

# Family First Aid

BASIC CARE FOR MINOR AT-HOME ACCIDENTS AND INJURIES

Brought to you by Holtz Children's Hospital



## All households should have a family first aid kit.

- Keep it in an easy to reach and easy to remember spot.
- If you can, make two kits – one for the house and one for the car.
- Choose containers for your kits that are roomy, durable and easy to open (plastic tackle boxes or containers for storing art supplies are great and don't cost a lot).

## Your family first aid kit should have these items. They are all available at your local pharmacy or supermarket.

- 1 box of sterile gauze
- 1 roll of medical adhesive tape (1.25 cm wide)
- 1 box of 50 adhesive bandages in several sizes (individually wrapped)
- Antiseptic Solution (like hydrogen peroxide)
- Hydrocortisone cream (1%)
- 1 pair tweezers
- 1 pair scissors
- Calamine lotion
- Alcohol wipes or swabs
- Flashlight and extra batteries
- 2 elastic bandages
- Antiseptic wipes
- Soap
- Antibiotic cream (triple antibiotic ointment)
- Acetaminophen and aspirin (aspirin is not recommended for children under 12)
- 12 safety pins
- Disposable instant cold packs
- Thermometer
- 1 pair of disposable plastic gloves
- A first aid booklet (American Red Cross \$5.00)

## When to call 911 or go to the emergency room

When your child or family member is sick or injured, it can be hard to know when to call the doctor or 911, or when to go to the emergency room (ER). Here are a few important tips to help you make the right decision:

### Call 911

**These conditions may be very dangerous and require immediate attention.**

Child is **unconscious**, or is **choking** and turning blue or **struggling for breath**.

Child has a **seizure** that lasts longer than five minutes; or child has a seizure of any length if he has not had one before.

### Call Your Doctor

**If your doctor doesn't call back within 30 minutes and your child's condition isn't improving, take him to the ER.**

Child has mild asthma symptoms (shortness of breath or wheezing).

Child has a seizure that lasts less than five minutes, if your child has had previous seizures.



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### Call 911 (continued)

Child **falls** from a height of ten feet or more; child **cannot move or walk**. He may have head, neck, or spinal injuries. Do not move him; wait for an ambulance to arrive.

Child has an **injury to an arm or leg** with any of the following conditions: bone protrudes through skin; limb is awkwardly bent; child cannot move injured part.  
**Do not pick up the child.**

Child has burns that **blister, swell severely, or appear white and charred**. All electrical burns should be called into 911.

Child has **uncontrollable bleeding** from a wound, cut, or animal bite; or child has any bite accompanied by breathing difficulty or convulsions.

Child has a **fever and/or aches accompanied by a stiff neck**. (This can be a sign of meningitis, a very serious and contagious virus.)

Child has an **unexplained rash with shortness of breath or chest tightness**. (This may be a severe allergic reaction to food or a bee sting.)

Child has **severe vomiting or diarrhea** that results in dehydration. Signs of dehydration:

- Child hasn't urinated in several hours.
- Child sheds few tears when crying.
- Skin or lips look purple.

### Call Your Doctor (continued)

Child falls from a short distance — off playground equipment or down a short flight of stairs; child is conscious and can move and walk. (If your child later seems very tired or clumsy, develops a headache or vomits, contact the doctor again.)

Child has swelling, tenderness, and pain at the site of an injury, but the child can still move the injured part. (He may have a sprain or minor fracture.)

Child has a minor burn with slight swelling or redness.

Child has a cut that is deep, but is bleeding profusely; or child has a dog or cat bite with minor bleeding and no other symptoms.

Child has a fever:

- Above 103 degrees Fahrenheit in a child older than six months.
- Above 100.2 degrees in a child under three months.
- Above 101 degrees in a three- to six-month old.
- Child has a fever and is listless or disoriented.

Child has an unexplained rash with no other symptoms.

Child has repeated vomiting or diarrhea without signs of dehydration.

**Very Important Information!** If your child has eaten any possibly poisonous substance, **call poison control right away**. This includes eating **iron pills** (the number one cause of childhood poisoning deaths), **mouthwash**, **large amounts of toothpaste**, **perfume**, or **aspirin**. The poison control hotline will tell you what to do: 1-800-222-1222.

### Sources:

KidsHealth.org  
ivillage.com  
Good Housekeeping  
Redcross.org



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## Emergency Information for Parents and Caregivers

Prepare for an emergency before it happens. We recommend you fill out this sheet and post it near the main house phone. You may want to keep a small copy in your wallet, purse, first aid kit and family car.

### Emergency Numbers

Emergency Services: 911 or

**Poison Control Center:  
(800) 222-1222**

Ambulance:

Fire:

Police:

Hospital Emergency Dept:

Doctor's Name/Phone:

Dentist's Name/Phone:

Pharmacy:

Health Insurance Plan:

Health Insurance Policy:

Family Medical Conditions:

### Family Contact Numbers:

Home:

Home Address:

Parent's Work:

Parent's Work:

Parent's Cell Phone:

Parent's Cell Phone:

Emergency Contact Name:

Emergency Contact Phone:

Relationship to Family:

Emergency Contact Name:

Emergency Contact Phone:

Relationship to Family:

### For Babysitters & Caregivers:

Child's Full Name:

Date of Birth:

Blood Type:

Allergies:

Medical Conditions:

Child's Full Name:

Date of Birth:

Blood Type:

Allergies:

Medical Conditions:



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