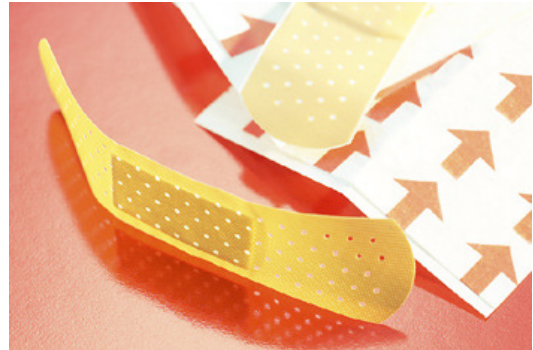


## 10 First Aid Mistakes

Sometimes, the first aid measures taken on the scene *before* a patient arrives at the hospital can make all the difference. Here are the 10 most common first aid mistakes -- and what you should do instead.



### 1. **Cut off finger part**

Don't try to preserve the loose part by placing it directly on ice.

Do wrap the severed part in damp gauze (saline would be ideal for wetting the cloth), place it in a watertight bag and place *the bag* on ice. Then be sure to bring the bag and ice to the emergency room. As for the wound on the hand or body, apply ice to reduce swelling and cover it with a clean, dry cloth.

### 2. **Knocked-out tooth**

Don't scrub the tooth hard even if it's dirty (a gentle rinse is OK)

Do put the tooth in milk and go straight to the ER; there's a chance the tooth could be re-implanted.

### 3. **Burns**

Don't apply ice or butter or any other type of grease to burns. Also, don't cover a burn with a towel or blanket, because loose fibers might stick to the skin. When dealing with a serious burn, be careful not to break any blisters or pull off clothing stuck to the skin.

Do wash and apply antibiotic ointment to mild burns. Head to the hospital for any burns to the eyes, mouth, or genital areas, even if mild; any burn that covers an area larger than your hand; and any burn that causes blisters or is followed by a fever.

### 4. **Electrical burns**

Don't fail to get medical attention for a jolt of electricity, even if no damage is evident. An electrical burn can cause invisible (and serious) injury deeper inside the body.

Do go to the ER immediately.

## 5. **Sprained ankle**

Don't use a heating pad.

Do treat a sprain with ice. Go to the ER if it is very painful to bear weight; you might have a fracture.

## 6. **Nosebleed**

Don't lean back. And after the bleeding has stopped, **don't** blow your nose or bend over.

Do sit upright and lean forward and pinch your nose steadily (just below the nasal bone) for five to 10 minutes. If the bleeding persists for 15 minutes (or if you think you are swallowing a lot of blood) go to the ER.

## 7. **Bleeding**

Don't use tourniquets! You could cause permanent tissue damage.

Do apply steady pressure to the wound with a clean towel or gauze pack and wrap the wound securely. Go to the ER if the bleeding doesn't stop or if the wound is gaping or caused by an animal bite. To help prevent shock, keep the victim warm.

## 8. **Ingestion of poison**

Don't induce vomiting or use Ipecac syrup (unless instructed to do so by emergency personnel).

Do call poison control, and bring the ingested substance with its container to the ER.

## 9. **Being impaled**

Don't remove the object; you could cause further damage or increase the risk of bleeding.

Do stabilize the object, if possible, and go to the ER.

## 10. **Seizures**

Don't put anything in the victim's mouth.

Do lay the victim on the ground if possible in an open space and roll the victim onto his or her side. Call 911.

*You should also **call 911** whenever you see or experience chest pain, fainting, confusion, uncontrollable bleeding or shortness of breath.*

# First Aid Kit<sup>®</sup>

- Use a waterproof, durable container like a plastic tackle box.
- Store in a place that is out of children's reach but easily accessible for adults.
- Include a list of emergency phone numbers.
- Store a blanket nearby.

