

Basic First Aid Tips

Bleeding

- Pressure should be applied with a towel or gauze until it stops bleeding.
- Minor cuts and scrapes should be treated Hydrogen Peroxide.
- Sealing it with a band aid and antibiotic ointment can reduce the chance of infection.

Burns

- Minor burns can be treated with cool running water or compress.
- Seek a medical professional if blistering occurs.
- Antiseptic spray can provide relief of sunburn or minor burns temporarily.

Sprains

- Apply a cold compress or ice immediately to help swelling off and on.
- Talk to a medical professional as soon as possible to prevent further damage.
- Elevate arms or legs to help swelling.

Bites and Stings

- Ice or cold compress should be applied immediately.
- Remove any stinger if at all possible.
- Antihistamine cream should be applied to the site.
- Benadryl should be administered by both.
- Elevate the location of the bite or sting.
- Seek a medical professional for treatment for any side-effects such as shortness of breath or swelling.

Poison Plants and Rashes

- Wash contact area immediately, (take care to use gloves if at all possible, if not wash hands as soon as possible.)
- Antihistamine cream or hydrocortisone should be placed on the site.

- Take Benadryl by mouth
- If the site continues to decline in condition, seek a medical professional.

Vomiting

- Sips of ginger ale, crushed ice, and tea can be helpful every 5-10 min.
- Emetrol can ease nausea, follow instructions on the bottle.
- Add small amounts of food as conditions improve. Examples:
 - Crackers
 - Toast
 - Fruit
 - Rice
 - Clear Soups
- Incrementally add more complex foods, avoiding fatty foods until healed
- If vomit persists or it is accompanied by a fever, seek a medical professional.

Diarrhea

- An over the counter anti-diuretic will help most of the time. As for a pharmacist's suggestion.
- Consume only liquid until the condition improves.
- Drink liquids often, dehydration can become an issue.
- Work up to bland foods and avoid fried, fat, or vegetables until the condition is better.
- Restore original diet.
- If condition persists, consult a medical professional.

Colds and Sore Throat

- Drink increased amounts of fluid.
- Over the counter cold medicine is sometimes a very effective treatment. Consult a pharmacist to find one that fits your symptoms well.
- Use throat lozenges if needed following the directions on the label.

- Hot tea or other such liquids can provide temporary relief.
- If fever or other symptoms persist or occur, consult a medical professional.

Basic First Aid Supplies

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| Acetaminophen |
| Hydrogen Peroxide |
| Antibiotic Ointment |
| Antiseptic Ointment |
| Antihistamine Tablets |
| Antihistamine Cream |
| Hydrocortisone Cream |
| Ibuprofen |
| Aspirin |
| Decongestant |
| Oral Medicine Syringe |
| Cough Suppressant |
| Bandage of assorted sizes |
| Gauze Pads |
| Adhesive Tapes |
| Sharp Scissors with protective tips |
| Benadryl |
| Throat Lozenges |
| Cotton Balls |
| Bandage Closures |
| Safety Pins |
| Tweezers |
| Band-aids |
| Elastic Bandages |
| Cold Packs |
| Calamine Lotion |
| Hot Packs |
| Thermometer |