

First Aid for Kids - Handout



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Do you know how long to keep your child off school if they are ill?



Scabies

Stay home until after the first treatment.

Mumps

Stay home for 5 days from the onset of swelling.

Measles or German Measles

Stay home for 4 days from the start of the rash.

Diarrhoea & Vomiting

Stay home for 48 hours after the last episode.

Flu

Stay home until fully recovered.

Scarlet Fever

Stay home for 24 hours after starting antibiotics.

Chicken Pox

Keep at home until all blisters have crusted over.

Conjunctivitis

Can attend, but school or nursery should be informed.

Impetigo

Stay home until lesions are crusted and healed, or 48 hours after starting antibiotics.

Slapped Cheek Syndrome

Can attend, but school or nursery should be informed.

Hand, Foot & Mouth Disease

Can attend, but school or nursery should be informed.

Head Lice

Can attend, but school or nursery should be informed.

Glandular Fever

Can attend, but school or nursery should be informed.

Tonsillitis

Can attend, but school or nursery should be informed.

Whooping Cough

Stay home for 48 hours after starting antibiotics.

Threadworms

Can attend, but school or nursery should be informed.

First Aid Quick Guide

HANDS-ONLY CPR

- ✓ Call 112
- ✓ Push hard and fast at the center of the chest
- ✓ **IMPORTANT:** Hands-Only CPR is most effective if used after you SEE a teen or adult suddenly collapse. If you are trained in conventional CPR, you should use it if victim is found unconscious or is a child / infant, or is a victim of drowning, drug overdose or collapse due to breathing problems.

MAJOR BLEEDING

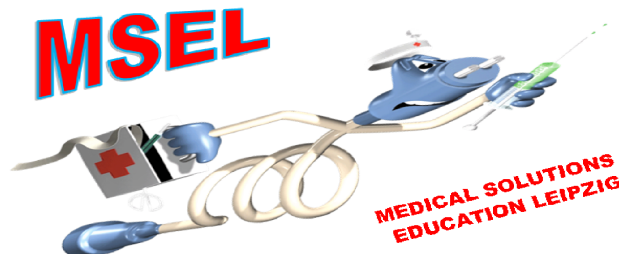
- ✓ Call 112 and put on gloves (or a plastic bag)
- ✓ Have person lie down with head lower than body.
- ✓ Remove obvious objects from wound, but don't clean it.
- ✓ If organs have been displaced, do not push them back in, simply cover the wound.
- ✓ Apply direct pressure with gauze / clothing until bleeding stops (don't "look" for at least 20 min), and apply pressure around deeply embedded objects, not over them.
- ✓ Do not remove gauze / bandage. Simply keep adding more as needed
- ✓ If limb (arm / leg) is bleeding, elevate it.

CONVENTIONAL CPR

- ✓ Call 112
- ✓ **Infants:** Place 2-3 fingers below nipple line. 30 (1/2 – 1 in) compressions. 2 gentle breaths until chest rises. 100 comp/min
- ✓ **Children:** Use 1-2 hands in center of chest. 30 (1-1 1/2 in) compressions. 2 breaths until chest rises. 100 comp / min
- ✓ **Adults:** Use 2 hands. 30 (1-2 in) compressions in center of chest. 2 long breaths until chest rises. 100 comp / min
- ✓ **IMPORTANT:** This list is only a reminder for those certified in CPR. It is not meant to train how to properly perform CPR.

MAJOR (not minor) BURNS:

- ✓ Call 112
- ✓ Do not remove clothing
- ✓ Do not immerse in cold water
- ✓ Begin CPR if needed
- ✓ Elevate burned parts of body above heart if possible
- ✓ Cover burn with a cool, moist, sterile bandage or cloth or towel



HEAT STROKE

- ✓ Move into shady / air conditioned space and call 112
- ✓ Do not immerse in cold water
- ✓ Cover with damp sheets, spray with water and fan
- ✓ Have person drink anything without alcohol or caffeine

SHOCK

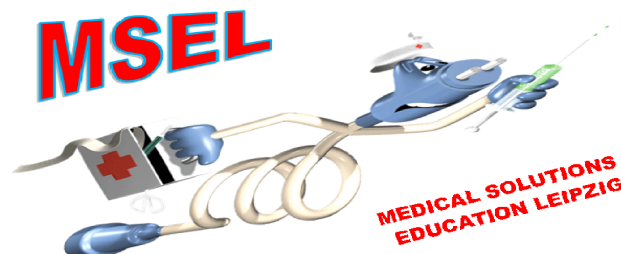
- ✓ Call 112
- ✓ Have person lie down (on their side if vomiting) with head lower than body unless it causes pain, then have them lie flat
- ✓ Treat any obvious injuries and give CPR if needed
- ✓ Keep person warm....give blankets
- ✓ Keep person as still as possible and encourage them.
- ✓ Do not let the person eat / drink