## CLEAN

- 1 \_\_\_ Antibacterial Soap 2 oz or bar
- 5-20 \_\_\_ Antiseptic Towelettes
- 5-20 \_\_\_ Alcohol Prep Pads
- 8 \_\_\_ Providone iodine Prep Pad
- 1 \_\_\_ Eye Cup
- 1 \_\_\_ Eye Wash (saline) 1 oz
- 20 \_\_\_ Cotton-Tip Applicators
- 10 \_\_\_ Cotton Balls
- 6 \_\_\_ Examination Gloves, medical grade lg
- 3 \_\_\_ Hand Sanitizer Packets
- 3 \_\_\_ Poison Ivy Cleanser Towelettes
- 5 \_\_\_ Water Purification Tablets
- 1 \_\_\_ Bleach (2 oz bottle)

## TREAT

- 5-10 \_\_\_ Antibiotic Ointment (like Polysporin)
- 5 \_\_\_ Burn Cream Ointment
- 1 \_\_\_ Cough Syrup 4 oz
- 10 \_\_\_ Throat Lozenges
- 3 \_\_\_ Hydrocortisone Cream Packets
- 1 \_\_\_ Petroleum Jelly sm tube (lubricant)
- 1 \_\_\_ Hydrogen Peroxide Spray (2 oz.)
- 12 \_\_\_ Sting Relief Pads (like Calamine)
- 10 \_\_\_ Antacid Tablets (upset tummy)
- 10 \_\_\_ Diarrhea Remedy Tablets
- 6 \_\_\_ Laxative Tablets
- 12 \_\_\_ Aspirin, non-coated (heart attacks)
- 12 \_\_\_ Non-Aspirin Tablets
- 12 \_\_\_ Ibuprofen Tablets
- 1 \_\_\_ Children's pain liquid, if needed
- 1 \_\_\_ Instant Cold Pack 6"x 9"
- 1 \_\_\_ Reusable Hot/Cold Gel Pack 5"x 9"

## PROTECT

- 40 \_\_\_ Adhesive Bandages 3/8" x 1 1/2"
- 30 \_\_\_ Adhesive Bandages 3/4" x 3"
- 5 \_\_\_ Adhesive Bandages 1" x 3"
- 10 \_\_\_ Antibacterial Bandages 1" x 3"
- 6 \_\_\_ Butterfly Closure Bandages
- 12 \_\_\_ Wound Closure Strips 1/4"x 1 1/2"
- 3 \_\_\_ Knuckle Bandages
- 1 \_\_\_ Adhesive Tape Roll 1"x 5 yds
- 1 \_\_\_ Elastic Bandage 3" x 6'
- 1 \_\_\_ Gauze Roller Bandage 2"x 4 yds
- 1 \_\_\_ Gauze Roller Bandage 4" x 4 yds
- 3 \_\_\_ Gauze Pads, non-adherent 2"x3"
- 5-8 \_\_\_ Gauze Pads, sterile 2"x 2"
- 5-8 \_\_\_ Gauze Pads, sterile 4"x 4"

- 2 \_\_\_ Trauma Pads (ABD), sterile 5"x9"
- 2 \_\_\_ Triangular Bandages 40"x 40" x 56"
- 2 \_\_\_ Sterile Eye Pads 2"
- 5 \_\_\_ Insect Repellent Packets (1 gram)
- 3 \_\_\_ Sunscreen Lotion Packets (SPF 30+)

## ADDITIONAL SUPPLIES

- 1 \_\_\_ Consecrated Oil (for Priesthood blessings)
- 1 \_\_\_ First Aid Instruction Guide
- 1 \_\_\_ CPR Breathing Barrier (w/one-way valve)
- 1 \_\_\_ Flashlight, extra batteries
- 4 \_\_\_ Finger Splints (or Popsicle sticks)
- 1 \_\_\_ Medicine Dropper
- 1 \_\_\_ Multi-Purpose Tool (or sharp knife)
- 2 \_\_\_ Plastic trash bags, large
- 5 \_\_\_ Plastic zip-lock bags, smaller
- 10 \_\_\_ Safety Pins, assorted sizes
- 1 \_\_\_ Scissors, metal, sharp
- 1 \_\_\_ Space Blanket
- 3 \_\_\_ Splinter Removers, stainless steel
- 3 \_\_\_ Thermometers, disposable or
- 1 \_\_\_ Thermometer, oral (non-glass)
- 1 \_\_\_ Thermometer, rectal (for babies)
- 1 \_\_\_ Tweezers, metal with pointed tip 3"

## PET FIRST AID KIT

Don't forget your pet. What would you need?

