

First aid for Lack of oxygen at high altitudes

1. Make sure there is no danger to you.
2. The person urgently needs help. Shout or call for help if you are alone but do not leave the person unattended. Ask a bystander to seek help or to arrange urgent transport to the nearest healthcare facility. Tell him to come back to you to confirm if help has been secured.

Secure an open airway and start CPR
3. Remove any cause of suffocation, but do not place yourself into any danger doing so.
4. If the person is not on his back, turn him on his back.
5. Kneel down by the side of the person.
6. Start CPR

Do not interrupt the resuscitation until:
 - ☐ the victim starts to wake up, moves, opens eyes and breathes normally;
 - ☐ help (trained in CPR) arrives and takes over;
 - ☐ you become too exhausted to continue; or
 - ☐ the scene becomes unsafe for you to continue.
7. Cover the casualty.
8. If the breathing starts again:
 - a. Keep the victim covered to keep him warm.
 - b. Arrange urgent transport to a hospital.
 - c. Do not leave the victim alone and continue to observe him.
 - d. If the breathing stops, restart CPR.

First aid for Drowning

1. Make sure there is no danger to you of drowning.
2. The person urgently needs help. Shout or call for help if you are alone but do not leave the person unattended. Ask a bystander to seek help or to arrange urgent transport to the nearest healthcare facility. Tell him to come back to you to confirm if help has been secured.

Remove the victim out of the water

3. Remove the person rapidly and safely from the water, but do not place yourself into any danger by doing so.
4. Try to throw a rope or something that the drowning person can hold onto (if he is still conscious and able to grasp the helpline).
5. Once the person has been rescued from the water, do not try to remove water from his lungs.

if the victim is breathing:

1. If the person is breathing, put him in the recovery position and cover him with a blanket or coat to keep him warm.
2. Do not leave the victim alone and continue to observe him.

if the victim is not breathing or not breathing normally

1. Remove any cause of suffocation.
2. If the person is not on his back, turn him on his back.
3. Kneel down by the side of the person.
4. Start CPR.

Do not interrupt the resuscitation until:

- ☐ the victim starts to wake up, moves, opens eyes and breathes normally;
- ☐ help (trained in CPR) arrives and takes over;
- ☐ you become too exhausted to continue; or
- ☐ the scene becomes unsafe for you to continue.

First aid for Strangulation and hanging

1. Make sure there is no danger to you.
2. The person urgently needs help. Shout or call for help if you are alone but do not leave the person unattended. Ask a bystander to seek help or to arrange urgent transport to the nearest healthcare facility. Tell him to come back to you to confirm if help has been secured.
3. Cut or remove the band constricting the throat.

If the victim is suspended, raise the body and loosen or cut the rope.

4. Lay the person on the ground.

Be careful while moving the victim as he may suffer neck injuries.

What do I do if the victim is breathing:

1. If the person is breathing, put him in the recovery position and cover him with a blanket or coat to keep him warm.

2. Do not leave the victim alone and continue to observe him.

if the victim is not breathing or not breathing normally:

1. Remove any cause of suffocation, but do not place yourself into any danger doing so.
2. If the person is not on his back, turn him on his back.
3. Kneel down by the side of the person.
4. Start CPR

Do not interrupt the resuscitation until:

- ☐ the victim starts to wake up, moves, opens eyes and breathes normally;
- ☐ help (trained in CPR) arrives and takes over;
- ☐ you are too exhausted to continue; or
- ☐ the scene becomes unsafe for you to continue.

If the breathing starts again:

- a. Cover the victim to keep him warm.
- b. Arrange urgent transport to a hospital.
- c. Do not leave the victim alone and continue to observe him.
- d. If the breathing stops again, restart CPR.

First aid for Choking

Ask the person to keep coughing. Do not do anything else, but stay with the person until he breathes normally again.

if the person cannot speak, cough or breathe:

1. Stand to the side and a little behind the choking person or child (aged older than one year).
2. Support the person's chest with one hand and bend him forward.
3. Give five firm blows between the person's shoulder blades. To do so, use the heel of your free hand.

