

first aid



Answers  
at *Walgreens*™



## Answers about first aid begin here.

It's important to be comfortable and familiar with the basics of first aid care and to make sure you have the necessary supplies on hand. Read on to learn how you can be prepared for some common situations that require first aid.



## Contents

Cuts and Scrapes.....	Page 4
Gauze and Tape .....	Page 8
Skin Care .....	Page 10
Treating Lice .....	Page 12
First Aid Kit .....	Page 14
Indoor/Outdoor Safety .....	Page 20
Emergencies.....	Page 22

# cuts and scrapes



## How I do to treat a cut or scrape?

Below are the steps you should take to properly care for minor wounds, such as cuts and scrapes, to help avoid infection or other problems:

- **Stop the bleeding** with direct pressure. If cuts or scrapes don't stop bleeding on their own, apply gentle pressure to the wound with a clean cloth or bandage. Apply constant pressure for 20 to 30 minutes. Keep the wound raised, if possible. If the bleeding is serious and doesn't stop, seek medical attention.<sup>1</sup>

- **Wash your hands** with soap or antibacterial cleanser to prevent further infection.
- **Wash the wound** well with clear water. The area around the wound can be cleaned with soap and a washcloth.
- **Remove dirt or debris** that stays in the wound after washing, using tweezers cleaned with alcohol. You can also use a saline wound wash. If you can't get the dirt out of the wound, see your healthcare provider to have it thoroughly cleaned.
- **Apply a thin layer** of topical antibiotic cream or ointment directly to the wound with a cotton swab or cotton ball. This can help prevent infection and promote natural healing. Stop using the product if a rash appears after use.
- **Apply a clean bandage** that will not stick to the wound. This will help keep the wound clean and prevent harmful bacteria from getting into the wound.<sup>1</sup>





## How long should a wound be covered?

Keep your wound covered while it is healing to prevent infection and to allow a scab to form. The bandage should be changed at least once a day or more often if it gets wet or soiled. Once the wound is dry, has formed a solid scab and is not tender, you can take off the bandage so the air can help it to fully heal.<sup>1</sup>

## How do topical antibiotic ointments work?

Over-the-counter (OTC) topical antibiotics kill a broad range of bacteria. Triple antibiotics are effective against three of the most common skin bacteria.<sup>2</sup> Antibiotic ointment packets and pumps are convenient new options.



## be *i*nformed

Your healthcare provider may need to give you a tetanus shot if your wound is deep or dirty. Do not delay: Get this shot as soon as possible after the injury happens.<sup>1</sup>

### **Are topical antibiotics OK to use on children?**

Both adults and children can use OTC topical antibiotics. Products that combine antibiotics with pain relief are labeled for use on children 2 years and older.<sup>3</sup> Do not use topical antibiotics on children for more than five days. If your child develops any kind of rash or skin irritation after using the antibiotic ointment, stop using it and contact your child's doctor.<sup>4</sup>

### **When do I need to speak to or go to my healthcare provider?**

Speak to your healthcare provider if you have signs of an infection, such as redness, increasing pain, drainage, warmth or swelling.

If you have a deep wound or if your bandage does not keep your wound closed, you may need stitches. Go to your healthcare provider as soon as possible to reduce the risk of infection and scarring.<sup>5,6</sup>



## **When should I use gauze and tape?**

Gauze and tape are most effective for larger cuts and scrapes that bandages may not cover.

## **What should I look for when buying a gauze pad?**

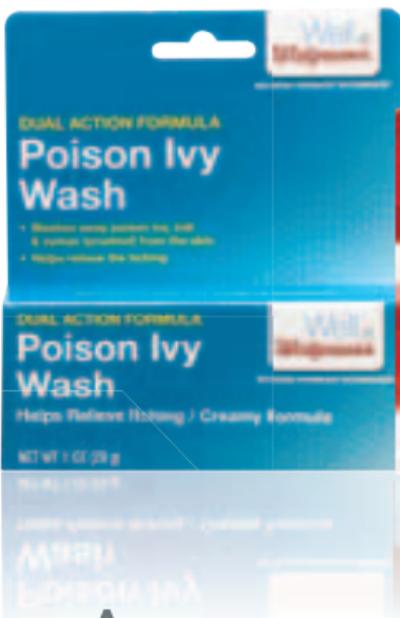
Gauze pads come in different sizes and thicknesses. Thicker pads provide better cushioning and protection from reinjury. They also allow for greater absorbency, and they don't have to be changed as often as thinner pads do. Nonstick pads feature a special type of gauze that does not stick to wounds and is designed to cover larger scrapes.<sup>7,8</sup>