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## PERSONAL MEDICATIONS (list & add 3-14 d supply)

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

*HINT: For smaller families, instead of purchasing all the items separately, purchase a ready-made kit and add the few missing items. Use it for daily living. Just buy a new kit each 3-5 years and never again purchase most boxes and tubes of items. Added bonus--you won't have to rotate expired items.)*

Helps:  
[www.providentliving.org](http://www.providentliving.org)  
[www.redcrossstore.org/shopper](http://www.redcrossstore.org/shopper)  
 Sam's Club, First Aid Center

## HOME MEDICAL HELP

### Oral Rehydration Therapy (ORT)

[www.rehydrate.org](http://www.rehydrate.org) (Rehydration Project)

[www.hetv.org/resources](http://www.hetv.org/resources) (Health Education to Villages)

Treats dehydration from flu and diarrhea. Do not use in place of a medical professional's advice, if one is available. Since patients are different, this is only a guideline.

5 cups (1 liter) clean, boiled drinking water (cooled)  
8 level tea. sugar (40 grams)  
1 level tea. pure, non-iodized salt (3.5 grams)

Stir mixture in clean pot until salt & sugar dissolve.

#### METHOD

1. Wash hands with soap and water before mixing. Wash your and child's hands before ea. feeding.
2. Solution should taste no saltier than tears.
3. Feed to conscious person after every loose stool.
4. Amount to feed:
  - Adults/lg children = 3 quarts per day until well.
  - Child 2-12: About ½ -1 cup ea feeding.
  - Child 2 and under: Abt ¼ - ½ cup ea feeding.
5. Solids: For child 4 mo+... can continue to give solids if not vomiting.
7. Feed from cup or spoon, slowly.
8. If patient vomits, wait 10 min. & give drink again. Usually vomiting stops. However, body will retain some of the fluid/salts even though there is vomiting.
9. Severe dehydration: Drink sips every 5 min. until urination becomes normal (4-5 times/day).
10. Store in cool place, if possible. Make fresh solution every 24 hours.
11. Extra liquids can be given until diarrhea stops (3-5 days).
12. For infants, alternate other fluids such as breast milk, juices, gruels (diluted cooked cereals and water), carrot soup, or rice water. Do not stop nursing if baby will.

13. Can add one of the following to improve taste and add potassium: ½ c. orange juice, some mashed banana, other fresh fruit juice, or a little blackstrap molasses.

### Homemade Nose/Sinus Wash

Not to be used in place of a medical professional's advice.

2 cups pure, filtered water, 98-99 degrees  
½ -1 ½ tea. pure salt, non-iodized (such as  
canning/pickling or Kosher salt)

¼ -½ tea. baking soda

1. Stir and store in fridge.
2. Warm small amount before use to 98-99° (body temp—be careful, too hot will burn). Put in nose spray bottle or use ear syringe.

### Nasal Wash

[www.recipezaar.com](http://www.recipezaar.com)

Not to be used in place of a medical professional's advice.

8 oz. distilled water  
¼ tea. salt, pure (such as canning/pickling  
salt or  
Kosher salt)  
¼ tea. baking soda  
1 tea. glycerin

1. Mix everything up in a jar.
2. Rinse through nose 4 times a day with syringe or more as needed.
3. Messy? Yes...but can relieve nasal congestion as well as purchased nose sprays. Can be used on most small children and babies as well.



Can also use a pre-packaged formula called Oral Rehydration Salts (ORS).

## REHYDRATING A SICK CHILD OR ADULT

[www.rehydrate.org](http://www.rehydrate.org)



Oral Rehydration Therapy (ORT) is best administered with the use of a pre-packed formula called **Oral Rehydration Salts (ORS)** available in a packet. ORS is a sodium and glucose solution used to treat children with acute diarrhoea.

