

Basic First Aid



CPR

Cardiopulmonary Resuscitation

CPR can double or triple
someone's chance of surviving

American Red Cross





Choking

Back Blows/Abdominal Thrusts

Heimlich Maneuver

When an airway becomes blocked, knowing when and how to use back blows and/or abdominal thrusts (Heimlich Maneuver) can help prevent injury or even death.

American Red Cross

Stroke

F is for Face: Smile and see if one side of the face droops. That's a possible sign of muscle weakness or paralysis, which often show up on just one side of the body.

A is for Arms: Raise both arms. Does one arm drop down? That's another sign of one-sided weakness.

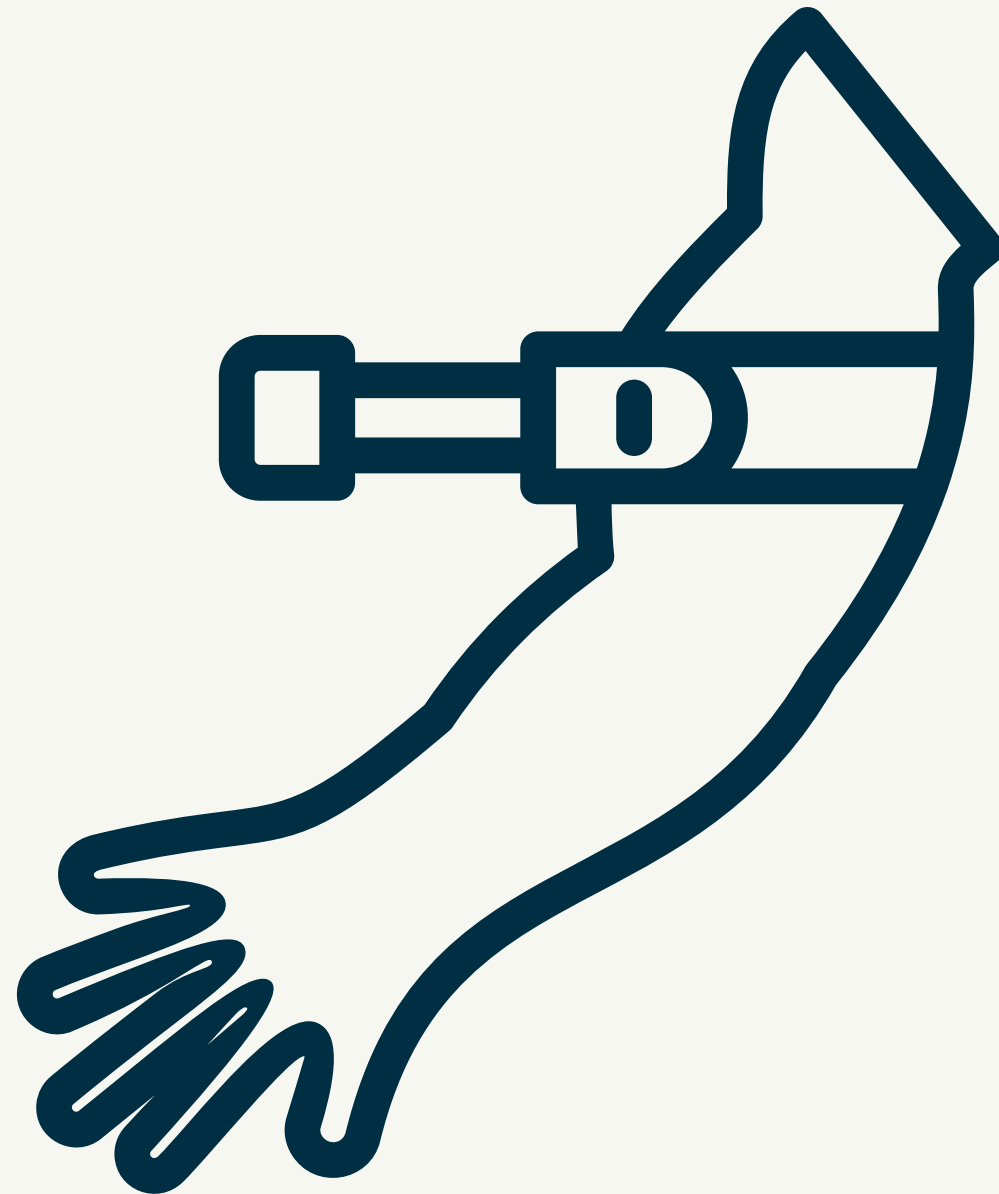
S is for Speech: Say a short phrase and check for slurred or strange speech. A stroke can make it hard for you to talk clearly or choose your words.

T is for Time: If the answer to any of these is yes, call 911 right away. Remember to look at the time and write down when you first saw any of these stroke warning signs.