Verify if the object has come out and the person can breathe again.

if the object did not come out and the person is still choking:

1. Stand behind the choking person and put both hands around him, so your hands meet in front of the person.
2. Make a fist and place it between the navel and lower tip of the breastbone of the person. Hold onto this fist with your other hand.
3. Bend the choking person forward and pull your fist firmly towards you and upwards.

4. Give five abdominal thrusts.

This method of abdominal thrusts can only be used on people older than one year.

5. If the passage of air is free, stop giving further abdominal thrusts. But always stop after five abdominal thrusts.
6. If the object does not come out and the person is still choking, give another five blows on the back followed by five abdominal thrusts.
7. Repeat this until the object is released or until the choking person loses consciousness.

if the person loses consciousness

1. Carefully place the unconscious person on the floor.
2. The person urgently needs help. Shout or call for help if you are alone but do not leave the person unattended. Ask a bystander to seek help or to arrange urgent transport to the nearest healthcare facility. Tell him to come back to you to confirm if help has been secured.
3. Kneel down by the side of the person.
4. If the person is not on his back, turn him on his back.
5. Start CPR.

Do not interrupt the resuscitation until:

- ☐ the victim starts to wake up, moves, opens his eyes and breathes normally;
- ☐ help (trained in CPR) arrives and takes over;
- ☐ you are too exhausted to continue; or
- ☐ the scene becomes unsafe for you to continue.

First aid for choking (person is a baby under the age of one year)

1. The baby urgently needs help. Shout or call for help if you are alone but do not leave the child unattended. Ask a bystander to seek help or to arrange urgent transport to the nearest healthcare facility. Tell him to come back to you to confirm if help has been secured.
2. Kneel down so that you can use your thighs to prevent the baby from falling.
3. Lay the baby down along your forearm.

If you are right-handed, use your left forearm; if you are left-handed, use

your right forearm.

4. Support the baby's head and neck with one hand without covering the mouth so the baby lies face down, with the baby's head below his trunk, over your forearm, supported by your thigh.

5. With your free hand, give five firm blows with the base of your palm to the area between the baby's shoulder blades.

6. Quickly turn the baby, while supporting the head, onto his back to face you, resting on your arm.

7. Check if the object has come out and the baby can breathe freely.

if the object does not come out

1. Place two fingers (the two after your thumb) in the middle of the baby's chest and deliver five thrusts (pushing inwards and upwards).

2. Stop after five thrusts.

3. If the object does not come out and the baby is still choking, give another five blows on the back followed by five thrusts.

4. Repeat this until the object is released or the choking baby loses consciousness.

if the baby loses consciousness

1. Lay the baby down on the floor or on a hard and safe surface.

2. Start CPR on the baby.

Do not interrupt the resuscitation until:

☐ the baby starts to wake up, moves, opens his eyes and breathes normally; or

☐ help (trained in CPR) arrives and takes over.

First aid for Suffocation by smoke or gases

1. Shout or call for help if you are alone but do not leave the person.

Ask a bystander to seek help. Tell him to come back to you to confirm if help has been secured.

2. Make sure there is no danger to you. Do not take any risk that could endanger you. The fire brigade has specialized teams and equipment to handle these situations safely.

3. Protect yourself by a towel or a cloth (preferably wet) over your

mouth and nose.

4. Crawl on the floor and stay as low as possible.

Move the victim out of the smoke:

5. Move the victim as quickly as possible away from the area.

6. Loosen the victim's clothes at neck and waist.

7. If the breathing stopped, call for help and start CPR.

8. Always arrange transport for the victim to a healthcare facility for further follow up.

First aid for suffocation by carbon monoxide (CO) or gases lighter than air

1. Shout or call for help if you are alone but do not leave the person unattended. Ask a bystander to seek help. Tell him to come back to you to confirm if help has been secured.

2. Make sure there is no danger to you. Do not take any risk that could endanger you. The fire brigade has specialized teams and equipment to handle these situations safely.

