

- 1. Stay Calm**
Take a deep breath to stay calm and assess the injury.
 - 2. Apply Pressure**
Use a clean cloth, bandage, or your hand to apply direct pressure to the wound to stop bleeding.
 - 3. Elevate Your Hand**
Raise your hand above the level of your heart to reduce blood flow to the area and help control bleeding.
 - 4. Clean the Wound**
Once the bleeding stops, gently rinse the cut with clean water to remove dirt or debris.
 - 5. Apply Antiseptic**
Apply an antiseptic or disinfectant to the wound to reduce the risk of infection.
 - 6. Cover the Wound**
Place a sterile bandage or gauze over the cut to protect it from dirt and bacteria.
 - 7. Monitor for Excessive Bleeding**
Check if the bleeding restarts. If it does, apply more pressure and consider seeking medical help.
 - 8. Seek Medical Attention If Necessary**
If the cut is deep, large, or won't stop bleeding, go to the hospital or contact a healthcare professional for further treatment.
 - 9. Change the Dressing Regularly**
Change the bandage every few hours or as needed to keep the wound clean and dry.
 - 10. Watch for Infection**
Keep an eye on the wound for signs of infection, such as redness, swelling, or pus. If any symptoms occur, seek medical help.
 - 11. Avoid Using the Injured Hand**
Rest the injured hand and avoid activities that could worsen the injury until it heals.
 - 12. Follow Up with a Doctor**
If necessary, schedule a follow-up appointment with your healthcare provider to check the wound's healing progress.
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