
- b. If the infant is coughing or gagging, the airway is only partially blocked. In this situation, let the infant continue to cough. Do not attempt to get the object.

### 2.) What to do:




- a. Back blows (Picture A): Using the heel of your hand, deliver 5 first back blows between baby's shoulder blades.
- b. Then do chest thrusts (Picture B): Place the pads of two or three fingers in the center of the baby's chest, just below an imaginary line running between his nipples. To do a chest thrust, push straight down on the chest about 1 1/2 inches. Then allow the chest to come back to its normal position. Do 5, smooth, chest thrusts.
- c. Continue alternating five back blows and five chest thrusts until the object is forced out or until the baby starts to cough forcefully, cry, breathe, or becomes unresponsive.
- d. Call 911

## Burns

### First degree burns (Signs: Pain, redness, swelling)

1. Remove the child from the heat source.
2. Remove clothing from the burned area immediately.
3. Run cool (**not** cold) water over the burned area **or** hold a clean, cold compress on the burn for approximately 3-5 minutes (**do not use ice, as it may cause more destruction to the injured skin**).
4. **Do not** apply butter, grease, powder, or any other remedies to the burn, as these can make

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 <p>First degree burn</p> <p>Second degree burn</p> <p>Third degree burn</p>	<p>the burn deeper and increase the risk of infection.</p> <ol style="list-style-type: none"> <li>Apply aloe gel or cream to the affected area. This may be done a few times during the day.</li> </ol> <p>Second and Third Degree (Signs: Pain, redness, swelling, blistering, white or blackened charred skin)</p> <ol style="list-style-type: none"> <li>Call for emergency medical care, then follow these steps until medical personnel arrive:</li> <li>Keep your child lying down with the burned area elevated.</li> <li>Remove all jewelry and clothing from around the burn (in case there's any swelling after the injury), except for clothing that's stuck to the skin. If you're having difficulty removing clothing, you may need to cut it off or wait until medical assistance arrives.</li> <li>Do not break any blisters.</li> <li>Apply cool water over the area for at least 3-5 minutes, then cover the area with a clean dry cloth or sheet until help arrives.</li> </ol>
<p><b>Poisoning</b></p> 	<ol style="list-style-type: none"> <li>If you suspect your child has ingested a poison, contact <b>POISON CONTROL</b> right away for advice. <b>1-800-222-1222</b> <ol style="list-style-type: none"> <li>Symptoms: drowsiness, sudden change in behavior, unusual odor, pill fragments on lips or clothes, excessive drooling, vomiting, confusion.</li> </ol> </li> <li>Do <b>NOT</b> force the child to vomit.</li> <li>Think prevention: Keep medicines, cleaning products, alcohol, and all other items that are potentially poisonous locked and out of reach of children.</li> </ol>
<p><b>Serious Allergic Reactions/ Anaphylaxis</b></p> 	<ol style="list-style-type: none"> <li>Anaphylaxis is a severe allergic reaction and potentially life threatening. It is a medical emergency, requiring immediate treatment. Symptoms of anaphylaxis include: difficulty breathing, swelling of tongue, swelling/tightness of throat, difficulty talking, wheezing, dizziness, and/or fainting.</li> <li>If you suspect a child is having an anaphylactic reaction, <b>CALL 911</b>.</li> <li>Lay the child flat. If breathing is difficult, you can allow them to sit.</li> <li>If the child has an EpiPen, give it right away.</li> </ol>

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### Emergency Phone Numbers:

Emergency Medical Services: 9-1-1

Poison Control Center: 1-800-222-1222

Fire Department:

Police Department:

Child's Doctor: Name \_\_\_\_\_ Phone # \_\_\_\_\_

Nearby Hospitals:

Emergency Contact: Name \_\_\_\_\_ Phone # \_\_\_\_\_

### **How to get CPR training:**

UnityPoint Health/Meriter (\$80)

American Red Cross (\$116)

American Heart Association

Pulse Check Plus (\$61)

Dean Medical Group (\$25)

CPR Madison (\$85)

UW-Madison Police Department (\$55)