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## irst Aid & Me

**FIRST AID IS VERY IMPORTANT TO KNOW! THERE ARE 5 STEPS YOU SHOULD REMEMBER IN ANY EMERGENCY:**

1. **STAY CALM** SO YOU CAN REMEMBER HOW TO HELP THE PERSON.
2. **GET HELP!** FIND AN ADULT OR CALL **9-1-1** OR “ZERO” FOR THE OPERATOR ON THE TELEPHONE, AND TELL THEM EXACTLY WHERE YOU ARE.
3. **LOOK AT THE SCENE OF THE INJURY** AND DETERMINE IF IT IS SAFE FOR YOU.
4. **LOOK AT THE INJURED PERSON.** IS THE PERSON AWAKE? BREATHING? BLEEDING?
5. **GIVE FIRST AID.**

### Cuts, Scrapes & Punctures

1. Wash wound with soap and water.
2. Put on bandage.
3. Wash your hands.



### If the bleeding doesn't stop:

1. Have the person sit down.
2. Put pressure on the wound with the palm of your hand and a clean cloth.
3. Put on a clean bandage after the bleeding has stopped.
4. Wash your hands.

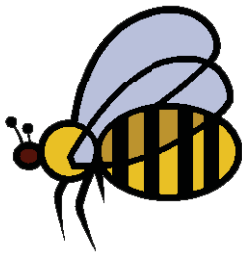
### Nose Bleeds:

1. Sit down.
2. Lean forward and put your chin to your chest.
3. Squeeze the bony part of your nose and wait until the bleeding stops. You may have to wait as long as 10 minutes.
4. Don't put anything up your nose to stop the bleeding & don't lean backwards.



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### Bites and Stings:

1. Wash the wound with soap and water for several minutes.
2. Control the bleeding.
3. Identify the animal that bit you. Look at its body, how big it is, and anything else that identifies it.
4. Tell an adult that you've been bitten. You may need to see a doctor.

### Choking:



1. Keep the person the person calm.
2. Allow the person to cough. Don't pound on the person's back.
3. If the person can't speak or breathe, stand behind the person and make a fist with one hand. Place your fist just above the person's belly button. Your thumb should be toward the person's stomach.
4. Reach around the person's body and grab your first with your other hand. Make sure your elbows are pointed out.
5. Pull your arms in and up toward the person's head quickly.
6. Repeat these steps until the person can breathe.

"First Aid & Me" written by Courtney J. Schoessow, MPH, April 2002.