SUMMER CAMP 1ST AID

CUTS & SCRAPES

- Apply direct pressure until the bleeding stops
- Stabilize any impaled objects – pressure around the wound
- Minor: let it bleed a little, wash for 5 minutes with soap and water
- Apply antibiotic ointment/cream
- Cover wound with a sterile dressing
- Stitches possible
- Watch for infection

NOSEBLEEDS

- Have the person rest – slows down bleeding
- Tilt the head forward – stops blood from running into the airway
- Pinch the bridge of the nose for about 10-15 minutes
- If the bleeding doesn't stop – EMS/911
- Be aware of head injuries – do the best you can while keeping the person still
- Apply ice to bridge of nose & back of their neck – slows down bleeding & constricts the vessels

HEAD AND SPINE INJURIES

- ALWAYS calling EMS/911 if this is suspected
- if enough force or if the person fell from a height greater than their own
- have the person remain as still as possible
- stabilize the person's head with your hands/arms

HEAT EMERGENCIES

Heat Cramps

- muscle contractions
- skin will still be moist
- body temperature fairly normal
- have person rest in a cool place
- have person drink electrolyte drinks (ex. Powerade)
- have the person massage the area where the cramping is occurring

Heat Exhaustion

- body temperature may be slightly raised
- skin is moist
- skin is red or pale
- person may feel nauseous, dizzy and weak
- have person rest in a cool place
- have person drink electrolyte drinks (ex. Powerade)
- loosen any tight clothing or remove excess clothing
- put wet sheet over the person and use a fan to cool them

Heat Stroke

- high body temperature
- red, hot and dry skin – body can no longer regulate it's temperature
- possible loss of consciousness
- can act confused, irritable or aggressive
- rapid, shallow breathing – body is trying to compensate
- possible seizures

    - move anything around the person that could harm them
    - DO NOT restrain the person – very strong
    - DO NOT put anything in the person's mouth
    - Put blanket under the person's head
    - EMS/911
- ALWAYS EMS/911 – heat stroke and/or vomiting
- NO fluids – possibility of choking
- have person rest in a cool place
- loosen any tight clothing or remove excess clothing
- put wet sheet over the person and use a fan to cool them OR sponge the person
- put covered ice packs in the groin, armpits and behind the neck – cooling points

SUNBURNS

- Can be VERY serious – even fatal
- Ties in with heat emergencies – be prepared for both
- Make sure you are preparing for the climate
- Most likely going to see:
- Superficial
    - Red and swollen areas
    - Cool the burn for 10-20 minutes – the skin continues to burn under the surface even when out of the sun
    - Apply antibiotic ointment – very susceptible to infection
    - EMS/911 if the person is in severe pain, goes unconscious or if the burn covers more than 10% of the body (palm = 1%)
- Partial Thickness
    - Blistering of the skin – do not pop the blisters as they help cool the skin and protect it from infection
    - Cool small areas at a time – can't change the person's body temperature too quickly
    - EMS/911 if the person is in severe pain, goes unconscious or if the burn covers more than 10% of the body (palm = 1%)

ALLERGIC REACTIONS

- for minor irritations – apply calamine lotion and a cool compress
- severe reaction will be VERY noticeable
- Person may have a medic-alert tag on
- Person should be carrying an epi-pen auto injector – can HELP them use it
    - Inject in outer portion of upper thigh muscle – can go through clothes
    - Hold for 10 seconds
    - Be careful of needle
- ALWAYS EMS/911 – this is just a symptom relief drug – make sure the pen goes with the person to the hospital
- If after 10 minutes EMS has not come and person is getting worse – second dose

DIABETIC EMERGENCIES

- Person will most likely have a Medic Alert tag
- Very similar signs to intoxication
- Conscious
    - Sugary drink IF able to swallow
    - EMS/911 if the person doesn't improve within 5 minutes
    - If improves – suggest they eat a full meal
- Unconscious – call EMS/911