## What are some different causes and triggers of itchy skin?

- **Dry skin** occurs when the top layer of skin loses moisture.
- **Insect bites** can cause an intense, local reaction. Symptoms include inflammation, irritation and itchy skin.
- **Poisonous plant skin reactions** come from exposure to certain plants, such as poison ivy, poison oak and poison sumac.<sup>9</sup> These plants contain a chemical called urushiol that can cause inflammation of the skin, known as contact dermatitis. Contact dermatitis is an inflammation of the skin caused by direct contact with an irritating or allergy-causing substance.<sup>10,11</sup>





## How can I prevent dry, irritated skin?

One of the most common causes of itching is dry skin, so try the following:

- Take short, warm showers and baths. Hot water tends to dry out the skin.
- Pat—do not rub—yourself dry after bathing, leaving a bit of water on the skin.
- Keep your skin moist by applying a fragrance-free moisturizer. Creams work best to seal in moisture when applied to skin that is slightly wet, so moisturizing after bathing is ideal.
- Avoid sunburn by applying sunscreen frequently or wearing protective clothing on sunny days.
- Avoid harsh detergents, perfumed soaps and heavily fragranced lotions that could irritate the skin.
- Use a humidifier in the home.<sup>12</sup>



## What are lice?

Head lice is a scalp infection caused by tiny gray bugs that move quickly and are hard to see. Lice occurs commonly in school age children. Nits are eggs that hatch into lice in about seven days, and their white color makes them easier to see. Nits stick to the hair shafts near the skin and can't be shaken off. Adult lice live three weeks on the scalp or 24 hours off the scalp. It's the live lice—not the nits—that transmit lice from one child to another.<sup>13</sup>

## How do lice spread?

Lice spread directly from one head of hair to another or, less often, indirectly from hats, caps, hairbrushes, combs, headphones and other objects. Lice spreads most often at home, from sleepovers and bed sharing. Less commonly, it is spread at school, camp or other public places.

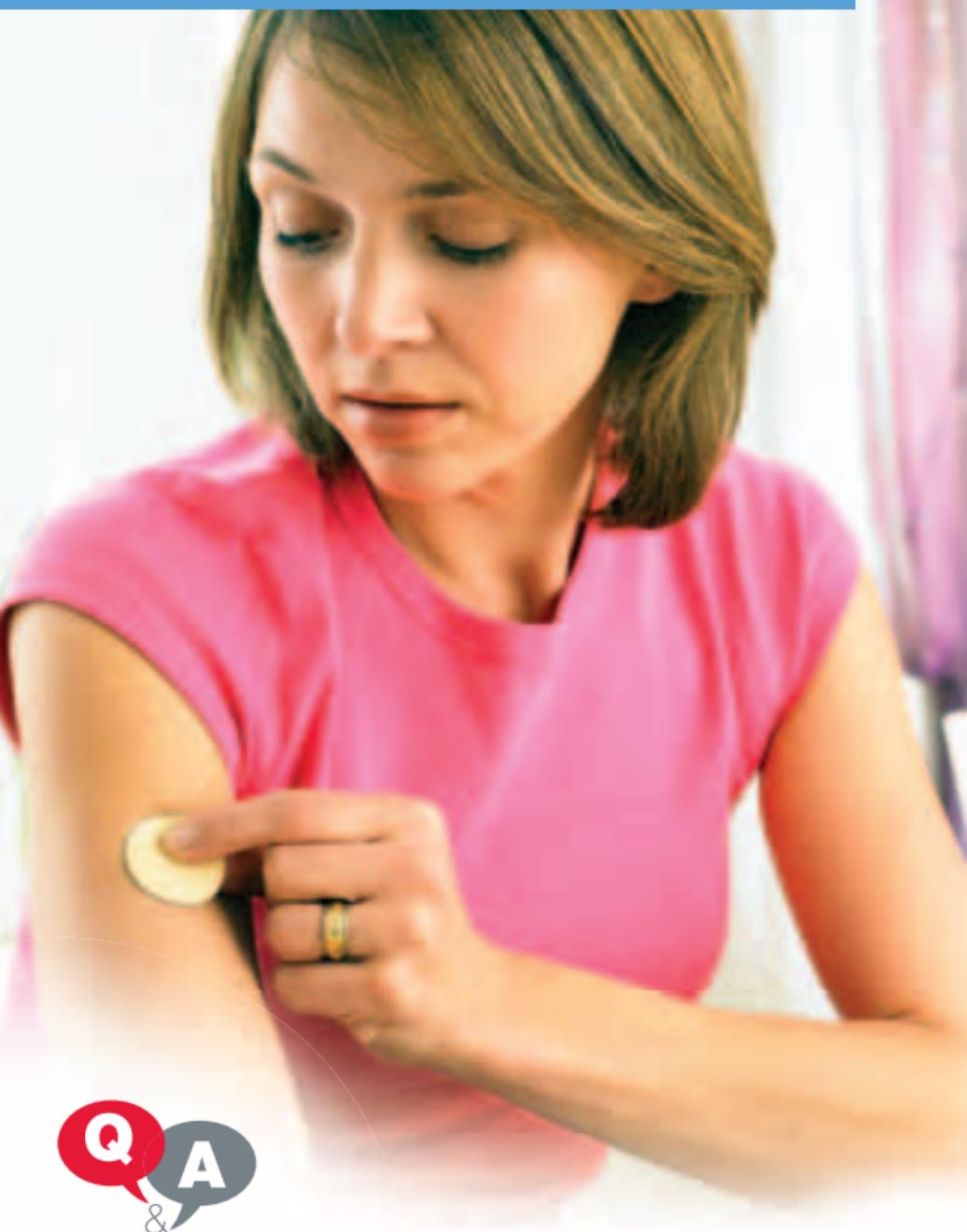
## What are the symptoms of head lice?

