



**Ask The
Paediatricians**

F O U N D A T I O N

C H I L D R E N · H E A L T H · W E L F A R E



FIRST AID CARE TIPS

CONTENT

- Burns
- Splinters
- Fainting
- Cuts and scrapes
- Nosebleeds
- Sprains/strains
- Seizure/convulsion
- Head injury
- Asthma attack
- Accidental poisoning
- Diabetic emergency
- Bleeding wounds
- Loss of consciousness
- Fracture
- Stroke
- Choking
- Fever
- Diarrhoea
- Vomiting
- Heart attack
- CPR

BURNS

- Run under cool water for 10 minutes.
- If there is no water available, you could use cold milk or canned drinks.
- Wrap/cover in cling film or bandage.
- Don't pour pap, eggs etc. in the burns area.
- Don't pop blisters.



SPLINTERS

- If it doesn't hurt, let it come out by itself.
- Clean a small needle or pair of tweezers and remove splinter.



FAINTING

- Lie casualty down and elevate feet.
- Give food/water for energy.
- Cool the casualty down with a damp towel on forehead.

DON'T

- Don't pour water on the person.
- Don't crowd around the person.
- Don't pour spirit, anointing oil, onion on the person.

CUTS AND SCRAPES

- Stop bleeding by adding small amount of pressure.
- Rinse with water and clean wound.
- Apply antiseptic and cover wound with plaster.



NOSE BLEED

- Bend forward, pinch nostrils.
- Breathe through mouth during nosebleed.
- Don't tilt head back.
- If bleeding doesn't stop in 30 minutes, seek medical advice.

NOSE BLEED



SPRAIN/STRAINS

Think **RICE**

- **R**est
- **I**ce for roughly 10 minutes
- **C**omfortable support
- **E**levate the limbs

If the injury is severe, take to the hospital

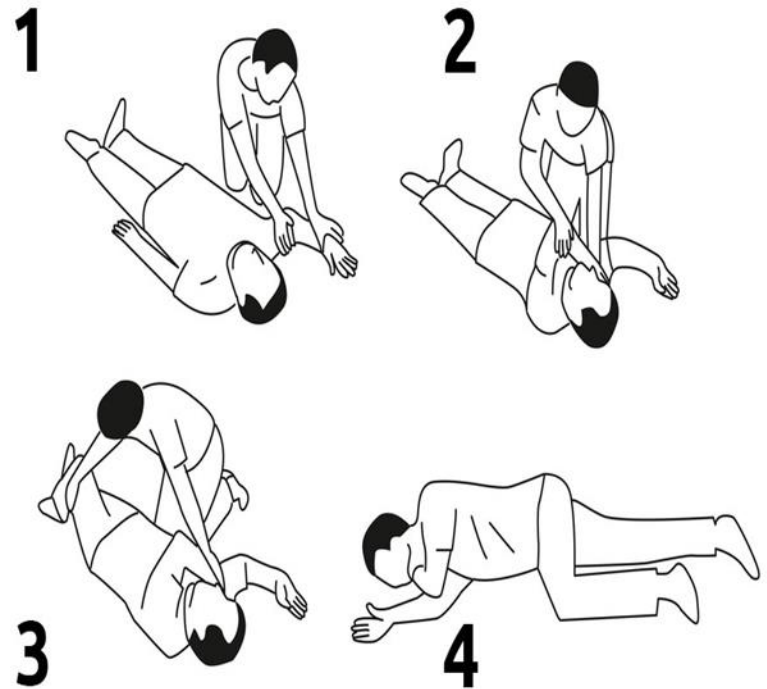


SEIZURE/CONVULSION

- Protect them from hurting themselves.
- Make note when seizure started and how long it last.

Once jerking has stopped:

- Lift chin to keep airway open and check breathing.
- Put in recovery position



SEIZURE/CONVULSION

DON'TS

- Don't put anything in their mouth, including your fingers, spoon, knife, sticks.
- Don't put onion, salt, pepper, holy water, herbal concoction, methylated spirit, olive oil on their eyes, nose, mouth.
- Do not put their hands or feet in fire.
- Do not hold down or restrain the person.
- Do not put a child who is having a convulsion in the bath of water in an attempt to cool the temperature

HEAD INJURY

- Get them to rest.
- Hold something cold to the injury.
- If they vomit, become drowsy, bleeding or their condition worsens, go to the hospital.



