# FIRST AID

**Call 911 or an Emergency Number for any severely ill or injured child.**

## Eye Injuries

If anything is splashed in the eye, flush gently with water for at least 15 minutes. Call the Poison Center or your doctor for further advice. Any injured or painful eye should be seen by a doctor. Do **NOT** touch or rub an injured eye. Do **NOT** apply medication. Do **NOT** remove objects stuck into the eye. Cover the painful or injured eye with a paper cup or eye shield until you can get medical help.

## Fractures and Sprains

**DO NOT MOVE A CHILD WHO MAY HAVE A NECK OR BACK INJURY**, as this may cause serious harm. Call 911 or an emergency number.

If an injured area is painful, swollen, deformed, or if motion causes pain, wrap it in a towel or soft cloth and make a splint to immobilize the arm or leg with cardboard or another, rigid material. Apply ice or a cold compress, call your doctor, or seek emergency care. If there is a break in the skin near the fracture, or if you can see the bone, cover the area with a clean dressing and make a splint as described above.

If the foot or hand below the injured part is cold or discolored, seek immediate emergency care.

## Burns and Scalds

***General Treatment*** First stop the burning process by removing the child from contact with hot water or a hot object (eg, tar). If clothing is burning, do not remove. Smother the flames and wet the clothes immediately in order to stop further burning and pain. Run cool water over burned skin until the pain stops. Do not use ice or apply any medication or ointment.

***Burns With Blisters*** Do not break the blisters. Call your doctor for advice on how to cover the burn and about any large burns or burns on the face, hands, feet, or genitals.

***Large or Deep Burns*** Call 911 or an emergency number. After stopping and cooling the burn, keep the child warm with a clean sheet covered with a blanket until help arrives.

***Electrical Burns*** Disconnect electrical power. Do **NOT** touch the victim with bare hands. Pull the victim away from the power source with wood or a thick, dry cloth. **ALL** electrical burns need to be seen by a doctor.

## Head Injuries

**DO NOT MOVE A CHILD WHO MAY HAVE A SERIOUS HEAD AND/OR NECK OR BACK INJURY.** This may cause further harm.

Call 911 or an emergency number for a child with a head injury and any of the following:

- Any loss of consciousness or drowsiness
- Persistent headache or vomiting
- Clumsiness or inability to move any body part
- Oozing of blood or watery fluid from ears or nose
- Convulsions (Seizures)
- Abnormal speech or behavior

For any questions about less serious injuries, call your doctor.

## Stings and Bites

***Stinging Insects*** Remove the stinger as quickly as possible with the scraping motion of a fingernail. Put a cold compress on the bite to relieve the pain. If hives, nausea, vomiting, trouble breathing, or fainting occurs, call your doctor or 911. For spider bites, call your doctor or Poison Center and describe the spider.

***Animal or Human Bites*** Wash wound thoroughly with soap and water. Call your doctor.

***Ticks*** Place tweezers as close as possible to the head of the tick and slowly pull the tick away from the point of attachment. Call your doctor if any parts of the tick remain under the skin or if the child develops symptoms such as a rash or fever.

***Snake Bites*** Keep the child at rest. Call the Poison Center. Do not apply ice. Loosely splint the injured extremity. Take the child to an emergency department. Keep the extremity at rest, positioned at, or slightly below, the level of the heart.

## Nosebleeds

Keep the child in a sitting position with the head tilted slightly forward. Apply firm steady pressure to both nostrils by squeezing them between your thumb and index finger for 10 minutes. If bleeding continues, or is very heavy, call your doctor or seek emergency care.

## Poisons

If the child has been exposed to or ingested a poison, call your Poison Center.

***Swallowed Poisons*** Any non-food substance is a potential poison. Call the Poison Center immediately. Do not induce vomiting except on professional advice. The Poison Center will give you further instructions.

***Fumes, Gases, or Smoke*** Call 911 or the fire department and get the victim into fresh air. If the child is not breathing, start CPR and continue until help arrives.