Head lice cause tickling and itching of the scalp. It can also cause a rash on the back of the neck.<sup>13</sup>

## What is the treatment for head lice?

The recommended initial treatment for most head lice is 1% Permethrin lotion, with a second application 7 to 10 days later. Follow directions carefully.<sup>14</sup> If your child is under 2 months old or if it is a difficult case of head lice, ask your pediatrician for guidance.<sup>15</sup> Children can usually return to school after one treatment with anti-lice shampoo.<sup>13</sup>





## How can I make a first aid kit?

A well-stocked first aid kit is an essential item for your family at home or on the road. You may have different versions of the first aid kit: a larger one for your home or car and a smaller one for your purse or backpack. You can buy an already assembled first aid kit at Walgreens or you can put one together yourself.<sup>16</sup>

## What are the essentials of a first aid kit?

- Adhesive tape
- Scissors and tweezers
- Alcohol pads
- Antibacterial soap
- Antibiotic ointment
- Cold pack
- Gauze pads and rolled gauze in assorted sizes and thicknesses
- Stretch fabric bandages for sprains
- Adhesive bandages in assorted sizes
- Hand sanitizer
- Disposable gloves<sup>16</sup>

## What types of emergency kits may be important?

- Emergency epinephrine kit for those allergic to bee stings<sup>16</sup>
- Glucagon emergency kit for people with diabetes who are prone to low blood glucose<sup>17</sup>

be *i*nformed

Have a first aid kit for the home and every vehicle, plus an extra kit for travel.<sup>16</sup>



## 10 common first aid mistakes

In case of:	What not to do:
1. A burn	Do not put butter on burns. The butter makes it easier for burned skin to get infected.
2. A child swallows poison	Do not give your child Ipecac syrup to make him or her throw up, or anything else to eat or drink.
3. A sprain or broken bone	Do not apply heat to the injury, as it will not lessen the pain.
4. A person who is injured in a car accident	Do not move someone who has just been in a car accident. The bones in the person's spine may have broken, and moving the person can cause paralysis.
5. A serious bleeding wound in the arm or leg	Do not tie a string or bandage tightly around the arm or leg, above the wound. The tight string, also called a tourniquet, stops blood flow from getting to the rest of the arm or leg.

## What to do:

Run cold water over the burn, and put a loose, clean bandage on top of the burn. If you see blisters, contact your healthcare provider.

