

# Basic First Aid for Families

Emergencies can happen at any time, and knowing some basic first aid can make a huge difference! This guide will help you understand simple steps you can take to help someone in your family if they get hurt. Always call 911 for serious injuries or emergencies.

## 1. First Aid Kit Checklist

Every family should have a first aid kit at home and in the car. Here's what to include:

- Bandages (various sizes)
- Gauze pads
- Antiseptic wipes (for cleaning wounds)
- Antibiotic ointment (like Neosporin)
- Tweezers (for removing splinters)
- Scissors (for cutting tape or clothes)
- Medical tape
- Pain relievers (like ibuprofen or acetaminophen)
- Cold packs (instant, if possible)
- Gloves (disposable, for protection)
- Thermometer
- Any medications family members take regularly

## 2. Cuts & Scrapes

What to Do:

1. Clean the wound with cool water to get rid of dirt.
2. Use antiseptic wipes or soap and water to clean the area around the wound.
3. Apply antibiotic ointment to prevent infection.
4. Cover the wound with a bandage or gauze.

When to Call for Help:

- If the cut is deep or won't stop bleeding.
- If it looks infected (red, swollen, or hot).

## 3. Burns

What to Do:

1. Cool the burn by running cool (not cold) water over it for 10-15 minutes.
2. Cover it with a clean, dry cloth or non-stick bandage.
3. Do NOT use ice or butter on burns—it can make them worse.

When to Call for Help:

- If the burn is larger than your palm.
- If it's a third-degree burn (white, charred, or numb skin).



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## 4. Nosebleeds

### What to Do:

1. Sit up straight (don't tilt the head back).
2. Pinch the nose just below the bridge with your thumb and index finger.
3. Hold for 10 minutes without checking.
4. If the bleeding continues, hold again for another 10 minutes.

### When to Call for Help:

- If the nosebleed lasts longer than 30 minutes.
- If it was caused by a hit to the head.

## 5. Sprains

### What to Do:

1. Rest the injured area—don't use it.
2. Ice it with a cold pack for 20 minutes every hour.
3. Compress it with an elastic bandage (wrap it snugly, but not too tight).
4. Elevate the injury above heart level to reduce swelling.

### When to Call for Help:

- If you can't move the joint or it's very swollen.
- If there is a lot of pain or bruising.

## 6. Choking

### What to Do:

1. Encourage coughing if the person can still breathe.
2. If they can't breathe, give back blows:
  - Stand behind the person.
  - Give 5 firm blows between their shoulder blades with the heel of your hand.
3. If that doesn't work, give abdominal thrusts (the Heimlich maneuver):
  - Stand behind the person, wrap your arms around their waist.
  - Make a fist with one hand and place it just above their belly button.
  - Grasp your fist with your other hand and thrust inward and upward quickly 5 times.

### When to Call for Help:

- If the person cannot breathe or loses consciousness.



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## 7. Insect Bites or Stings

What to Do:

1. Remove the stinger (if it's a bee sting) with a credit card or tweezers.
2. Wash the area with soap and water.
3. Apply ice to reduce swelling.
4. Use antihistamines if they have itching or swelling.

When to Call for Help:

- If the person has trouble breathing, feels dizzy, or has swelling on their face or throat (this could be an allergic reaction).

## 8. Fainting

What to Do:

1. Help them lie down on their back.
2. Raise their legs above heart level to improve blood flow.
3. Loosen tight clothing (like collars or belts).

When to Call for Help:

- If the person doesn't wake up quickly or if they hit their head when they fainted.

## 9. Heat Exhaustion

What to Do:

1. Move them to a cool place.
2. Have them drink water or sports drinks.
3. Cool them down with a cool, wet cloth on their skin or by fanning them.

When to Call for Help:

- If they feel confused, have a high fever, or stop sweating (this could be heat stroke, which is more serious).

## 10. When to Call 911:

- For serious injuries like broken bones, major burns, or heavy bleeding.
- If someone is unconscious or having trouble breathing.
- If you're ever unsure what to do and need help fast.

Always Be Ready!

First aid is all about staying calm, acting quickly, and knowing when to get help. By learning these simple steps, you can keep your family safe in case of an emergency. Make sure everyone in your home knows where the first aid kit is and how to use it.

