

First Aid for Common Injuries

Burns

The basis for first-aid treatment of a burn is to cool down the area in an effort to decrease the depth of the burn and to lessen the pain.

If your child has suffered a small burn, immerse the burn in cold water if possible. If not possible, wet a clean cloth with water and place an ice bag over the wet cloth. If blisters form, do not break. The blister forms a protective barrier from infection. Place a non-adhesive dressing (such as a Telfa pad) over the burn. Even Saran Wrap will work as a short term covering until you can obtain a dressing. Do not apply butter or Vaseline over the burn.

If the burn is more extensive, again place a cold, wet pack over the area. If there is clothing over the burn, remove the clothing immediately before putting the wet pack over the area. Call for further instructions.

Cuts

Most small cuts and mild scrapes can be treated at home. The goal of treatment is to clean the wound to prevent infection and to speed healing.

Head Injuries

Head injuries are very common in the pediatric population. Some children need to be seen after an injury and others can be observed at home. Your child should be seen if:

- The accident happened at a high speed such as a car accident,
- The accident occurred with great force such as a fall from a significant height,
- There was a loss of consciousness, that is, he was knocked out or he was confused for a period of time,
- The child has a severe headache or won't quit crying,
- There is repeated vomiting (2 or more times),
- The child has neck pain,

The child seems confused or disoriented,
His pupils are unequal,
He is not using his arms or legs normally,
He has trouble with his balance or seems unusually clumsy, or
A bump on his head is larger than one inch in diameter. If your child cried but
quieted down with consolation, the injury can usually be observed at home. Please
follow the instructions below for 24 hours:

Keep the child as quiet as possible - no vigorous activity.

Give clear liquids for 6 to 8 hours since children often will vomit one or two times.
Then feed him lightly for the remainder of the day.

Your child can go to sleep, but you need to awaken him after 30 to 60 minutes of
sleep to check on his awareness, his color, and the strength of his arms and legs.
(Have him squeeze your hands, and push with his legs against your hand to be sure
the strength is normal and equal). After this initial check, again check on him every
couple hours to see that his breathing is normal and his color is normal. If you have
any doubts about his condition, wake him again. If you cannot awaken your child
or any of the other symptoms listed above develop, call us immediately.

Poisoning

Poisonings are a common cause of emergency visits for children and often it is
medicine that the child has ingested. Treat medicine as medicine, not as a treat or
candy. Keep medicine up and out of sight in a child-proof cabinet or box. Many
poisonings with medicine occur when someone else in the family is sick and the
medicine is left out where the child can get to it. Also, remember that some plants
are poisonous. In the event of a suspected poisoning, call the Call the Central
Ohio Poison Center at 1-800-222-1222 or for the hearing impaired contact 1-866-
688-0088 (T.T.Y.), 24 HOURS A DAY.

If an accidental poisoning occurs, or if you are not sure if the substance ingested is
harmful, do the following:

Determine what, when and how much, if possible, was taken.

You will then be instructed on steps to take and whether the child needs to be seen
immediately. If you are instructed to come in, always bring the bottle of substance
with you.