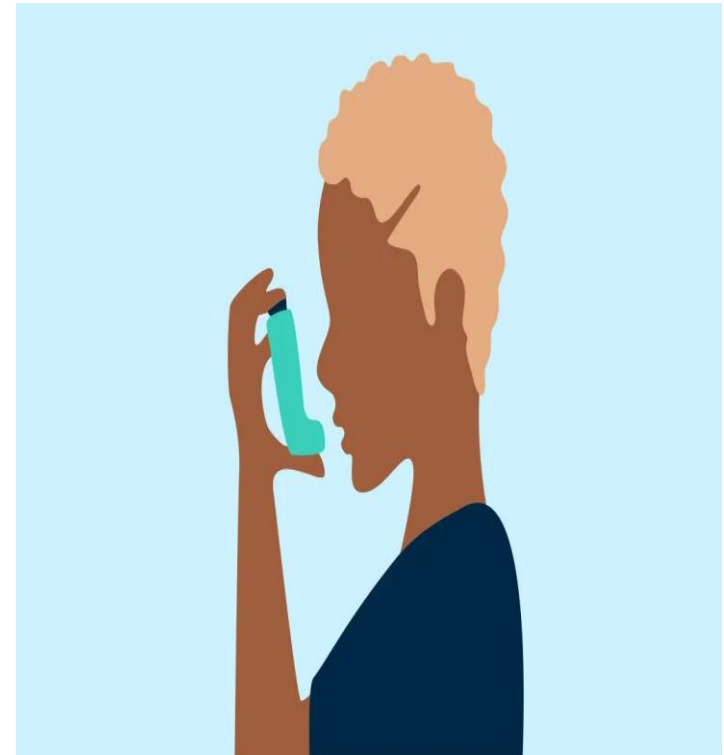
ASTHMA ATTACK

With an INHALER

- Sit up straight and open chest.
- Take one puff from reliever inhaler every 30-60 secs. 10 puffs each cycle.
- Repeat Step 2 after 15 minutes.
- Go to the hospital if puffs don't work.

NO INHALER

- Sit up straight.
- Take long deep breaths.
- Try and stay calm
- Go to the hospital if breathing doesn't improve.



ACCIDENTAL POISONING

- Find out what the child ate, when they had it, and how much they had
- Do not try to make the person vomit.
- Do not give anything to eat or drink
- Keep the containers for identification



DIABETIC EMERGENCY

- If unsure if it is high blood sugar or low blood sugar, give them something sugary e.g. a cube of sugar
- Go to the hospital if not improving.
- Low blood sugar: use glucose powder, if not available give sugar.



BLEEDING WOUNDS

- Apply pressure on the bleeding spot using a clean cloth or bandage.
- Do not remove objects embedded in the wound.



FRACTURE

- Keep the injured area still.
- If you can find something like a stick or board, use it to support the injured area and keep it steady.



CHOKING

- Try to cough it out.
- Bend casualty forward and give 5 back blows.
- Stand behind casualty, link your hands between their belly button and chest with lower hand in a flat and pull sharply inward and upward.
- If unresponsive, open airway, check if breathing, if not breathing, start CPR.

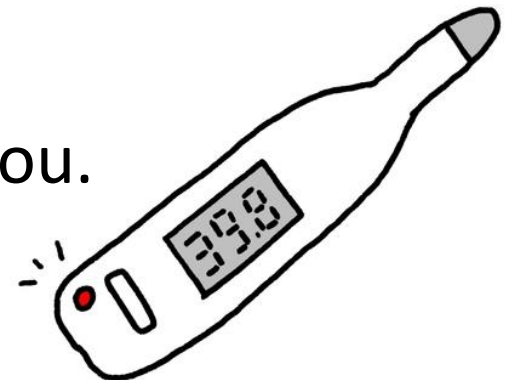


FEVER

- Check temperature with thermometer and record.
- Remove clothes and tepid sponge
- Give paracetamol

Access medical care if:

- a baby with a fever is under three months of age
- a child has a temperature higher than 39°C (102.5°F)
- the fever does not decrease with paracetamol or lasts more than three days
- additional symptoms occur that worry you.