Severe Bleeding

First Aid, Tourniquet and
Hemostatic Dressing

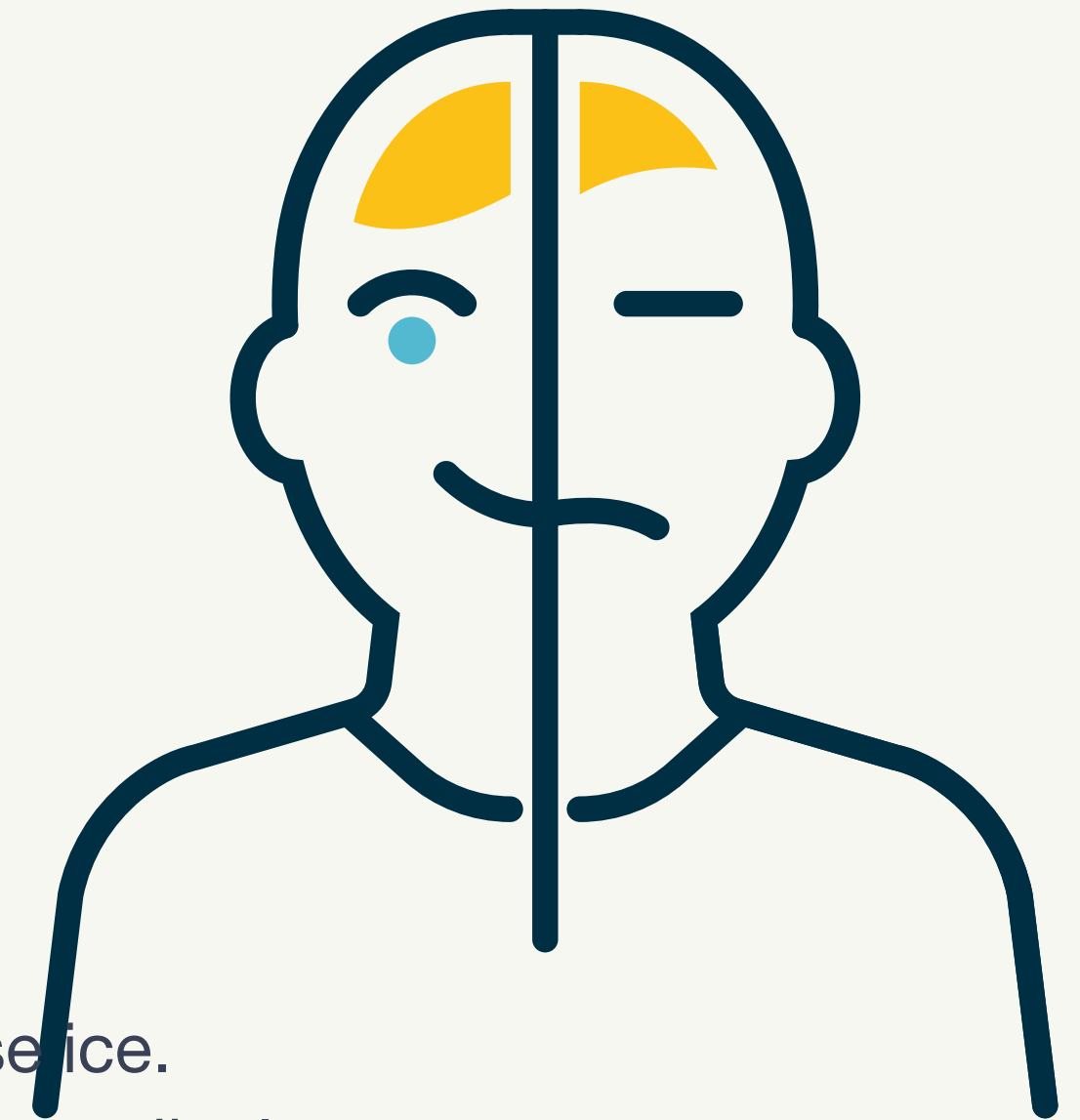


You can learn how and when to control bleeding, as well as information about applying a tourniquet and hemostatic dressing.

Burns

There are three levels of burns:

1. First-degree burns affect only the outer layer of the skin. They cause pain, redness, and swelling.
2. Second-degree burns affect both the outer and underlying layer of skin. They cause pain, redness, swelling, and blistering. ...
3. Third-degree burns affect the deep layers of skin.



