



Family Fun Fire Safety Activity

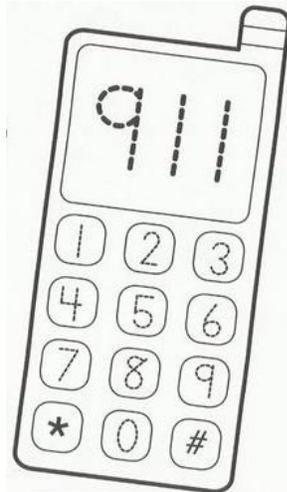


EMERGENCY FIRST AID

Every family needs to carry an emergency kit in their home as well as one in the car for traveling. If a scald or burn happens on your skin you need to know what to do immediately. Scalds and burns come in different severities ranging in first, second, and third degree burns.

Below are steps to take if you encounter a scald or burn. There is a list of supplies you should have in your first aid kit. Dial 911 for emergency services.

Children: Trace the number of 911 on the cell phone, and practice dialing 911 with your finger.



Emergency First Aid Checklist- Parents, check off each of the following first aid supplies, and add supplies you wish to have for your kit.

First Aid Burns and Scalds

ACT AT ONCE - DELAY IS SERIOUS

- 1** Immediately immerse the affected area in (or pour over) cold running water for at least 10 minutes or until the pain is relieved.
- 2** In the event of swelling, remove anything that may cause constriction i.e. belt, shoes, rings, etc.
- 3** Cover affected area with a dry sterile dressing.
- 4** Seek medical attention.

EMERGENCY SERVICES

- First aid manual
- Bandages (different sizes)
- Gauze (different sizes)
- Ace wraps
- Tape
- Tweezers
- Nail clippers
- Scissors
- Antiseptic wipes
- Instant cold compresses
- Tweezers
- Pairs of non-latex gloves
- Safety pins
- Tooth preservation kit
- Splint
- Flashlight
- Blanket
- Contact lenses, saline, and case

- Tylenol
- Motrin
- Benadryl
- Hydrocortisone cream
- Triple antibiotic ointment
- Hydrogen peroxide
- Aloe
- Calamine lotion
- Syringes for oral medication
- Thermometer
- Nasal bulb suction