

FIRST AID

Call 911 or an Emergency Number for any severely ill or injured child.

STINGS AND BITES

Stinging Insects Remove the stinger as quickly as possible with the scraping motion of a fingernail. 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 immediately. For hives, nausea, or vomiting, call the pediatrician. For spider bites, call the pediatrician or Poison Center and describe the spider. Have the pediatrician examine any bites that become infected.

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

Ticks Use tweezers or your fingers to grasp as close as possible to the head of the tick and slowly pull the tick away from the point of attachment. Call the pediatrician if the child develops symptoms such as a rash or fever.

Snake Bites Take the child to an emergency department if you are concerned that the snake may be poisonous or if you are unsure of the type of snake bite. Keep the child at rest. Do not apply ice. Loosely splint the injured area and keep it at rest, positioned below the level of the heart. Try to identify the snake, if you can do so safely.



BURNS AND SCALDS

General Treatment First stop the burning process by removing the child from contact with hot water or a hot object (for example, tar). If clothing is burning, smother flames and cool clothing by soaking with water. Remove clothing unless it is firmly stuck to the skin. Run cool water over burned skin until the pain stops. Do not use ice or apply any butter, grease, medication, or ointment.

Burns With Blisters Do not break the blisters. Call the pediatrician for advice on how to cover the burn and about any burns on the face, hands, feet, or genitals.

Large or Deep Burns Call 911 or an emergency number. After stopping and cooling the burn, keep the child warm with a clean sheet covered with a blanket until help arrives.

Electrical Burns Disconnect electrical power. Do NOT touch the victim with bare hands. Pull the victim away from the power source with a wooden pole. ALL electrical burns need to be seen by a doctor.

SKIN WOUNDS

Make sure the child is immunized for tetanus. Any open wound may require a tetanus booster even when the child is currently immunized. If the child has an open wound, ask the pediatrician if the child should receive a tetanus booster.

Bruises Apply cold compresses. Call the pediatrician if the child has a crush injury, large bruises, continued pain, or swelling. The pediatrician may recommend acetaminophen for pain.

Cuts Wash small cuts with water until clean. Use direct pressure with a clean cloth to stop bleeding. Apply an antibiotic ointment, then cover the cut with a clean bandage. Call the pediatrician for large and/or deep cuts, or if the wound is gaping, because stitches should be placed without delay. For major bleeding, call for help (911 or an emergency number). Continue direct pressure with a clean cloth until help arrives.

Scrapes Rinse with soap and water to remove dirt and germs. Do not use detergents, alcohol, or peroxide. Use antiseptic soap. Apply an antibiotic ointment and a bandage that will not stick to the wound.

Splinters Remove small splinters with tweezers, then wash and apply local antiseptic. If you are unable to remove the splinter completely, call the pediatrician.

Puncture Wounds Do not remove large objects such as a knife or stick from a wound. Call for emergency medical assistance (911). Such objects must be removed by a doctor.

Call the pediatrician for all puncture wounds. The child may need a tetanus booster.



EYE INJURIES

If anything is splashed in the eye, flush gently with water for at least 15 minutes. Call the Poison Center or the pediatrician for further advice. Any injured or painful eye should be seen by a doctor. Do NOT touch or rub an injured eye. Do NOT apply medication. Do NOT remove objects stuck into the eye. Cover the painful or injured eye with a paper cup or eye shield until you can get medical help. An eye injury may require a tetanus booster.

FRACTURES AND SPRAINS

DO NOT MOVE A CHILD WHO MAY HAVE A NECK OR BACK INJURY, as this may cause serious harm. Call 911 or an emergency number.

If an injured area is painful, swollen, deformed, or if motion causes pain, wrap it in a towel or soft cloth and make a splint with cardboard or another rigid material to hold the arm or leg in place. Apply ice or a cold compress, or seek emergency care, or seek emergency care. If there is a break in the skin near the fracture or if you can see the bone, cover the area with a clean bandage, make a splint as described above, and seek emergency care.