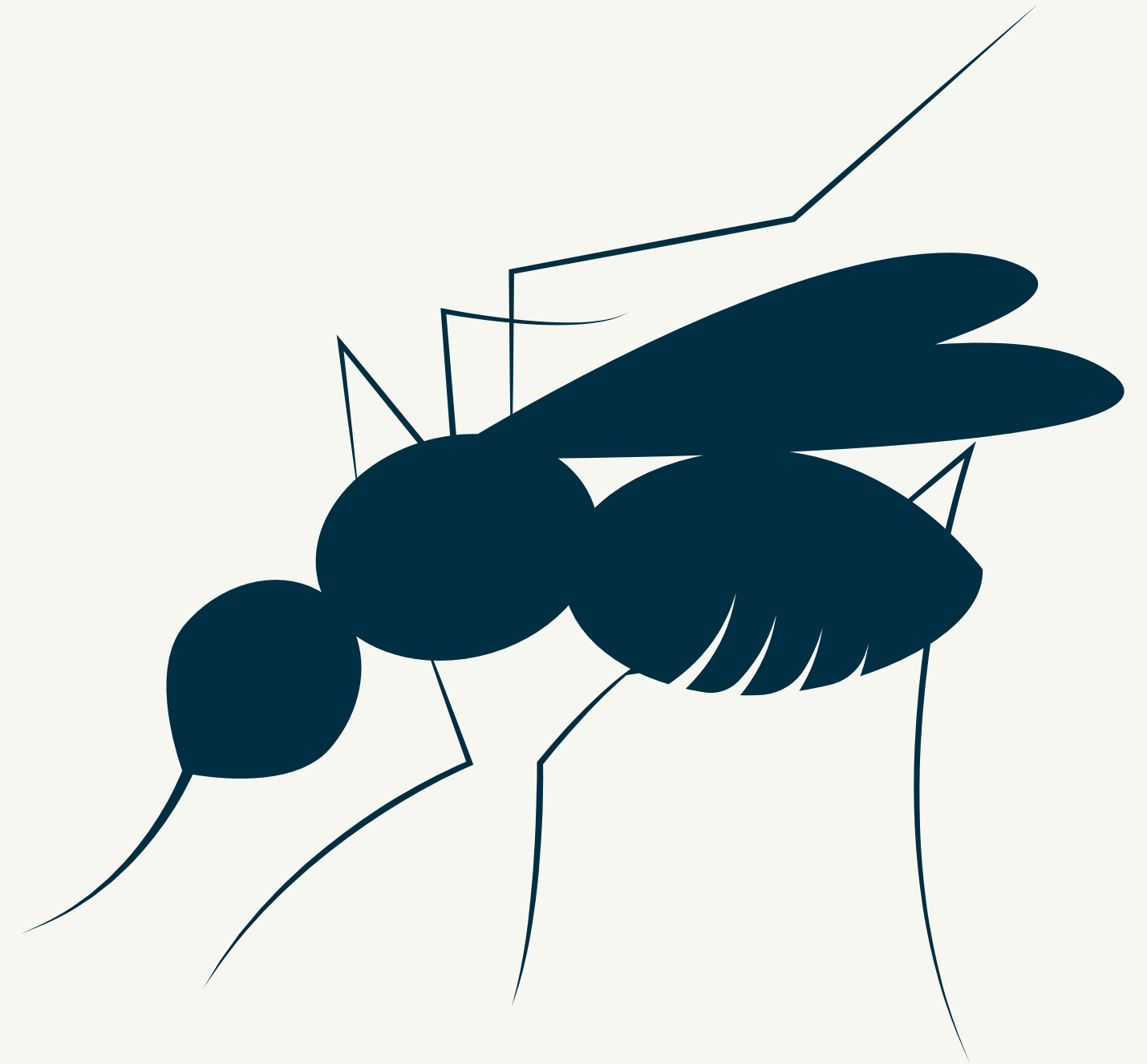
1. Gently flush the area with cool water to reduce the temperature. Never use ice.
2. Remove clothing from the wound unless it's sticking; in that case, leave it for medical professionals to remove. Take off any jewelry before the area can swell.
3. Cover the burn with a clean non-stick sterile bandage or cling wrap if you have it. Do not pop any blisters. This can increase the risk of infection.
4. Do not use any greases, sprays, butter, or ointments on a burn, as they keep the heat in.

How to Treat Burns

1. Gently flush the area with cool water to reduce the temperature.
Never use ice.
2. Remove clothing from the wound unless it's sticking; in that case, leave it for medical professionals to remove. Take off any jewelry before the area can swell.
3. Cover the burn with a clean non-stick sterile bandage or cling wrap if you have it. Do not pop any blisters. This can increase the risk of infection.
4. Do not use any greases, sprays, butter, or ointments on a burn, as they keep the heat in.

Bug Bites

- Get the stinger out right away, if there is one.
- Remove the bug. This might be as simple as shaking off your shirt. Or you might need to use tweezers to remove a tick.
- Wash the area with soap and water. Any break in your skin can allow bacteria to get in. Cleansing the area lowers your risk of infection.
- Apply a cold compress to the area to relieve swelling and pain.



Stomach Bugs

Stay alert for signs of dehydration, such as:

Those with weaker immune systems may have a more severe infection.

The most likely complication is dehydration. This happens when you lose too many fluids and electrolytes from diarrhea or vomiting, and you can't drink enough or drink fast enough to replace them.

- Thirst.
- Lack of urine (pee) or dark-colored urine.
- Lack of poop or hard, dry poop.
- Weakness or malaise.
- Sunken eyes.
- Crying without tears.
- Dehydration headache.
- Dry lips and tongue.

Basic Must Haves



Homesteading

Must

Have

