

### When to seek medical help

- If you are not sure-it really is better to be safe than sorry
- If the bleeding does not stop
- If the injury does not seem to be healing
- If the injury becomes infected (do not leave this)
- If the injury becomes more painful
- If the bruising was to the head and the patient can't remember what happened
- If the bruising was to the eye area, and the patient cannot move the affected eye in all directions



Mountain fold



Valley fold



Cut



### Burns and scalds (2)

- For burns bigger than 7cm, cover the area of the burn with strips of cling film, or use a clean, clear plastic bag for hand or foot burns and seek medical help
- For burns smaller than 7cm, cover the area of the burn with a sterile dressing and check the burn regularly
- Make sure that although the burn is cooled, the patient must be kept warm using blankets or extra clothing. Avoid the area of the burn or scald
- If the burn is painful, you may give a painkiller
- **DO NOT** burst any blisters

### Burns and scalds (1)

- Burns are caused by dry heat (fire, sun) and scalds are caused by wet heat (hot water or steam)
- First, stop further burning- take the person away from the heat
- Take off clothing or jewellery from near the injured area **but not** if the items are stuck to the skin to prevent further skin damage
- As soon as possible (less than 20 min) after the burn or scald, cool the area of the burn using cool or lukewarm water for 10-30 min. If there is no water, use milk, beer, juice **but not** ice, ice water or creams

### Bruises

- Blood from damaged blood vessels beneath the skin collects near the surface of the skin resulting in a black and blue mark
- Ice or cool the area on and off for the first 24-48 hours
- Apply ice for about 15 minutes at a time, and always put something like a towel or wash cloth between the ice and the skin
- Rest, and if possible raise the affected area
- If painful, give paracetamol (aspirin or ibuprofen may prolong the bleeding)

### Minor cuts and grazes

- Wash and dry your hands before treating the injury
- Clean the wound under running tap water, but do not use antiseptic as it may damage the tissue
- Pat the area dry with a clean towel
- Apply a sterile, adhesive dressing, such as a plaster
- Keep the dressing clean by changing it when necessary
- Keep the dressing dry by using a waterproof dressing, or protect it from water by covering it with something waterproof

### Insect Stings

- Remove the sting immediately using your nails or something like a credit card
- Do not use tweezers or try to pinch out the sting as you may puncture the sac containing the venom
- Wash the area with soap and water
- Put a cold flannel on the area
- Raise the part of the body that has been stung to prevent swelling
- Do not allow the patient to scratch the sting
- You may apply a spray or cream containing antihistamine and a local painkiller

### Bleeding cuts and grazes

- Stop the bleeding before applying a dressing
- Apply pressure to the area using a bandage or towel
- If the cut is to your hand or arm, raise it above your head
- If the cut is to a leg or foot, lie down and raise the injured bit above the level of your head so that the bleeding slows down and stops
- Now follow the steps for minor cuts and grazes
- If the bleeding starts again put a dressing over the first and get medical help

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### Basic first aid

### Minor cuts and grazes

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