If the foot or hand below the injured part is cold or discolored, seek immediate emergency care.



FEVER

Fever in children is usually caused by infection. It also can be caused by chemicals, poisons, medications, an environment that is too hot, or an extreme level of exertion. Take the child's temperature to see if he has a fever. Most pediatricians consider any thermometer reading above 100.4°F (38°C) a sign of a fever. However, the way the child looks and behaves is more important than how high the child's temperature is. Call the pediatrician immediately if the child has a fever and:

- Appears very ill, is unusually drowsy, or is very fussy
- Has been in an extremely hot place, such as an overheated car
- Has additional symptoms such as a stiff neck, severe headache, severe sore throat, severe ear pain, an unexplained rash, or repeated vomiting or diarrhea
- Has a condition causing immune suppression (such as sickle cell disease, cancer, or the taking of steroids)
- Has had a seizure
- Is less than 2 months of age and has a rectal temperature of 100.4°F (38°C) or higher

To make the child more comfortable, dress him in light clothing, give him cool liquids to drink, and keep him calm. The pediatrician may recommend fever medications. Do not use aspirin to treat a child's fever. Aspirin has been linked with Reye syndrome, a serious disease that affects the liver and brain.



FAINING

Lay the child on his back with his head to the side. Do NOT give the child anything to drink. If the child does not wake up within 1 minute, call the pediatrician, or call 911 or an emergency number. If the child is not breathing, begin CPR.

TEETH

Baby Teeth If knocked out or broken, apply clean gauze to control bleeding and call the pediatric dentist.

Permanent Teeth If knocked out, find the tooth and, if dirty, rinse gently without scrubbing or touching the root. Do not use chemical cleaners. Use milk or cold, running water. Place the tooth into clean water or milk and transport the tooth with the child when seeking emergency care. Call and go directly to the pediatric dentist or an emergency department.

If the tooth is broken, save the pieces in milk and call the pediatric dentist immediately.



CONVULSIONS, SEIZURES

If the child is breathing, lay her on her side to prevent choking. Make sure the child is safe from objects that could injure her. Do not put anything in the child's mouth. Loosen any tight clothing. Perform rescue breathing if the child is blue or not breathing. Call 911 or an emergency number.

HEAD INJURIES

DO NOT MOVE A CHILD WHO MAY HAVE A SERIOUS HEAD, NECK, AND/OR BACK INJURY. This may cause further harm.

Call 911 or an emergency number immediately if the child loses consciousness and does not awaken within a few minutes.

Call the pediatrician for a child with a head injury and any of the following:

- Loss of consciousness
- Drowsiness that lasts longer than 2 hours
- Difficulty being awakened
- Persistent headache or vomiting
- Clumsiness or inability to move any body part
- Coughing or blood or watery fluid from ears or nose
- Convulsions (seizures)
- Abnormal speech or behavior

For any questions about less serious injuries, call the pediatrician.

POISONS

If the child has been exposed to or ingested a poison, call the Poison Center at 800/222-1222.

Swallowed Poisons Any nonfood substance is a potential poison. Call the Poison Center immediately. Do not induce vomiting except on professional advice. The Poison Center will give you further instructions.

Fire, Gas, or Smoke Get the victim into fresh air and call 911 or the fire department. If the child is not breathing, start cardiopulmonary resuscitation (CPR) and continue until help arrives.

Skin Exposure If acids, lye, pesticides, chemicals, poisons, or any potentially poisonous substance comes in contact with a child's skin, eyes, or hair, brush off any residual material while wearing rubber gloves, if possible. Remove contaminated clothing. Wash skin, eyes, or hair with large quantities of water or mild soap and water. Call the Poison Center for further advice.

If a child is unconscious, becoming drowsy, having convulsions, or having trouble breathing, call 911 or an emergency number. Bring the poisonous substance (safely contained) with you to the hospital.