CHOKING

- ✓ Give 5 back blows between shoulder blades w/ heel of hand
- ✓ Give 5 thrusts (Heimlich)
- ✓ Repeat until item is dislodged
- ✓ Call 112 once item is dislodged or after 1-2 minutes.
- ✓ **Heimlich on conscious victim:** Wrap arms around person's waist. Position your fist above their navel and grab it with other hand. Push hard w/ quick, upward thrust.
- ✓ **Heimlich on pregnant / obese:** Place hands higher at base of breastbone.
- ✓ **Heimlich on unconscious:** Do not perform. Lie on back and dislodge item if possible. Then, do CRP instead.
- ✓ **Choking infant:** Give 5 back blows with them lying facedown on your forearm over thigh. Flip over onto back and use 2 fingers at center of breastbone. Give 5 compressions

HYPOTHERMIA

- ✓ Call 112
- ✓ Begin CPR if necessary
- ✓ Protect from wind & cover head
- ✓ Remove wet clothing, but do not massage / rub
- ✓ Do not use hot water / heating pad and do not apply anything hot or warm to limbs.
- ✓ Apply warmth to center of body only



THE INFECTION **RECURRED** IN SOME

What is hand-foot-mouth disease:

- Is a mild, contagious viral infection in young children that is self-limiting
- It is common in infants and children younger than 5-years-old
- Symptoms include sores in the mouth and a rash on the hands and feet
- Is commonly caused by a **coxsackievirus**, belonging to the group of enteroviruses
- There's no specific treatment for hand-foot-mouth disease
- Frequent hand-washing and avoiding

Subsides
in 7-10
days

close contact with people who have hand-foot-mouth disease helps lower risk of infection





Tick bites

Ticks are small, spider-like creatures.

They feed on the blood of birds and mammals,
including humans.

Ticks vary in size and are usually between 1mm to 1cm long.

They have either 6 or 8 legs.

Symptoms of tick bites

Tick bites aren't usually painful but they may cause
a red lump to develop
where you were bitten.

In some cases, tick bites may cause:

- swelling
- itchiness
- blistering
- bruising



TIPS FOR TICK SAFETY

HOW TO REMOVE TICK



SANITIZE BITE AREA
AND TWEEZERS



GRAB TICK
CLOSE TO HEAD



PULL UP SLOWLY
AND CAREFULLY



SANITIZE BITE AREA
AGAIN

WHEN TO CALL A DOCTOR



FEVER



HEADACHE

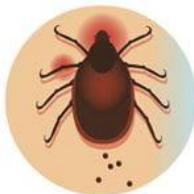


RASH



YOU AREN'T ABLE
TO REMOVE TICK

LYME DISEASE



Adult female



Adult male



Nymph



Larva



Infected tick bite



Pathogen
(Bacteria Borrelia)



Macule, Papule



Erythema migrans



Fever, Chills,
Fatigue, Weakness



Muscle soreness, Arthritis



Chorea, Ataxia



Atrioventricular block







Heart Compression CPR



ADULT



CHILD



INFANT / BABY



**5 - 6 cm
pressure**



**5 cm
pressure**



**4 - 5 cm
pressure**



Minten 2 4 6 8 10

Cardio pulmonary Renimation



Resuscitation

in infant and child



5 x rescue breaths
through mouth or nose,
head is tilted back

repeat!

15 x compressions*
strong and fast,
between nipples

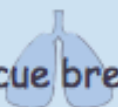
2 x rescue breaths
through mouth or nose,
head is tilted back

until rescue comes

After one minute of resuscitation, alert the rescue service if it has not already been done.

infant

rescue breath



Tilt the head slightly, enclose mouth and nose with your lips and donate about 30 ml air (a mouth full).

compression

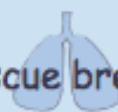


Press the chest 1/3 deep using 2 fingers or the side of your hand.



child

rescue breath



Tilt the head back and donate half of an exhalation through mouth or nose.

compression



Press the chest 1/3 deep using one hand. Your arm should be stretched out.



* in adults 30 X compression

Emergency: airway obstruction

Take immediate action!

infant

1. back blows method with the help of gravity



alternatively you can hold the baby in a flyer grip

5 times or as long as the baby is coughing

Hold the baby on the knee, his upper body hanging vertically, give strong blows with the palm of the hand between his shoulder blades.

2. Heimlich maneuver



With two fingers or the ball of the hand, press on the baby's chest. (about 4 cm deep)

up to 5 times

If necessary, repeat the first two methods alternately

child

1. back blows method with the help of gravity



5 times or as long as the child is coughing

Bend the child over the knee, his upper body hanging vertically, give strong blows with the palm of the hand between his shoulder blades.

2. Heimlich maneuver



With open hands, between the umbilical and the costal arch, push in the direction of the lungs with a spooning motion.

up to 5 times

If necessary, repeat the first two methods alternately

3. In case of unconsciousness or if the first two methods do not succeed, call **112**

4. Resuscitate until the arrival of the rescue service: 15 x compressions, 2 x rescue breaths (see factsheet resuscitation)