***Skin Exposure*** If acids, lye, pesticides, chemicals, poisonous plants, or any potentially poisonous substance comes in contact with a child's skin, eyes, or hair, brush off any residual material while wearing rubber gloves, if possible. Remove contaminated clothing. Wash skin, eyes, or hair with large quantities of water or mild soap and water. Call the Poison Center for further advice.

If a child is unconscious, becoming drowsy, having convulsions, or having trouble breathing, call 911 or an emergency number. Bring the poisonous substance (safely contained) with you to the hospital.

## Teeth

***Baby Teeth*** If knocked out or broken, apply clean gauze to control bleeding and call your dentist.

***Permanent Teeth*** If knocked out, find the tooth and, if dirty, rinse gently without scrubbing or touching the root. Do not use chemical cleansers. Use milk or cold running water. Place the tooth into clean water or milk and transport the tooth with the child when seeking emergency care. Call and go directly to your dentist or an emergency department. If the tooth is broken, save the pieces in milk and call your dentist immediately.

## Fever

Fever in children is usually caused by infection, too warm an environment, or prolonged overactivity. Take the child's temperature to document a fever. The height of fever is less important than the child's appearance and activity. If the child appears very ill with fever, or is less than 3 months old, call your doctor. When the temperature reaches 102°F, undress the child to a diaper or underpants and a t-shirt, give fever medication as recommended by your doctor or the package instructions, and provide plenty of cool liquids to drink.

If the temperature remains over 104°F, sponge your child with lukewarm water (slightly cooler than the child's skin), and call your doctor. Do not use cold water or rubbing alcohol to sponge your child. If you are sponging your child in the tub, do not fill the tub with more than 2 inches of water, and do not leave the child unattended.

## Convulsions, Seizures

Protect the child from injury. Put nothing in the child's mouth. Loosen any restrictive clothing. Perform rescue breathing if the child is blue or not breathing. If breathing, lay the child on his or her side to prevent choking. Call 911 or an emergency number.

## Fainting

Lay the child on his or her back with the head to the side. Do **NOT** give the child anything to drink. If the child does not wake up right away, call your doctor, or dial 911 or your emergency number. If the child is not breathing, begin CPR.

## Skin Wounds

Make sure your child is immunized for tetanus. Puncture wounds or lacerations may require a tetanus booster even when your child is currently immunized.

***Bruises*** Apply cold compresses. Call your doctor for a crush injury, large bruises, continued pain, or swelling.

***Cuts*** Wash small cuts with water until clean; topical antiseptics can be used. Use direct pressure with a clean cloth to stop bleeding. Apply a topical antibiotic ointment, then cover the cut with clean dressing. Call your doctor for large and deep cuts since stitches should be placed without delay. Apply pressure directly to the wound for major bleeding with a clean cloth and call for help (911). Continue pressure until help arrives.

***Scrapes*** Irrigate with water to remove dirt and germs. Do not use detergents, alcohol, or peroxide. Use a topical antiseptic. Apply an antibiotic ointment and a nonadherent dressing.

***Splinters*** Remove small splinters with tweezers, then wash and apply topical antiseptic. If you are unable to remove the splinter completely, call your doctor.

***Puncture Wounds*** Do not remove large objects such as a knife or stick from a wound. Call for emergency medical assistance (911). Such objects must be removed by a doctor. Call your doctor for all puncture wounds. Your child may need a tetanus booster.

ANTISEPTIC

ANTIBIOTIC

**Does your community have 911? If not, note the number of your local ambulance service and other important numbers below.**

## Be Prepared: Call 911

**KEEP EMERGENCY NUMBERS BY YOUR TELEPHONE**

Doctor

Poison Center

Ambulance

Emergency Dept.

Fire

Police

WARNER LAMBERT **Supported by an educational grant from Warner-Lambert**

American Academy of Pediatrics

**Turn Over for Choking and CPR Instructions**

HE0008 (Rev 1/99)
© American Academy of Pediatrics