NOSEBLEEDS

Keep the child in a sitting position with the head tilted slightly forward. Apply firm, steady pressure to both nostrils by squeezing them between your thumb and index finger for 10 minutes. If bleeding continues, or is very heavy, call the pediatrician or seek emergency care.

Does your community have 911? If not, note the number of your local ambulance service and other important numbers below.

**BE PREPARED: CALL 911
KEEP EMERGENCY NUMBERS
BY YOUR TELEPHONE**

PEDIATRICIAN _____

PEDIATRIC DENTIST _____

POISON CENTER _____

AMBULANCE _____

EMERGENCY DEPARTMENT _____

FIRE _____

POLICE _____



Turn Over for Choking and CPR Instructions

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™

Aap First Aid Guide

Anthony S. Fauci



Aap First Aid Guide:

First Aid for Families American Academy of Pediatrics (AAP),,Aap,2011-03-07 The ability to provide basic care for an injured or ill child is essential information that every parent or guardian should have In most cases situations that require first aid are not life threatening and can be managed with simple comprehensive procedures **The ^AParents' Guide to Psychological First Aid** Gerald P. Koocher,Annette M. La Greca,Olivia Moorehead-Slaughter,Nadja N. Lopez,2024-04-04 The Parents Guide to Psychological First Aid brings together an array of experts to offer parental guidance in helping your child navigate and recover from the everyday stresses they will encounter growing up Clear practical and to the point this is a go to reference that parents will find themselves returning to again and again as their children grow With practical tips nonjudgmental advice and suggestions for additional resources at the end of each chapter this useful and thought provoking book will be of immense value to new and seasoned parents alike **MTS/PFE Study Guide** ,1982 **Magill's Medical Guide** Anne Chang,2008 Covers diseases disorders treatments procedures specialties anatomy biology and issues in an A Z format with sidebars addressing recent developments in medicine and concise information boxes for all diseases and disorders *Risk Management in Sport and Recreation* John Otto Spengler,Daniel Connaughton,Andrew T. Pittman,2006 Risk Management in Sport and Recreation is a comprehensive resource for those charged with the responsibility of providing for the safety of participants and spectators in a sport or recreation setting It covers a range of safety issues including lightning heat illness aquatics playground safety drug testing and medical emergency action plans Readers receive clear and detailed explanations of issues to consider before making decisions on risk management Risk Management in Sport and Recreation is designed to provide a foundation for approaching key issues in safety and risk management It shows readers how to evaluate and analyze various safety issues and apply the underlying concepts to a variety of situations The following are unique features of the text A safety guidelines finder lists Web sites of accessible standards guidelines and recommendations from leading organizations Chapter objectives and pullout boxes of key points and key statistics stress the importance of the topic under discussion Threshold issues in each chapter highlight important factors to consider when making decisions on risk management Real world applications at the end of each chapter present scenarios involving the potential for harm and readers must make a decision on how to address the issues Examples of public service announcements posters and other publicly viewed safety information are presented An appendix offers examples of emergency action plans checklists and recommendations from organizations such as the National Lightning Safety Institute and university aquatic centers A companion Web site provides links to the Web sites used in the book as well as updates to guidelines and links that may occur after the book is in print The safety guidelines finder gives students and practitioners a single location from which they can easily access important safety information Organized under land based or water based activities each activity lists guidelines recommendations and standards along with the source for that information Each entry

includes Web sites where readers can find the full documents The text also features sample guidelines and safety checklists from agencies and associations that demonstrate how organizations might plan for risk and communicate safety information Readers also consider the types of postings and equipment they will need in order to communicate their risk management plans and they are given real life situations in which a risk management plan is needed and are prompted to consider why and how to create a plan for such situations The resource will help students and professionals plan for and manage risk Current and future employees of sport facilities school athletic programs parks and recreation programs youth and aquatic centers or resorts and golf courses will find that Risk Management in Sport and Recreation provides the tools to assist in making the right decisions to manage risk effectively

