Skin Wounds

- Make sure the child is up to date for tetanus vaccination. Any open wound may need a tetanus booster even when the child is currently immunized. If the child has an open wound, ask the pediatrician if the child needs a tetanus booster.

Bruses
- Apply cold compresses. Call the pediatrician if the child has high pain, large bruises, continued pain, or swelling. The pediatrician may recommend acetaminophen for pain.

Burns
- Rinses small cuts with water until clean. Use direct pressure with a clean cloth to stop bleeding. If cut is not deep, apply an antibiotic ointment, then cover the cut with a clean bandage.
- If there is a break in the skin near the fracture or if you can see bone, cover the area with a clean bandage, make a splint as described above, and seek emergency care.

Stings, Bites, and Allergies

Stinging Insects
- Remove the stinger as soon as possible with a scraping motion using a firm item (such as the edge of a credit card). Put a cold compress on the bite to relieve the pain. If trouble breathing, fainting, or extreme swelling occurs, call 911 or an emergency number right away. For hives, nausea, or vomiting, call the pediatrician. For spider bites, call the pediatrician or Poison Center (1-800-222-1222) and describe the spider. Have the pediatrician check any bites that become infected.

Animal or Human Bites
- Wash wound well with soap and water. Call the pediatrician. The child may need a tetanus or rabies shot.

Tick Bites
- Look for anything (medical jewelry, paperwork, etc) that may give you information about health problems.

General

- Know how to get help.
- Take the child’s temperature to see if he has a fever. Most children under 3 months have a fever of 100.4°F (38°C) or higher. This is a sign of a fever. However, the way the fever is treated depends on the child’s age.

Call 911 or an emergency number for a severely ill or injured child. Call 1-800-222-1222 (Poison Center) if you have a poison emergency.

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CHOKING/CPR
LEARN AND PRACTICE CPR (CARDIOPULMONARY RESUSCITATION)
IF ALONE WITH A CHILD WHO IS CHOKING...
1. SHOUT FOR HELP. 2. START RESCUE EFFORTS. 3. CALL 911 OR YOUR LOCAL EMERGENCY NUMBER.

YOU SHOULD START FIRST AID FOR CHOKING IF...
- The child cannot breathe at all (the chest is not moving up and down).
- The child cannot cough or talk, or looks blue.
- The child is found unconscious. (Go to CPR.)

DO NOT START FIRST AID FOR CHOKING IF...
- The child can breathe, cry, or talk.
- The child can cough, sputter, or move air at all. The child’s normal reflexes are working to clear the airway.

FOR INFANTS YOUNGER THAN 1 YEAR

INFANT CHOKING
If the infant is choking and is unable to breathe, cough, cry, or speak, follow these steps. Have someone call 911, or if you are alone call 911 as soon as possible.

IF ALONE WITH A CHILD WHO IS CHOKING …
1. GIVE FIVE BACK SLAPS
2. GIVE FIVE CHEST THRUSTS

IF ALONE WITH A CHILD WHO IS UNCONSCIOUS …
1. OPEN AIRWAY
- Open airway (lift head, lift chin).
- Take 5 to 10 seconds to check if the child is breathing after the airway is opened. Look for up and down movement of the chest and abdomen. Listen for breath sounds at the nose and mouth. Feel for breath on your cheek. If opening the airway results in breathing, other than an occasional gasp, do not give breaths.
- If there is no breathing, look for a foreign object in the mouth. If you can see an object in the infant’s mouth, sweep it out carefully with your finger. Then attempt rescue breathing. Do NOT try a blind finger sweep if the object is not seen, because it could be pushed farther into the throat.
- Check for signs of normal breathing, other than an occasional gasp, do not give breaths.

2. RESCUE BREATHING
- Pinch the child’s nose.
- Give 2 breaths, each rescue breath over 1 second with a pause between breaths. Each breath should make the chest rise and fall.
- If no rise or fall after the first breath, repeat steps 1 and 2. If still no rise or fall, continue with step 3 (below).

3. CHEST COMPRESSIONS
- Place heel of 1 hand on the bottom of the breastbone just below the nipple line. Compress chest at rate of 100 times per minute.

CONSIDER
- FIVE ABDOMINAL THRUSTS just above the navel and well below the bottom tip of the breastbone and rib cage. Give each thrust with enough force to produce an artificial cough designed to relieve airway obstruction.

IF THERE IS NO BREATHING AND NO REQUIREMENT FOR CHEST COMPRESSIONS...
- Be sure someone calls 911 as soon as possible. If you are alone, call 911 or your local emergency number after 5 cycles of breaths and chest compressions (about 2 minutes).

IF THERE IS BREATHING...
- Check for signs of normal breathing.
- If normal breathing continues, continue rescue breathing until help arrives.

FOR CHILDREN 1 TO 8 YEARS OF AGE*

CHILD CHOKING
If the child is choking and is unable to breathe, cough, cry, or speak, follow these steps. Have someone call 911, or if you are alone call 911 as soon as possible.

CONCISe
- FIVE ABDOMINAL THRUSTS just above the navel and well below the bottom tip of the breastbone and rib cage. Give each thrust with enough force to produce an artificial cough designed to relieve airway obstruction.

IF THE CHILD BECOMES UNCONSCIOUS, BEGIN CPR.

FIVE ABDOMINAL THRUSTS

1. OPEN AIRWAY
- Open airway (lift head, lift chin).
- Take 5 to 10 seconds to check if the child is breathing after the airway is opened. Look for up and down movement of the chest and abdomen. Listen for breath sounds at the nose and mouth. Feel for breath on your cheek. If opening the airway results in breathing, other than an occasional gasp, do not give breaths.
- If there is no breathing, look for a foreign object in the mouth. If you can see an object in the child’s mouth, sweep it out carefully with your finger. Then attempt rescue breathing. Do NOT try a blind finger sweep if the object is not seen, because it could be pushed farther into the throat.
- Check for signs of normal breathing, other than an occasional gasp, do not give breaths.

2. RESCUE BREATHING
- Pinch the child’s nose.
- Give 2 breaths, each rescue breath over 1 second with a pause between breaths. Each breath should make the chest rise and fall.
- If no rise or fall after the first breath, repeat steps 1 and 2. If still no rise or fall, continue with step 3 (below).

3. CHEST COMPRESSIONS
- Place heel of 1 hand on the lower half of the breastbone OR use 2 hands: place heel of 1 hand on the lower half of the breastbone, then place other hand over first hand and intertwine fingers (to keep them off the chest). Compress chest 1⁄3 to 1⁄2 the depth of the chest.
- Alternate compressions with 2 breaths.
- Compress chest at rate of 100 times per minute.
- Check for signs of normal breathing, coughing, or movement after every 5 cycles (about 2 minutes).

*For children 8 years and older, adult recommendations for choking/CPR apply.

IF AT ANY TIME AN OBJECT IS COUGHED UP OR THE INFANT/CHILD STARTS TO BREATHE, CALL 911 OR YOUR LOCAL EMERGENCY NUMBER.

ASK YOUR PEDIATRICIAN FOR INFORMATION ON CHOKING/CPR INSTRUCTIONS FOR CHILDREN OLDER THAN 8 YEARS AND FOR INFORMATION ON AN APPROVED FIRST AID OR CPR COURSE IN YOUR COMMUNITY.

Turn Over for First Aid Instructions

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