



Quick Care Tips #2

Burns

- Cool a burn by running cool water over it for 5-10 minutes. Never put anything on a burn except water.
- Do not pop blisters.
- Put moist, sterile gauze or a moist, clean cloth loosely over the burn.
- Treat all burns the same way.
- Keep burns moist.

Broken Arm

- Apply a cold pack for pain, swelling, or bruising, especially when the injury first happens. Make sure to place a thin towel or cloth between the cold pack and the injury.
- Use a triangular bandage as a sling under the injury to support the weight. You can also use a towel or scarf as a sling if you don't have a triangle bandage.

Broken Leg

- Apply a cold pack for pain, swelling, or bruising, especially when the injury first happens. Make sure to place a thin towel or cloth between the cold pack and the injury.
- Do not try to straighten a broken leg. Splint it to give it support with a broomstick, rolled up newspaper, umbrella or other similar object to help keep the break from moving and causing additional damage. Tie the splint just above and just below the injury with gauze or strips of fabric or towel. Do not tie it too tight.
- Raise the leg above the heart to reduce pain, swelling, and bruising.
- Help the person to lay flat on their back and raise their leg with pillows or on a chair.

Hypothermia

- Hypothermia occurs when the body's temperature drops dangerously low. It can result from prolonged exposure to cold, especially when it is wet or windy.
- Move the person to a warmer area to rest and remove wet clothing.
- Wrap the person in dry blankets, towels, or clothing.
- Give the person warm liquid (no caffeine or alcohol) to drink.
- Do not apply heat. Allow the person to warm up gradually.
- Do not rub or massage the person.