Public Health Nursing - E-Book Marcia Stanhope, Jeanette Lancaster, 2014-07-21 Now in its 8th edition the gold standard in community health nursing provides comprehensive and up to date content to keep you at the forefront of the ever changing community health climate and prepare you for an effective nursing career In addition to a solid foundation in concepts and interventions for individuals families and communities you will find real life applications of the public nurse s role Healthy People 2020 initiatives new chapters on forensics and genomics plus timely coverage of disaster management and important client populations such as pregnant teens the homeless immigrants and more Evidence Based Practice boxes illustrate how the latest research findings apply to public community health nursing Separate chapters on disease outbreak investigation and disaster management describe the nurse s role in surveilling public health and managing these types of threats to public health Separate unit on the public community health nurse s role describes the different roles and functions of the public community health nurse within the community Levels of Prevention boxes show how community public health nurses deliver health care interventions at the primary secondary and tertiary levels of prevention What Do You Think Did You Know and How To boxes use practical examples and critical thinking exercises to illustrate chapter content The Cutting Edge highlights significant issues and new approaches to community oriented nursing practice Practice Application provides case studies with critical thinking questions Separate chapters on community health initiatives thoroughly describe different approaches to promoting health among populations Appendixes offer additional resources and key information such as screening and assessment tools and clinical practice guidelines Linking Content to Practice boxes provide real life applications for chapter content NEW Healthy People 2020 feature boxes highlight the goals and objectives for promoting health and wellness over the next decade NEW The Nurse in Forensics chapter focuses on the unique role of forensic nurses in public health and safety interpersonal violence mass violence and disasters NEW Genomics in Public Health Nursing chapter includes a history of genetics and genomics and their impact on public community health nursing care

PedFACTS, 2005 This manual for the American Academy of Pediatrics AAP course discusses the illnesses and injuries commonly sustained by children that require first aid Accompanied by color photographs the 15 chapters walk through the procedures for initially assessing and treating convulsions seizures allergic

reactions bites stings burns eye injuries *A Mom's Ultimate Book of Lists* Michelle LaRowe, 2010-01-01 Grocery lists
 Checklists To do lists Lots of people love and live by lists And parents are no exception Today's families are busier than ever
 and moms don't have the time or energy to search and scramble for the parenting information they are desperately seeking
 How much should my child be sleeping at this age What toys will most benefit my child What items are truly essential in
 furnishing a nursery What questions should I ask a potential caregiver What are the signs of a family friendly restaurant The
 answers to these questions and more than a hundred others are at a mom's fingertips with *A Mom's Ultimate Book of Lists*
 This handy practical reference guide will save time money and sanity for today's busy women **Public Health Nursing -
 Revised Reprint** Marcia Stanhope, Jeanette Lancaster, 2013-10-15 This Revised Reprint of our 8th edition the gold standard
 in community health nursing Public Health Nursing Population Centered Health Care in the Community has been updated
 with a new Quality and Safety Education in Nursing QSEN appendix that features examples of incorporating knowledge skills
 and attitudes to improve quality and safety in community public health nursing practice As with the previous version this text
 provides comprehensive and up to date content to keep you at the forefront of the ever changing community health climate
 and prepare you for an effective nursing career In addition to concepts and interventions for individuals families and
 communities this text also incorporates real life applications of the public nurse's role Healthy People 2020 initiatives new
 chapters on forensics and genomics plus timely coverage of disaster management and important client populations such as
 pregnant teens the homeless immigrants and more Evidence Based Practice boxes illustrate how the latest research findings
 apply to public community health nursing Separate chapters on disease outbreak investigation and disaster management
 describe the nurse's role in surveilling public health and managing these types of threats to public health Separate unit on
 the public community health nurse's role describes the different functions of the public community health nurse within the
 community Levels of Prevention boxes show how community public health nurses deliver health care interventions at the
 primary secondary and tertiary levels of prevention What Do You Think Did You Know and How To boxes use practical
 examples and critical thinking exercises to illustrate chapter content The Cutting Edge highlights significant issues and new
 approaches to community oriented nursing practice Practice Application provides case studies with critical thinking
 questions Separate chapters on community health initiatives thoroughly describe different approaches to promoting health
 among populations Appendixes offer additional resources and key information such as screening and assessment tools and
 clinical practice guidelines NEW Quality and Safety Education in Nursing QSEN appendix features examples of incorporating
 knowledge skills and attitudes to improve quality and safety in community public health nursing practice NEW Linking
 Content to Practice boxes provide real life applications for chapter content NEW Healthy People 2020 feature boxes highlight
 the goals and objectives for promoting health and wellness over the next decade NEW Forensic Nursing in the Community
 chapter focuses on the unique role of forensic nurses in public health and safety interpersonal violence mass violence and