In most parts of the world, these packets of ORS and special drinks for children with diarrhoea are widely available in pharmacies, shops, and health centres.

This packet of ORS is to be mixed with the recommended amount of clean water.

Although these 'salts' are specially made for the **treatment** of dehydration, they can also be used to **prevent** dehydration.

The packet is used by doctors and health workers to **treat** dehydrated children. But it can also be used in the home to **prevent** dehydration.

The New Reduced Osmolarity formula for the ORS packet recommended by WHO and UNICEF contains:

### 10 Things you should know about Rehydrating a child.

1. Wash your hands with soap and water before preparing solution.
2. Prepare a solution, in a clean pot, by mixing
  - eight level teaspoons of sugar and
  - one level teaspoon of salt
  - in one litre of clean water

**or**

  - 1 packet of Oral Rehydration Salts (ORS)
  - with one litre of clean drinking or boiled water (after cooled)

Stir the mixture till all the contents dissolve.
3. Wash your hands and the baby's hands with soap and water before feeding solution.
4. Give the sick child as much of the solution as it needs, in small amounts frequently.
5. Give child alternately other fluids - such as breast milk and juices.
6. Continue to give solids if child is four months or older.
7. If the child still needs ORS after 24 hours, make a fresh solution.
8. ORS **does not** stop diarrhoea. It prevents the body from drying up. The diarrhoea will stop by itself.
9. If child vomits, wait ten minutes and give it ORS again. Usually vomiting will stop.
10. If diarrhoea increases and /or vomiting persists, take child over to a health clinic.

## Oral Rehydration Solutions: Made at Home

The *most effective, least expensive* way to manage diarrhoeal dehydration

To prevent too much liquid being lost from the child's body, an effective oral rehydration solution can be made using ingredients found in almost every household. One of these drinks should be given to the child every time a watery stool is passed.

Ideally these drinks (preferably those that have been boiled) should contain:

- starches and/or sugars as a source of glucose and energy,
- some sodium and
- preferably some potassium.

The following traditional remedies make highly effective oral rehydration solutions and are suitable drinks to prevent a child from losing too much liquid during diarrhoea:

- **Breastmilk**
- **Gruels** (diluted mixtures of cooked cereals and water)
- **Carrot Soup**
- **Rice water - congee**

A very suitable and effective **simple solution** for rehydrating a child can also be made by using salt and sugar, if these ingredients are available.

If possible, add 1/2 cup **orange juice** or some mashed **banana** to improve the taste and provide some **potassium**.

Molasses and other forms of raw sugar can be used instead of white sugar, and these contain more potassium than white sugar.

If none of these drinks is available, other alternatives are

- **Fresh fruit juice**
- **Weak tea**
- **Green coconut water**

If nothing else is available, give

- water from the cleanest possible source (if possible brought to the boil and then cooled).

## The "simple solution"

### Home made ORS recipe

#### Preparing a 1 (one) litre oral rehydration solution [ORS] using Salt, Sugar and Water at Home

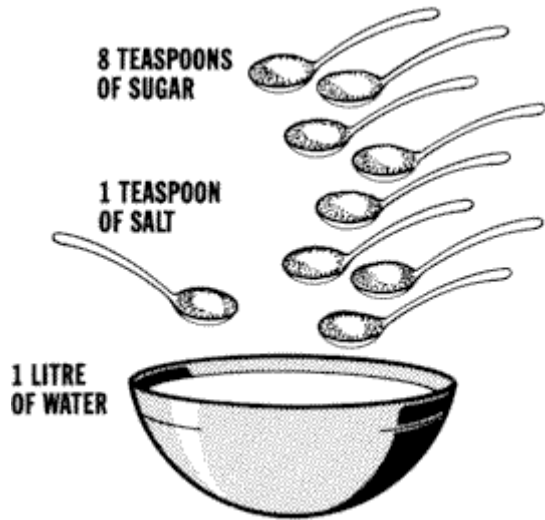
Mix an oral rehydration solution using one of the following recipes; depending on **ingredients and container availability**:

