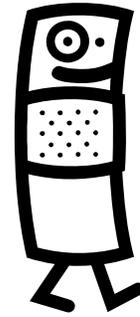
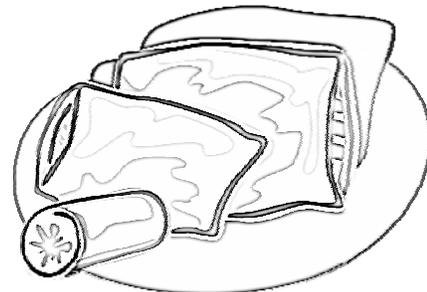


Should your friend, or a brother or sister, feel nauseous or complain of a belly pain, don't give that person anything to eat or drink. Put an ice pack on the area that hurts and call an adult. ALWAYS STAY CALM!



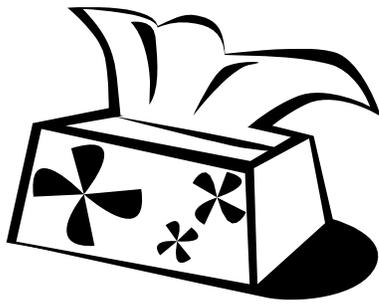
Wash out minor cuts with soap and water, than cover with a bandage. If you have a deep cut, cover it with a clean cloth. Press down on the cut and keep the pressure steady until the bleeding stops. If it doesn't stop, call 9-1-1. ALWAYS STAY CALM!.

Draw your own picture of how to handle this emergency here!

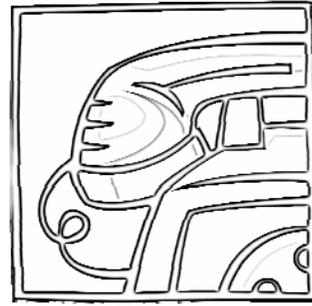


Run minor burns under cold water immediately after they happen. It will help take away the pain. If the burn covers a large area and blisters, call for help, if your clothes or someone elses cloths catch on fire, DON'T RUN, Stop, Drop, and Roll until the flames go out, call 9-1-1, and ALWAYS STAY CALM!

If someone faints, put a pillow under his/her legs to elevate them. Tilt head to the side, than put cold compresses on the forehead and call 9-1-1. ALWAYS STAY CALM!



If you get a nosebleed, sit down and lean forward to keep the blood from going down your throat. Take a handkerchief or a clean cloth and place it over the bridge of your nose. Squeeze firmly on both sides of the soft portion of your nose for 10 minutes. Keep the pressure steady. If the bleeding doesn't stop, call 9-1-1. ALWAYS STAY CALM!



Poison Control:

If you, or a brother or sister swallows something poisonous, call the local Poison Control Center immediately, and 9-1-1. Have as much information as you can about what was taken, how much, when, etc. **Do not** eat or drink anything, wait until help arrives. ALWAYS STAY CALM!.

What two words should you remember when facing any first aid emergency? Find those two words in the puzzle!

A	C	F	G	I	L	P	Q	B	O	C
S	T	A	Y	Z	R	F	U	L	Q	A
N	M	X	E	E	P	N	I	D	V	L
F	S	N	P	G	J	Y	O	U	D	M

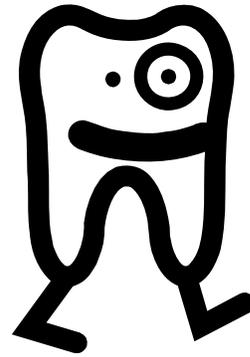
If someone is hit on the head and is unconscious, call 9-1-1. NEVER MOVE THE HEAD OR NECK, stay CALM, and wait for emergency help to arrive, do not leave the person alone. And don't allow someone to move them until help arrives, ALWAYS STAY CALM!



If an insect stings you and the stinger remains, never squeeze it out. Scrape it off with your fingernail. After the stinger is removed, wash the area with soap and water. Then apply an ice pack or cold cloth. If you start having trouble breathing, or if you know you are allergic to that insect, call 9-1-1. STAY CALM!

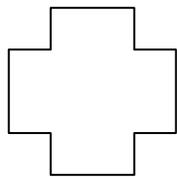


If you or a friend should fracture a limb, don't move that limb. Ask someone to call 9-1-1. Don't give the injured person anything to eat or drink. If the injured limb is deformed or badly swollen, it usually means there is a fracture. STAY CALM!



If a tooth is knocked out, rinse it with water and place it in a container of milk or water. See a dentist immediately.

Stay



calm!

A Kid's Guide to Surviving  
First Aid Emergencies

Lovingly made for YOU

By

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