

First Aid

Bleeding

- Apply direct pressure until bleeding is stopped.
- Elevate (if possible) area above heart.
- After bleeding has stopped, clean area with soap and water and cover with bandage.
- If the area gaping or is on a joint and opens with movement, stitches may be necessary.

Nose Bleeds

- Sit person down and have them lean slightly forward to facilitate drainage.
- Place pressure on nostril, firmly until bleeding has stopped. (Ice may also be applied at this time)
- If bleeding does not stop contact physician.

Burns (Heat)

- Run affected area under cool water for 5-10 minutes.
- **Do not use any butter on burn.**
- If burn is not blistering cover area with a clean dry dressing. May use benzocaine containing spray for temporary pain relief.
- **Blistering burns:** seek medical attention.

Sprains

- Apply ice immediately to affected area and elevate. (Apply ice on/off for the next 48 hours)
- May compress injury with ace wrap to prevent extra movement and further swelling
- If after a period of time the person is still unable to put weight on area or numbness/tingling occur seek medical attention.

Stings/Bug bites

- Check to make sure breathing is not affected. If affected call 911.
- Apply ice to affected area for pain relief.
- If stinger is present remove it and then wash area with soap and water.
- If available apply antihistamine cream to site to prevent further irritation.

Heat Exhaustion/Stroke

- Remove person from heat and into a cooler place.
- Give fluids (water or Gatorade) frequently in small amounts if conscience.
- If person has hot/dry red skin, vomiting, unconscious or confused start cooling rapidly with room temp water and call EMS).

(Information compiled from the Red Cross and Mo DHSS Emergency Guidelines)

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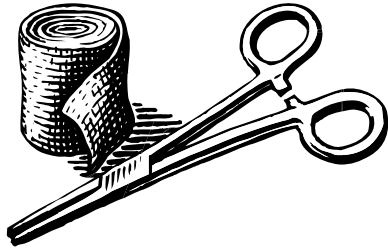
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What to have in your personal First Aid kit

(By Rusty Whieslan, WPPFD Paramedic)

- **Oral Medication:** Advil, Children's Tylenol, aspirin, Benadryl, Dramamine
- **Topical Medication:** Antibiotic ointment, antihistamine ointment, hydrocortisone cream, sunscreen, aloe gel, medication measuring spoon+
- **Saline solution, Nasal saline**
- **Hand sanitizer**
- **Hot/cold pack**
- **Disposable items:** gloves, "Barf" bag, multiple sizes of bandages, butterfly closures, multiple sizes of gauze pads (approx 10), alcohol pads, Small package of baby wipes
- **Gauze wrap, ace wraps, triangular bandage**
- **Popsicle sticks x 2 for splints**
- **Medical tape, tweezers, scissors, thermometer and tip covers**
- **CPR one way valve mask**
- **Glow sticks, flashlight and batteries**
- **Silver blanket**

Luke 10:35 *The Samaritan "went to him, and bound up his wounds, pouring in oil and wine, and set him on his own beast and brought him to an inn, and took care of him."*



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