##### Ingredients:

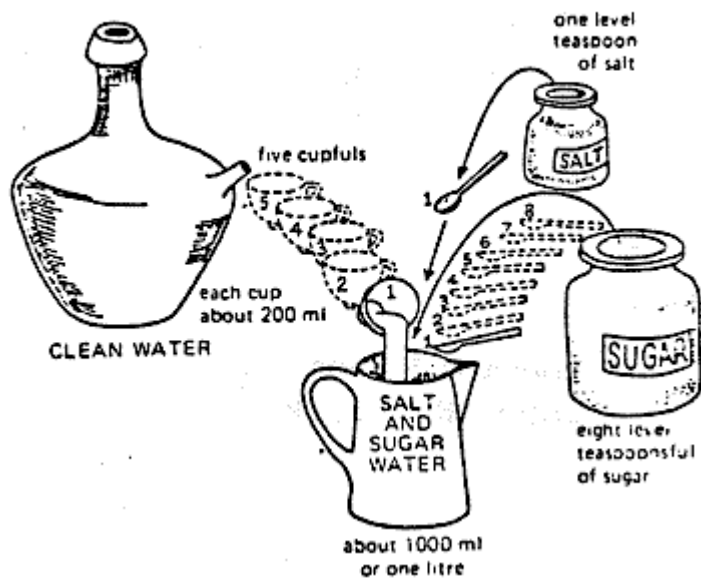
- **one level teaspoon of salt**
- **eight level teaspoons of sugar**
- **one litre of clean drinking or boiled water and then cooled**  
5 cupfuls (each cup about 200 ml.)

##### Preparation Method:

- Stir the mixture till the salt and sugar dissolve.



### MAKING SALT AND SUGAR WATER



[← top](#)

## Questions on Solutions made at Home

### Q. How do I measure the Salt and Sugar?

Different countries and different communities use various methods for measuring the salt and sugar.

- Finger pinch and hand measuring, and the use of local teaspoons can be taught successfully.
- A plastic measuring spoon is available from Teaching Aids at Low Cost (TALC) with proportions to make up 200 ml of sugar/salt solution.

Whatever method is used, people need to be carefully instructed in how to mix and use the solutions.

Do not use too much salt. If the solution has too much salt the child may refuse to drink it. Also, too much

salt can, in extreme cases, cause convulsions. Too little salt does no harm but is less effective in preventing dehydration.

A rough guide to the amount of salt is that the solution should **taste no saltier than tears**.

#### **Q. How much solution do I feed?**

Feed after every loose motion.

Adults and large children should drink at least 3 quarts or liters of ORS a day until they are well.

#### **Each Feeding:**

- **For a child under the age of two**  
Between a quarter and a half of a large cup
- **For older children**  
Between a half and a whole large cup

#### **For Severe Dehydration:**

Drink sips of the ORS (or give the ORS solution to the conscious dehydrated person) every 5 minutes until urination becomes normal. (It's normal to urinate four or five times a day.)

#### **Q. How do I feed the solution?**

- **Give it slowly, preferably with a teaspoon.**
- **If the child vomits it, give it again.**

The drink should be given from a cup (feeding bottles are difficult to clean properly). Remember to feed sips of the liquid slowly.

#### **Q. What if the child vomits?**

If the child vomits, wait for ten minutes and then begin again. Continue to try to feed the drink to the child slowly, small sips at a time.

The body will retain some of the fluids and salts needed even though there is vomiting.

#### **Q. For how long do I feed the liquids?**

Extra liquids should be given until the diarrhoea has stopped. This will usually take between three and five days.

#### **Q. How do I store the ORS solution?**

Store the liquid in a cool place. Chilling the ORS may help. If the child still needs ORS after 24 hours, make a fresh solution.

#### **Footnote:**

People often refer to home-prepared oral dehydration solutions as "home-brew." This should be discouraged because the word brew implies:

- either **fermenting** which in fact is an obstacle to some home-prepared solutions especially those made with rice-powder
- or it implies **boiling** (as in tea) which, especially with sugar and salt or using packets of ORS, should not be done because it decomposes the sugar, or caramelises.