



First Aid

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Children

How kids can handle some of the basic injuries.

The first attention given to an injured person is called 'first aid'. In the case of severe injuries, immediate medical help should be sought by calling 911 or getting an adults attention. For minor everyday type injuries, like scrapes while playing sports or nose bleeds or minor burns knowing what to do will come in handy. Here are some basic things you can teach in first aid for children.

Bandages: One of the simplest and most essential first aid treatments for kids, that they need very often is how to apply a bandage. Kids keep on falling and getting themselves hurt. Firstly it is important to clean the area with water. Then, using a cotton swab, anti-septic should be applied. Applying antiseptic is very important as bacteria and other germs gain access to the body through the wound. In case you don't have antiseptic, use an anti-bacterial soap. Then apply the bandage. If the wound is deep or bleeding a lot, tell your parents and get medical attention.



Insect Bites: Another wound that kids get routinely are insect bites. So while teaching first aid for children, this should also be included. It is important to clean insect bites with antiseptic and water. Again, insect bites leave the skin open, so an anti-bacterial is a must. Insects often function as vectors - they act as carriers of germs and diseases. Hence the use of soap is recommended. Apply ice to the wound for around 20 minutes. With spider bites, use antibiotic creams to avert the risk of infection.



Nosebleeds: Nosebleeds are another common occurrence with children. Luckily treating nosebleeds is very simple and quite within the scope of children. Make sure you lean forward and pinch the bottom part of your nose. Do not lean backwards as the blood might enter your wind pipe causing complications. Lean forward and pinch the nose till the bleeding stops. Typically, the bleeding will stop within 10 minutes as the blood will clot. Pinching the nose will stop the loss of blood.

Run cool water over area of burn



Burns: Often there are chances that children might come in contact with some hot substances and suffer minor burns. So you can teach them how to deal with minor burns. The way to cool the burn is by holding the wounded area under a stream of cool water. Then apply a pain relieving ointment on the burn.



Rashes: Small children may have allergies to a lot of things and might develop rashes on contact. There are various creams available based on the type of rash such as calamine lotion and zinc oxide ointment. Keep one or more in the family first aid kit.

This is common first aid for children which you can teach them. The above safety tips are simple and required frequently. Ideally kids should be familiar with them.