

CUTS AND ABRASIONS:

1. Cleanse area thoroughly with soap and warm water, carefully washing away any dirt.
2. Apply direct pressure to wound until bleeding stops.
3. Put sterile bandage on wound.
4. If cut is deep, get to a doctor as quickly as possible.

Signs of an infected wound may be: Swelling, redness, pain, fever, or the presence of pus. If any of these occur see a doctor as soon as possible.

SIGNS OF A STRAIN:

1. Affected joint begins to swell immediately
2. Joint may also turn black and blue due to the escaped blood from torn blood vessels
3. Victim will experience excruciating, shooting pains at the time of the injury because many nerves are injured in a sprain.

TREATMENT FOR A STRAIN:

1. RICE treatment (Rest, Ice, Compression, Elevation)
2. Thermotherapy (applying moist heat) promotes healing but should not be applied to a muscle or ligament injury for at least 24 hours because heat will increase the swelling. After the swelling has gone, you should alternate applying cold compresses and moist heat to the injury.
3. To treat the injury with warm, wet packs, place a water-dampened towel in a microwave oven for about 30 seconds. Check to make sure the towel is not too hot before placing it on the skin. If a microwave oven is not available, run a towel under very hot tap water, wring it out, and apply it to the injury.
4. A sprained arm should be placed in a sling.

Most sprains take at least 6-8 weeks to heal.

CONCUSSIONS:

A sharp blow to the head could result in a concussion, a jostling of the brain inside its protective, bony covering. A more serious head injury may result in contusions, or bruises to the brain. A period of unconsciousness may indicate brain damage and accompanies many head injuries.

PROPER CARE FOR CONCUSSIONS OR OTHER HEAD INJURIES:

1. While waiting on help to arrive, keep the victim lying down in the recovery position
2. Control any bleeding, and be sure that he is breathing properly.
3. Do not give the victim any liquids to drink.
4. If the victim becomes unconscious for any amount of time, keep track of this information so that you can report it when medical help arrives.