Call your healthcare provider or Poison Control at (800) 222-1222. They will tell you the next steps to take.

Apply a cooling pack of ice (wrap the ice in a towel to protect the skin). It will help make the painful swelling go down.

Call for medical help immediately. Only move the person if the scene of the accident becomes unsafe (for example, if a car is on fire), or if the person needs to be moved to a flat surface for CPR.

Put a clean cloth or gauze on the wound and bandage it firmly. Then apply pressure. If the bleeding doesn't stop and the person is at risk of losing too much blood, only then should you use the tourniquet. Call for medical help if the bleeding is really bad, if the wound is dirty, or if it was caused by an animal or human bite.

## 10 common first aid mistakes (continued)

In case of:	What not to do:
6. A minor cut	Do not cover the cut with cream and a bandage. To heal, a cut needs fresh air.
7. Allergic reaction to a bee sting	Do not treat at home. This can be very dangerous.
8. A frozen arm or leg	Do not run very hot water over a frozen arm or leg. Our bodies can't handle extreme changes in temperature.
9. High fever	Do not treat fever by rubbing alcohol on the skin. Even if your mom did this in the past, it is actually dangerous. The skin can absorb the alcohol and can cause poisoning (especially in young children).
10. Dirt in the eye	Do not rub the eye. Rubbing can cause you to scratch your eye.

## What to do:

Wash the cut with soap and cool water. Keep it dry—no creams. Change the bandage twice a day to keep the cut clean. The bandage should be looser at night, and a little tighter during the day.

Go to the Emergency Room immediately if you have any of the following symptoms: trouble breathing, a tight throat, or swollen tongue. Talk to your healthcare provider about an EpiPen, a self-injection kit that contains medicine called epinephrine. Having an EpiPen on hand can save a life.

Instead, run lukewarm water over the arm or leg to warm it slowly.

Give the person a medicine like Tylenol or Motrin. If the fever lasts more than a few days, contact your healthcare provider.

Rinse the eye with water or ask your pharmacist about a special eyewash liquid.<sup>18</sup>



## How can my child stay safe in the home?

Here are some basic steps you can take to help your child avoid injuries in the home.

- **Bookshelves:** Bolt them, and other climbable furniture, to the wall.
- **Toys:** Repair broken toys or throw them away. Keep small toys, batteries and other choking hazards away from babies and toddlers.<sup>19</sup>

- **Halls and stairways:** Make sure they are not cluttered and that they have enough lighting to prevent trips and falls. Use safety gates if you have a toddler in the house.
- **Medications and poisons:** Make sure medications and other poisons are stored out of reach of children, in a locked cabinet. Post the number for poison control by all of your phones.<sup>19</sup>

## How can my child stay safe outdoors?

- **Riding bikes:** Make sure your child always wears a properly fitted helmet while riding.
- **On the playground:** Check to ensure that equipment is age-appropriate and properly maintained. Look for an adequate soft surface under the equipment in case of falls.
- **In the street:** Do not let your child play games or ride a bike in the street or near busy intersections.
- **Crossing streets:** Be sure to hold your child's hand when crossing the street or walking to your car in a parking lot.<sup>20, 21</sup>



## If I have to call emergency services, what information should I be prepared to provide?

- Your name
- Telephone number from where the call is being made
- Exact location or address of the emergency
- A description of the victim's condition, what happened to cause the injury, how many people are involved and what aid has been administered.

DO NOT HANG UP until the dispatcher has hung up; the dispatcher may be able to provide instructions on what you can do to help the victim.<sup>22</sup>

## How can I prepare for an emergency?

The best time to prepare for an emergency is before it happens. After you fill out the Emergency Contact Sheet on the next page, make copies of it and keep it near each phone in your house. Update the sheet when necessary and be sure to let family, babysitters and others know that it is available.<sup>23</sup>

