

Staying Safe

Fainting

Supplies needed:

- something to prop up legs with (such as a rolled-up blanket)
- cool water
- cloth

If someone feels faint, have the person lie down on his or her back. Raise the person's legs 8-12 inches (20-30 cm). Loosen any tight clothes. Make sure the person is breathing. Wipe the person's forehead and face with a cool, damp cloth.

The person should recover quickly. Get medical help anyway, in case the fainting is a sign of something more serious.

Nosebleed

Supplies needed:

- cold water
- cloth

Have the person lean forward and pinch the nostrils gently together until the bleeding stops. Put a cold, damp cloth across the top of the nose if bleeding doesn't stop. The person should see a doctor if nosebleeds happen a lot.

Plant Poisoning

Supplies needed:

- soap and water
- calamine lotion (or baking soda and water)

Stay away from poison ivy, poison oak, and poison sumac, and warn others. If someone touches some, wash the skin with soap and water.

If a rash develops, put on calamine lotion (or a paste of baking soda and water) several times a day for the itching. The person should see a doctor if the problem doesn't clear up.

Splinter

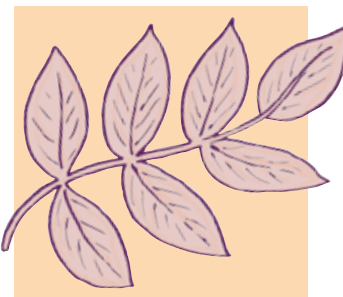
Supplies needed:

- needle (or tweezers)
- rubbing alcohol
- cotton ball (or tissues)
- bandage
- soap and water

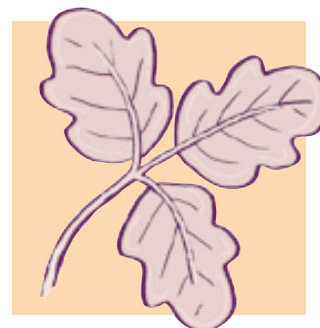
Put alcohol on a cotton ball. Wipe the alcohol on the needle tip and the skin to kill germs. Use the needle to lift the skin where the splinter went in. Slide the splinter out with needle. Wash the area with soap and water. Put on a bandage.



poison ivy—vine or low plant, white berries, three leaves in a cluster



poison sumac—shrub, greenish-white berries in drooping clusters



poison oak—bushy plant, shiny leaves, reddish in spring and fall, three leaves in a cluster

2. Act out situations.

Show what you would do if some of these things happened to you.

- Your mom falls and hits her head and becomes unconscious.
- You see smoke coming from the kitchen. A towel caught on fire on the stove.
- It's raining hard as you're walking home. Someone in a car (who you think lives on your block) pulls over and offers you a ride.
- You're shopping with your parents in an unfamiliar city. Suddenly you can't see them anywhere.
- You and a friend are swimming. Your friend starts to panic. The lifeguard hasn't noticed yet.
- Your choice: _____