

**Abrasions  
(Scrapes)**

Wash abrasion with soap and water.  
Allow to dry.  
Cover with a sterile nonstick bandaid or dressing.  
Notify parents.

**Insect :**

Do not pull out stinger as it may break off; remove the stinger by scraping it out with a fingernail or credit card, then apply a cold cloth.  
Notify parents. **Call 911** if hives, paleness, weakness, nausea, vomiting, difficult breathing, or collapse occurs.

**Bleeding**

**External :**

For small wounds, apply direct pressure with a gauze pad for 10-15 minutes. (Use gloves.)  
If bleeding continues or is serious, apply a large pressure dressing and **call 911** immediately.

**Internal :**

If child has been injured and vomits a large amount of blood or passes blood through the rectum, **call 911**.  
Otherwise, contact parents to seek medical care.  
If a child is a hemophiliac and has injured a joint through a minor bump or fall, call the parents. The child may need an injection of blood factor.

**Burns and Scalds**

**No blisters:**

Place burned extremity in cold water or cover burned area with cold, wet cloths until pain stops (at least 15 minutes).

**With blisters:**

Same as for no blisters. Do not break blisters. Call parents to take child to get medical care.

**Deep, extensive  
burns**

**Call 911 .**  
Do not apply cold water.  
Cover child with a clean sheet and then a blanket to keep the child warm.

**Electrical:**

If possible, disconnect power by shutting off wall switch, throwing a breaker in the electrical box, or any other safe way.  
Do not directly touch child if power is still on. Use wood or thick dry cloth (nonconducting material) to pull child from power source.

**Call 911.**

Start CPR if necessary.

Notify parents.

**Note: A child with burns and scalds should be evaluated for child abuse.**

**Nosebleeds**

Have child sit up and lean forward.  
Loosen tight clothing around neck.  
Pinch lower end of nose close to nostrils (not on bony part of nose).

**Poisons**

**Immediately, BEFORE YOU DO ANYTHING, call the local poison control center, hospital emergency room, or physician.** (A list of regional

poison control centers is included as Appendix 2.)  
Call parents.

If child needs to go to for medical evaluation, bring samples of what was ingested. Bring with you all containers, labels, boxes, and package inserts that came with the material that the child took in. Look carefully for extra containers around the immediate area where the incident occurred. Try to estimate the total amount of material the child might have taken in, and whether the material was swallowed, inhaled, injected, or spilled in the eyes or on the skin. If possible, also bring with you the child's health file, including consent forms and names and telephone numbers of parents/guardians.

Do not make a child vomit if:

- the child is unconscious or sleepy,
- the child has swallowed a corrosive product (acid/drain cleaner/oven cleaner), or
- the child has swallowed a petroleum product (furniture polish/kerosene/gasoline).

If instructed by the poison control center to make the child vomit:

- Use ipecac syrup:

Children 1 year to 10 years old :

1 tablespoon or 3 teaspoons of ipecac and 4 to 8 ounces of water

Children over 10 years old :

2 tablespoons of ipecac and 4 to 8 ounces of water

- Follow with another 4 to 8 ounces of water.
- Repeat dose ONCE if child has not vomited in 20 minutes.

If a chemical is spilled on someone, dilute it with water and remove any contaminated clothing, using gloves if possible. Place all contaminated clothing and other items in an airtight bag and label the bag. If the chemical has been splashed into the eye, flush immediately with tepid water and follow instructions listed above for "Eye Injuries."

Some poisons have delayed effects, causing moderate or severe illness many hours or even some days after the child takes the poison. Ask whether the child will need to be observed afterward and for how long. Make sure the child's parents/guardians understand the instructions.

### **Seizures**

Remain calm.  
Protect child from injury.

Lie child on his or her side with the head lower than the hips, or on his or her stomach.

Loosen clothing.

**Do not put anything in the child's mouth.**

**Call 911** if seizure lasts more than 5 minutes or if they are the result of a head injury.

Notify parents.