



BEE, WASP AND ANT STINGS

For routine bites and stings:

1. Remove the stinger with a scraping motion, using your fingernail or a clean, dull knife. Do *not* pull out.
2. Apply cold compresses to relieve pain, but do *not* use ice.
3. If you suspect a black-widow-spider bite, watch for abdominal pain, muscle spasms, vomiting, sweating, swollen eyes, and severe pain. In a baby, the only sign may be uncontrollable crying. If this happens, take your child to an emergency room.

NOSEBLEEDS

1. Sit the child up, head slightly forward.
2. Pinch the nostrils between your thumb and first finger for 5 to 10 minutes. Don't cheat and peek every few seconds to see if bleeding has stopped.
3. If you can't stop the nosebleed, call your pediatrician. For persistent nosebleeds, or if bleeding is excessive, also check with your doctor.

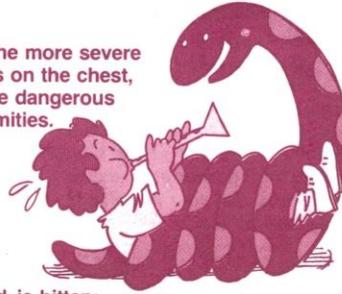


SNAKE BITE

The smaller the child, the more severe the problem. Also, bites on the chest, head and neck are more dangerous than ones on the extremities.

The more rapidly the bitten area becomes swollen and red, the more venom has been injected. However, assume that all bites are serious. If your child is bitten:

1. Keep him or her quiet.
2. If you can, either identify the snake or kill it and take it with you to an emergency facility.
3. If the bite is on an arm or leg, keep the bitten area below the level of the heart.
4. Get the child to medical care immediately. If more than an hour away, check by phone with a medical facility.
5. Do not give any medicines, especially aspirin.
6. Do not cut the bite or attempt to suck the venom out with your mouth.



SPLINTERS



1. Clean the area with soap and water. If the splinter is wood, clean but don't soak.
2. Gently remove with clean tweezers or a needle washed with alcohol or heated with a match.
3. Wash the area again after the splinter is out.
4. If the splinter won't come out, see your pediatrician within 24 hours to avoid infection.



BROKEN BONES

1. If there's any possibility of the neck or spine being injured, or if a leg shows an obvious deformity, do not move or pick up the child. Call 911 for assistance.
2. For a possible broken arm or finger, or a leg injury without any visible deformity, use any available firm, well-padded surface of appropriate size—a magazine, board wrapped with a towel or so forth—to keep the injured part from moving while you take the child to medical help.
3. Apply cool compresses for pain and swelling, but do *not* put ice on the injury.



POISONING

Any nonfood substance swallowed by a child is a potential poison.

1. Get the container and then call your pediatrician, poison-control center or local emergency room. You will be asked the exact brand name and other questions.
2. Do not make the child vomit unless you are told to do so. Some substances do more harm coming up than staying in the stomach.
3. If you are instructed to take the child to the emergency room, take the container with you.
4. Drive slowly and carefully. You have time—you don't need to run red lights.



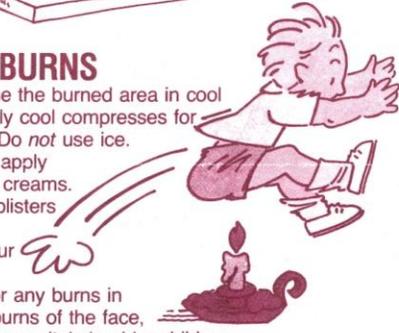
BLEEDING

1. Apply constant pressure with gauze pads or a clean cloth directly over the cut for several minutes.
2. If possible, elevate the cut above the level of the heart, unless you suspect a fracture.
3. If bleeding soaks through the bandages, add more on top: Don't remove the bottom ones.
4. Seek medical assistance for severe bleeding only after you've tried to stop the bleeding, unless someone else is available to call for help sooner.



MINOR BURNS

1. Immerse the burned area in cool water or apply cool compresses for 15 minutes. Do *not* use ice.
2. Do *not* apply ointments or creams.
3. Leave blisters intact.
4. See your pediatrician right away for any burns in infants and burns of the face, hands, feet or genitals in older children.
5. Cover burns loosely with a clean dressing.





EYE INJURIES

Never use drops or ointments for any injury without checking with your doctor.

Chemicals in the eye:

1. Hold the eye open under running water for 15 minutes or as long as the child will let you.
2. Call your pediatrician, poison-control center or ophthalmologist with the exact name of the substance to find out if your child should be seen.

Foreign material in the eye:

1. If you can see the offending matter, try flushing with water or wiping a moist cotton swab gently over it.
2. If it is not easily removable, bandage both eyes shut to relieve pain and get the child to your pediatrician, ophthalmologist or emergency facility. Sometimes what seems like something in the eye is really a scratch.

Blunt trauma to the eye:

Always see a doctor, especially if there is a black eye, swelling, or if your child complains of flashing lights, floating specks or blurred vision.

Sharp objects or missiles striking the eye:

1. Do *not* remove anything in eye or try to wash.
2. Get the child to an emergency room immediately.
3. Keep the child quiet, preferably on her back.
4. Cover both eyes loosely. Do *not* apply pressure.

KNOCKED-OUT TOOTH

1. Rinse the tooth gently in running water to clean it. Do *not* scrub it or use any soap or cleaning agent.
2. Gently insert the tooth into the socket and hold it there—if your child allows you to do so.
3. If you can't insert the tooth, put it in a clean container and cover with milk, preferably, or cool water.
4. Get to a dentist within 30 minutes if possible.



ANIMAL AND HUMAN BITES

All bites, including human, easily become infected.

1. Wash the bite with soap and water gently.
2. Cover with sterile gauze.
3. See your doctor for any bite on the head or neck, or a severe bite elsewhere.
4. Check your child's last tetanus shot and ask your doctor if a booster is necessary.
5. Check with your pediatrician or emergency facility about the possibility of rabies.



HEAD INJURIES

The immediate sign of serious head injury is loss of consciousness, occurring either immediately or a short time after. If your child is knocked out, call 911 to transport the child to an emergency room. Most head injuries, however, are minor and require only close watching.



1. If your child is crying and yelling, wait a few minutes until things calm down before assessing damage. Remember, a vigorously crying child is *not* unconscious or having trouble breathing.
2. If it is naptime or bedtime, let your child sleep and check every hour or two to make sure the child can be roused, is not vomiting, and is breathing well.
3. Call physician immediately for: vomiting; fluid drainage from ears or nose; unequal pupils; weakness of one side of the body; difficulty walking or speaking; headache that gets worse and worse; diminishing alertness or confusion.

Courtesy of Woman's Day Magazine

FOR SERIOUS

CALL:

EMERGENCY! 911

Primary Children's Medical Center (801) 588-2000

Emergency Services (801) 588-2233

Poison Control Center (801) 581-2151
1-800-456-7707

Physician _____

Children's school _____

Nearest relative _____ (name) _____ (phone)

Mother's work phone _____

Father's work phone _____

Other emergency phone numbers _____

WHEN DOES A CUT NEED STITCHES?

- See your doctor quickly for:
1. Any wound on the face, no matter how small
 2. Cuts with jagged edges; if there is a gap or hole; if the cut is longer than 1/2 inch.
 3. Short but deep cuts.



This flyer reprinted as a public service of
Community Education
PRIMARY CHILDREN'S MEDICAL CENTER
100 North Medical Drive
Salt Lake City, UT 84113-1100



An Intermountain Health Care Facility