disasters NEW Genomics in Public Health Nursing chapter includes a history of genetics and genomics and their impact on public community health nursing care **The No-Nonsense Guide to Mental Health in Schools** John R.

Burns,2024-06-03 Responding to the rise in challenges to the mental health of young people this book provides schoolteachers with the essential skills required to recognise emotional distress in their students and more importantly empowers them to make a genuine difference Teachers have unintentionally become the first responders for distressed youth in their schools but they cannot be expected to carry out mental health interventions This book provides teachers with essential mental health literacy and knowledge of mental health first aid so that they know how to act when their students need help The chapters provide concise and jargon free outlines of the main mental disorders that teachers can expect to encounter in their classrooms and offer practical guidance on how to speak to these students and help them towards the most suitable support in the community Drawing on the best available research and offering illustrative case studies to support core skills this book gives teachers the confidence and competence to take action A crucial resource for all school staff The No Nonsense Guide to Mental Health in Schools supports teachers to feel confident in making a difference in the wellbeing of their students

This book delves into Aap First Aid Guide. Aap First Aid Guide is a vital topic that must be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Aap First Aid Guide, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Aap First Aid Guide
- Chapter 2: Essential Elements of Aap First Aid Guide
- Chapter 3: Aap First Aid Guide in Everyday Life
- Chapter 4: Aap First Aid Guide in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Aap First Aid Guide. The first chapter will explore what Aap First Aid Guide is, why Aap First Aid Guide is vital, and how to effectively learn about Aap First Aid Guide.
3. In chapter 2, the author will delve into the foundational concepts of Aap First Aid Guide. The second chapter will elucidate the essential principles that need to be understood to grasp Aap First Aid Guide in its entirety.
4. In chapter 3, this book will examine the practical applications of Aap First Aid Guide in daily life. The third chapter will showcase real-world examples of how Aap First Aid Guide can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Aap First Aid Guide in specific contexts. The fourth chapter will explore how Aap First Aid Guide is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Aap First Aid Guide. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Aap First Aid Guide.

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Table of Contents Aap First Aid Guide

1. Understanding the eBook Aap First Aid Guide

- The Rise of Digital Reading Aap First Aid Guide
- Advantages of eBooks Over Traditional Books
- 2. Identifying Aap First Aid Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Aap First Aid Guide
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Aap First Aid Guide
 - Personalized Recommendations
 - Aap First Aid Guide User Reviews and Ratings
 - Aap First Aid Guide and Bestseller Lists
- 5. Accessing Aap First Aid Guide Free and Paid eBooks
 - Aap First Aid Guide Public Domain eBooks
 - Aap First Aid Guide eBook Subscription Services
 - Aap First Aid Guide Budget-Friendly Options
- 6. Navigating Aap First Aid Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Aap First Aid Guide Compatibility with Devices
 - Aap First Aid Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Aap First Aid Guide
 - Highlighting and Note-Taking Aap First Aid Guide
 - Interactive Elements Aap First Aid Guide
- 8. Staying Engaged with Aap First Aid Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Aap First Aid Guide

9. Balancing eBooks and Physical Books Aap First Aid Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Aap First Aid Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Aap First Aid Guide
 - Setting Reading Goals Aap First Aid Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Aap First Aid Guide
 - Fact-Checking eBook Content of Aap First Aid Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

Aap First Aid Guide Introduction

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