DIARRHOEA & VOMITING

- Give oral rehydration solution (ORS)
- If no ORS, Offer small sips of water regularly
- Give zinc tablet
- If symptoms continue, seek medical advice
- Don't give medications such as antibiotics e.g. flagyl, tetracycline except if prescribed by a doctor
- Do not give children medications to stop stools e.g. diastop



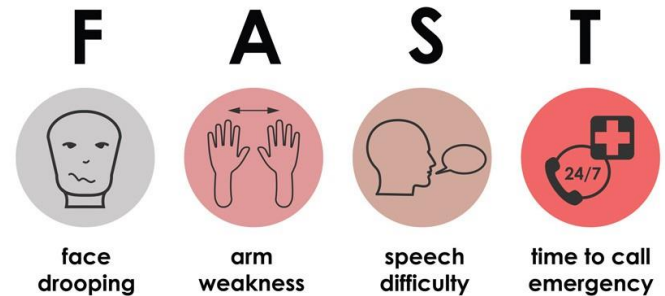
STROKE

Look for (Think FAST)

- **F**ace – ask to smile
- **A**rm – ask to lift both arms
- **S**peech – can they talk clearly?
- **T**ime to go to the hospital

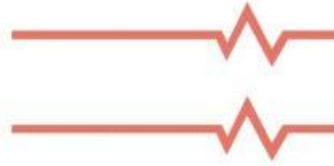
While waiting for ambulance,

- Keep them comfortable,
- Check breathing, pulse and responsiveness



HEART ATTACK

WARNING SIGNS



PALENESS OR
CLAMMY SKIN



DIZZINESS OR
LIGHTEADEDNESS



SHORTNESS
OF BREATH



SHOULDER, NECK, JAW,
ARM, OR BACK PAIN



HEART FLUTTERS



NAUSEA OR VOMITING



COLD SWEAT



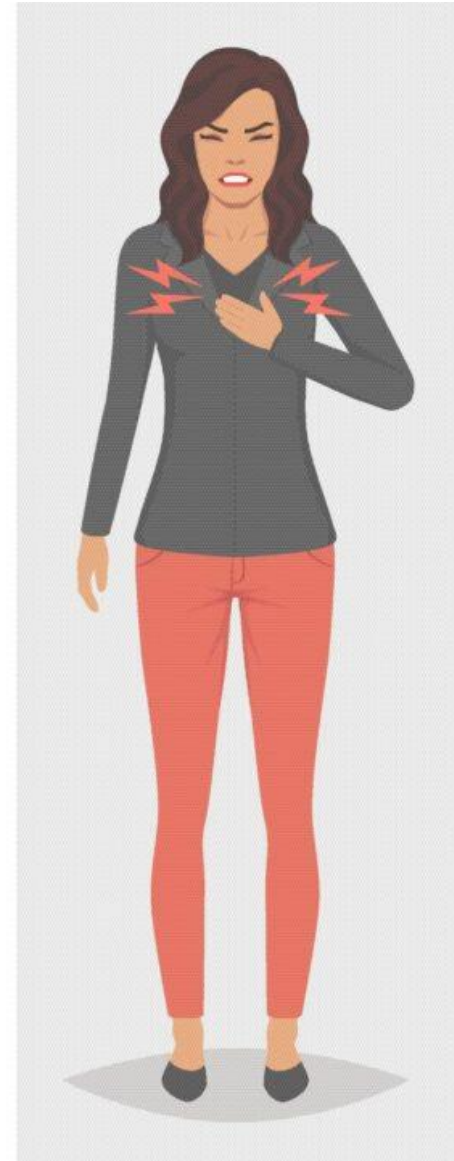
INABILITY TO SLEEP



UNUSUAL FATIGUE



ABDOMINAL PAIN



LOSS OF CONSCIOUSNESS/COMA

- Tilt the head back, check breathing.
- If breathing, move to recovery position.

If not breathing

- Give 30 chest compressions, push firmly downward in middle of chest and release
- Give 2 rescue breaths,
- Continue with 30 chest compressions and rescue breaths till help arrives.
- If not happy to give rescue breaths, continue hands only CPR

CPR

- CPR stands for Cardiopulmonary resuscitation.
- It is a life-saving measure that is provided to someone who is possibly having a heart attack or drowning.
- CPR for heart attack can be performed by anyone – bystanders or first responders.
- Hands-only CPR includes giving repeated and rapid chest compressions in a rhythm of about 100-120 per minute until medical helpers arrive.

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CONTACT US

 +2349056916818

 askthepaediatricians@gmail.com

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