# Emergency Contact Sheet

FOR EMERGENCY SERVICES: DIAL 911

## EMERGENCY CONTACT INFORMATION

Poison Control Center: 800-222-1222

Police \_\_\_\_\_

Fire \_\_\_\_\_

Ambulance \_\_\_\_\_

Hospital \_\_\_\_\_

Local Emergency Room \_\_\_\_\_

Doctor \_\_\_\_\_

Dentist \_\_\_\_\_

Pharmacy \_\_\_\_\_

Health Insurance Provider \_\_\_\_\_

\_\_\_\_\_

## FAMILY CONTACT NUMBERS

Parents' Names \_\_\_\_\_

Kids' Names \_\_\_\_\_

Address \_\_\_\_\_

Home Phone \_\_\_\_\_

Cellphone \_\_\_\_\_

### Emergency Contact 1

Name \_\_\_\_\_

Relationship \_\_\_\_\_

Phone \_\_\_\_\_

### Emergency Contact 2

Name \_\_\_\_\_

Relationship \_\_\_\_\_

Phone \_\_\_\_\_

Existing Medical Conditions \_\_\_\_\_

\_\_\_\_\_

Allergies / Other Info \_\_\_\_\_

\_\_\_\_\_

## References:

1. <http://www.mayoclinic.com/health/first-aid-cuts/FA00042>.
2. <http://www.webmd.com/drugs/drug-61248-Bactine+Triple+Antibiotic+Top.aspx?drugid=61248&drugname=Bactine+Triple+Antibiotic+Top>.
3. <http://www.neosporin.com/frequently-asked-questions/wound-care>.
4. <http://medical-dictionary.thefreedictionary.com/Antibiotics,+Topical>.
5. <http://www.webmd.com/skin-problems-and-treatments/symptoms-of-infection-after-a-skin-injury>.
6. <http://www.nlm.nih.gov/medlineplus/ency/article/000043.htm>.
7. <http://www.livestrong.com/article/2732-smart-shopping-gauze-firstaid-tape/>.
8. <http://www.jnjredcross.com/first-aid-cover-gauze>.
9. <http://www.nlm.nih.gov/medlineplus/ency/article/003217.htm>.
10. <http://www.nlm.nih.gov/medlineplus/ency/article/002886.htm>.
11. <http://www.nlm.nih.gov/medlineplus/ency/article/000869.htm>.
12. <http://www.nlm.nih.gov/medlineplus/ency/article/003250.htm>.
13. <http://www.healthychildren.org/English/tips-tools/Symptom-Checker/Pages/Lice-Head.aspx>.
14. <http://www.healthychildren.org/English/health-issues/conditions/from-insects-animals/Pages/Signs-of-Lice.aspx>.
15. [http://www.medicinenet.com/head\\_lice/page4.htm](http://www.medicinenet.com/head_lice/page4.htm).
16. <http://www.mayoclinic.com/health/first-aid-kits/FA00067>.
17. [http://www.childrenwithdiabetes.com/d\\_0n\\_022.htm](http://www.childrenwithdiabetes.com/d_0n_022.htm).
18. <http://www.redcross.org/email/safetynet/v1n9/firstaid.asp>.
19. <http://familydoctor.org/familydoctor/en/kids/home-safety/child-safety-keeping-your-home-safe-for-your-baby.printerview.all.html>.
20. <http://www.healthychildren.org/English/news/Pages/Summer-Safety-Tips-Staying-Safe-Outdoors.aspx>.
21. <http://www.healthychildren.org/English/safety-prevention/at-home/Pages/Backyard-Safety.aspx>.
22. <http://firstaid.about.com/od/callingforhelp/>.
23. <http://www.nlm.nih.gov/medlineplus/safety.html>.

This publication should be used for general educational purposes only and is not intended to be a substitute for professional medical advice. Although it is intended to be accurate, neither Walgreen Co., its subsidiaries or affiliates, nor any other party assumes liability for loss or damage due to reliance on this material. Advances in medicine may cause this information to become outdated, invalid or subject to debate. This information is not intended to create any warranty, and ALL SUCH WARRANTIES, EXPRESS OR IMPLIED, INCLUDING ANY WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE, ARE HEREBY DISCLAIMED. If you are in need of immediate medical attention or have a medical question, contact your medical professional.



## Questions about which first aid products are right for you?

Walgreens pharmacists can help you find the best first aid products for your individual needs. Consult with one of our knowledgeable pharmacists in person or, if you're a Balance® Rewards member, log on to **Walgreens.com/PharmacyChat** to chat live with a PharmacyChat professional anytime, day or night.

WIC # 329875  
Book Expiration Date: 5/1/15

Answers at *Walgreens*™