

First Aid

EMERGENCY NUMBERS

EMERGENCY SERVICE 911

FOR HELP

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When calling for help, give:

- Your location, address and any other information that will help the responders find you.
- The nature of the emergency.
- The number of people involved.
- Your name.
- Any other helpful information.

BROKEN/ DISLOCATED BONES & FRACTURES

Treatment:

- Check medical history.
- Do not move the injured area.
- If an arm or leg is involved, splint the limb **in place** to **avoid** any further injury.
- Do not attempt to straighten the limb.
- If a limb is broken, use a splint.
- If a limb is dislocated, use a splint.
- If a limb is broken, use a splint.
- If a limb is dislocated, use a splint.

COMMON AILMENTS

Common Cold & Flu

Symptoms:

- Runny nose.
- Sore throat.
- Cough.
- Fever.
- Headache.
- Fatigue.

Treatment:

- Rest.
- Drink plenty of fluids.
- Use over-the-counter medications for pain and fever.
- Use a humidifier to help with a dry cough.
- Use a saline nasal spray to help with a runny nose.

Stye

Symptoms:

- A red, swollen bump on the eyelid.
- Pain.
- Discharge.

Treatment:

- Warm compresses.
- Clean the eye.
- Do not squeeze the stye.

LYME DISEASE

Symptoms:

- Fatigue.
- Muscle and joint pain.
- Headache.
- Fever.
- Rash.

Treatment:

- Antibiotics.
- Pain relievers.
- Rest.

Strep Throat

Symptoms:

- Sore throat.
- Red, swollen tonsils.
- White patches on the tonsils.
- Fever.
- Headache.
- Swollen lymph nodes.

Treatment:

- Antibiotics.
- Pain relievers.
- Rest.

Loss of Permanent Teeth

Symptoms:

- Pain.
- Swelling.
- Discharge.

Treatment:

- Antibiotics.
- Pain relievers.
- Rest.

QUICK TIPS

- Use a first aid kit.
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THE ELEMENTS

Fire

Symptoms:

- Heat.
- Light.
- Smoke.

Treatment:

- Extinguishers.
- Water.
- Sand.

Water

Symptoms:

- Thirst.
- Fatigue.
- Headache.

Treatment:

- Drink water.
- Rest.
- Use a first aid kit.

POISONING

Symptoms:

- Nausea.
- Vomiting.
- Diarrhea.
- Stomach pain.
- Dizziness.
- Confusion.

Treatment:

- Call poison control.
- Do not induce vomiting.
- Use a first aid kit.

Common Household Poisons

Symptoms:

- Nausea.
- Vomiting.
- Diarrhea.
- Stomach pain.
- Dizziness.
- Confusion.

Treatment:

- Call poison control.
- Do not induce vomiting.
- Use a first aid kit.

Carbon Monoxide Poisoning

Symptoms:

- Headache.
- Dizziness.
- Nausea.
- Vomiting.
- Diarrhea.
- Stomach pain.

Treatment:

- Call poison control.
- Do not induce vomiting.
- Use a first aid kit.

Common Household Poisons

Symptoms:

- Nausea.
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Treatment:

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Common Household Poisons

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Common Household Poisons

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- Use a first aid kit.

First Aid Quickstudy Health

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First Aid Quickstudy Health:

Up To Speed A Preppers Guide Galen Fries, 2024-05-17 No scare tactics here We all know bad things can happen and don't need to be scared into wanting to protect our loved ones *Up to Speed A Prepper's Guide* is just a discussion about what steps and in what order to take them in order to be ready for disasters manmade or otherwise It's good information with some humor thrown in for flavor The book has been carefully broken up into levels of importance It begins by addressing a survival mindset It then goes on to discuss ways we can set ourselves up for success when it comes to reuniting with loved ones having a home to come home to and finally what we should consider as we step out of our homes in order to keep our families safe *Up to Speed* tries to take the daunting task of protecting what is truly important to us and break it down into small manageable pieces This is not a survivalist book This is just a discussion and shouldn't be considered the end all in preppers manuals In it you will find references to many other books that will supplement your preparedness library First Aid BarCharts Publishing, Inc., 2002-07-26 Symptoms treatment and tips for a wide range of medical emergencies Great for home use or the professional as a quick reference or refresher This 6 page laminated guide covers the following topics Common Ailments Lyme Disease Quick Tips Emergency Numbers How to Call for Help Broken Dislocated Bones Fractures Wounds Sprains Strains Shock Burns Scalds Drug Overdose Food Poisoning Convulsions Heart Attack Internal Bleeding Loss of a Body Part Stroke The Elements Poisoning Carbon Monoxide Poisoning Insects Snakes Spiders Sea Creatures Plants Poison Ivy Oak Sumac Head Neck Back Injury Choking Maneuver Hyperventilation Concussion Fainting Electrocutation

