



Quick Care Tips #1

Cuts and Scrapes

- Gently wash the cut with water, using soap when available. Do not remove glass or other objects from the wound.
- Place gauze or a clean cloth over the cut or scrape.
- Press lightly on the gauze or clean cloth to stop bleeding.
- Keep adding gauze or clean cloth as blood soaks through.
- Cover the cut or scrape with a thin towel, cloth, or a bandage.

Nose Bleed

- Help the person lean forward.
- Tell the person to breathe out of their mouth.
- Pinch soft part of the person's nose with your thumb and forefinger until bleeding stops.
- Put items that have blood on them into a separate container so they will not hurt others.

Bleeding

- Place gauze or a clean cloth over the place that is bleeding.
- Apply pressure until bleeding stops.
- Keep adding gauze or clean cloth as blood soaks through.
- Do not remove the original bandage.
- When bleeding stops, place tape over the gauze or clean cloth.

Sprains

- Ask the person to sit down.
- Wrap the ankle with an elastic bandage to keep the swelling down. Be careful not to wrap the elastic bandage too tight.
- Place a thin towel or cloth on the injured place.
- Put a cold pack (cold, soft-drink cans will work) on the towel or cloth.
- Raise the ankle as high as is comfortable for the person to help reduce swelling.

Dirt in Eye

- Open the eyelid. Do not touch the eyeball.
- Pour clean water into the corner of the eye next to the nose. Water will flow over the eye and out the other corner of the eye.