BASIC FIRST AID REMEDIES

Treatment of First Degree Burns

1. The first thing to do is to get away from the heat.
2. Apply cool water in order to cool the burn. This will help ease the swelling and diminish the pain.
3. A cool compress should be applied if available. If the burn has not broken or charred the skin, place the burned area in cool (not ice) water, pat dry, and cover with a dry, sterile cloth. Do NOT use ointment, butter, or petroleum jelly.
4. Have an adult check the burn. If the skin is broken, blistered, or charred, call a doctor, hospital, or local emergency number, as this indicates a second or third degree burn and requires medical attention.

Finger Splint

1. Try to immobilize the injured finger until you can seek medical assistance by using a small splint and wrapping it with gauze or tape. A splint can be made from any small rigid object, like a wooden craft stick or another finger.
2. Ice the injured finger to reduce swelling. Remove any jewelry from the entire hand, since swelling could spread to other areas. Avoid placing ice directly on the skin by using an ice pack or plastic bag. Keep the finger elevated above the level of your heart if possible.
3. Seek medical help as soon as you can. The usual medical treatment for a broken finger is X-rays, followed by a splint, unless the fracture is severe enough to warrant orthopedic surgery.
4. Continue to use ice packs after you get home to keep the swelling down, and take an over-the-counter pain medication such as acetaminophen or ibuprofen to give you relief. Using a pillow to help elevate the finger while at rest will also help to reduce swelling.
5. Make sure you follow up with a doctor to make sure the finger healed properly and that all dexterity has returned to the finger within a few weeks. While it is common for a broken finger to heal slightly crooked, movement should not be restricted.

Animal Bite

1. Wash the wound with soap and warm water.
2. Apply a sterile bandage or cloth.
3. Call a doctor.
4. Try to identify the animal in case it needs to be tested for rabies.

Insect Sting

1. Remove the stinger if you can. Don’t use tweezers, because this might cause poison to travel into the bitten area. Instead, scrape across the top of the skin.
2. Wash the area with soap and water, and apply ice to reduce the swelling.
3. If there is a lot of swelling, or if the person seems to be getting sick, she might be suffering from an allergic reaction. In this case, call a doctor, hospital, or local emergency assistance number.
Using Bandages and Gauze

1. Clean around the wound with soap and water.

2. Press on the cut to stop the bleeding, and continue for up to 10 minutes or until you see the blood has formed a clot. For this, use a sterile bandage, clean cloth, or if not available, a clean hand. (Try not to use dry gauze. It can stick to the wound). Don’t use a Band-Aid for applying pressure.

3. Apply pressure on the wound again if it keeps bleeding. Get help if it is still bleeding after 20 minutes or more. Keep pressing on it while you wait for help.

4. Lift the part of the body with the cut higher than the heart. This slows down blood flow to that spot.

5. Apply a first-aid cream, such as Neosporin or Johnson and Johnson, on the cut after it has stopped bleeding and when it is clean and dry. Apply it with a sterile cloth or cotton swab.

6. Put one or more Band-Aids on the cut. Do it this way...put the Band-Aid across the cut so it can help hold the cut together. The sides of the cut skin should touch, but not overlap. Don’t touch the cut with your hand. You can use a butterfly bandage if you have one. Use more than one bandage for a long cut. Leave the bandage on for 24 hours. Change the bandage every day or two or more often if you need to. Be careful when you take the bandage off. You don’t want to make the cut bleed again. If you have used gauze, wet it before you pull it off.

Practice with Nosebleeds

1. Pinch your nose between your thumb and forefinger, and apply moderate pressure by squeezing against the nasal septum (the midsection of your nose) for 15 minutes.

2. Lean your head forward, not backward, so that the blood does not trickle down your throat. This will prevent a feeling of gagging.

3. Breathe through your mouth.

4. Apply a cold, soft compress around your nose as you continue to pinch it between your fingers.

5. Once bleeding has stopped, elevate your head above your heart when you are lying in bed or on the couch. This helps alleviate nasal pressure.

6. Turn on a cool vaporizer to moisten mucus membranes, which will help prevent the nosebleed from recurring.

7. Apply a small amount of petroleum jelly to the inside of the nostrils to moisten the passages and prevent the nosebleed from recurring. Use your fingertip.

8. Avoid blowing your nose for 24 hours, and when you do blow it again, blow gently.

9. Avoid lifting heavy objects or engaging in other strenuous activities after a nosebleed. This can produce momentary surges in blood pressure that could cause the nose to bleed again.