First Aid Advanced - Survival & Disasters BarCharts, Inc, 2016 First Aid Handbook Alton L. Thygerson, 1995 Every year one of every four people sustains injuries serious enough to require medical attention Knowing what action to take in the first critical minutes of a medical emergency may mean the difference between life and death or permanent disability This book stresses the do's and don'ts of treating victims of all ages until professional help arrives **CPR and Lifesaving** BarCharts, Inc, Shirley A. Jones, 2012-12-31 Making the decision to help in an emergency situation is often a difficult choice Be prepared for emergencies with the help of our CPR Lifesaving QuickStudy R guide Packed with quickly accessible information on different aspects of lifesaving this go to reference will help you respond effectively in an emergency until professional help arrives Learn how to evaluate a scene the steps in CPR and AED use standard precautions and other essential elements in the chain of survival This durable laminated guide also includes illustrations for easy understanding Keep a copy in your home with your camping gear at your office in your car etc so that you will always be prepared

Pp/Chemistry BarCharts, Inc., 2008-06-18 Career Planning Manual for Human Resource Management/personnel Gladys W. Gruenberg, Personnel Accreditation Institute, 1986 *Congressional Record* United States. Congress, 1969 The Congressional Record is the official record of the proceedings and debates of the United States Congress It is published daily when Congress is in session The Congressional Record began publication in 1873 Debates for sessions prior to 1873 are

recorded in The Debates and Proceedings in the Congress of the United States 1789 1824 the Register of Debates in Congress 1824 1837 and the Congressional Globe 1833 1873 Business Periodicals Index ,2002 **Safety Maintenance** ,1958 *Acupressure Guide For Headache and Migraine Treatment* MobileReference,2007 Headache is often due to build up of stress and tension Acupressure is an effective way to relieve painful sensation associated these conditions This guide by Aaron Stein PhD is based on over 5 000 years of Chinese practice of self acupressure Features Step by step guide to relieving headaches and migraines at 5 locations In the frontal region of the head frontal headache In the back of the head occipital headache On the side of the head temporal headache On the top of the head vertex headache Pain in the eye headache behind the eye Every step explains point location direction of force and duration of massage No previous experience necessary Total treatment duration 10 to 15 minutes How acupressure works Nobody knows how acupressure works Very often pain is caused by a self perpetuating mechanism pain causes the mind to be attentive to pain that in turn causes more pain and even more attention and so on Most likely acupressure works by interrupting this vicious circle How does acupressure interrupt the cycle Stimulation of active points is thought to lead to increased release of endorphins Endorphin is a natural body painkiller Endorphin and morphine are chemically different molecules but by coincidence they have very similar 3 dimensional shape This similarity in shape allows morphine to bind the endorphin receptor and reduce pain Thus endorphin released by acupressure stimulation may lead to temporal reduction of mind s attention to pain interruption of pain cycle and following complete cessation of pain Media Review Digest C Edward Wall,2005-08 Emergency Medical Services ,1992 **State** ,1994 Guide to Current American Government Congressional Quarterly, Inc. Staff,Inc Staff Congressional Quarterly,1991 **The Journal of the Western Society of Periodontology** ,1953 *The House* ,1903 *Ladies' Home Companion* ,1926 School Activities ,1943 **Mother Jones Magazine** ,1993-11 Mother Jones is an award winning national magazine widely respected for its groundbreaking investigative reporting and coverage of sustainability and environmental issues

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