3. Ensure the circulation of fresh air by opening doors and windows.

4. Use a gas mask. If not available, before entering the enclosed space, take two or three deep breaths and hold your breath as long as you can.

5. Enter in upright position and stay as high as possible.

Move the victim to an area of fresh air

6. Move the victim as quickly as possible away from the area.

7. Loosen the victim's clothes at neck and waist.

8. If the breathing stopped, call for help and start CPR.

9. Always arrange transport for the victim to a healthcare facility for further follow up.

First aid for Asthma

1. Stay calm and reassure the person.

2. Let the person adopt a position that he finds most comfortable.

In many cases this is sitting up in bed or on a chair, leaning forward on a couple of pillows or a small table on which he rests his head.

Do not make the person lie down. Important however it is important the person adopts the position he finds best.

3. If the person is used to take inhaler puffs for his condition, let him take the medication.
4. Ensure fresh air by opening a window. Loosen any tight clothing.
5. If it is the first attack or the attack is severe or the inhaler puffs have no effect, seek urgent medical help in a healthcare facility.
6. If the person loses consciousness, make sure the airway remains open and check the breathing.
7. If the person stops breathing, start CPR.

First aid for Heart, blood circulation, shock

1. Make sure there is no danger to you and the person.
2. The person urgently needs help. Shout or call for help if you are alone but do not leave the person unattended. Ask a bystander to seek help or to arrange urgent transport to the nearest healthcare facility or hospital. Tell him to come back to you to confirm if help has been secured.
3. Make the person lie down in a comfortable position, or propped up position if lying down is not possible. A semi-reclined position is often the most comfortable for such cases.
4. Ask him to rest and not move. He should rest wherever he is at that moment.
5. Loosen tight clothing for more comfort.
6. Reassure the person and tell him what is happening.
7. Ask if the person is taking medication for his heart condition. If so, allow the person to take the prescribed medication.

If the patient has prescribed nitro-glycerine with him, it is safe for him to take up to three doses.

8. If there is aspirin available, ask the person to chew on an aspirin tablet and swallow it with some water afterwards. Tell him that this will help the blood flow to the heart.
9. Arrange urgent transport to a nearby healthcare facility or hospital.
10. Keep observing the person in case he collapses.

when the person becomes unconscious, but is still breathing

1. Put the person in the recovery position.
2. Do not leave the victim alone and continue to observe him.

when the person stops breathing:

Perform CPR.

Do not interrupt the resuscitation until:

- ☐ the victim starts to wake up, moves, opens his eyes and breathes normally;
- ☐ help (trained in CPR) arrives and takes over;
- ☐ you become too exhausted to continue; or
- ☐ the scene becomes unsafe for you to continue.

First aid for Bleeding

1. Make sure there is no danger to you and the person.
2. The person urgently needs help. Shout or call for help if you are alone but do not leave the person unattended. Ask a bystander to seek help or to arrange urgent transport to the nearest healthcare facility. Tell him to come back to you to confirm if help has been secured.

HYGIENE

3. Wash your hands before and after taking care of the patient. Use soap and water to wash your hands. If no soap is available, you can use ash to wash your hands. Alcohol-based sanitizers can also be used, if available.
4. Put on gloves if available. You can also use a clean plastic bag. Try not to come in contact with the person's blood.

Stop the bleeding:

5. Ask the injured to sit or lie down or put him in comfortable position.
6. Comfort the person and explain what is happening to him. Tell the person to relax and rest. He should not try to exert.
7. Try to stop or slow down the bleeding; press with both hands on the wound with a clean cloth or bandage.

Alternatively, if possible, ask the injured to press on the bleeding wound himself to stop the bleeding.

8. If you have a piece of clean (cotton) cloth, then cover the wound with it.

If you have no bandages, improvise with other materials.

9. You can also wrap a bandage around the wound to slow down the bleeding, but continue to apply pressure until the bleeding stops.

Make sure the bandage is firm enough so it stops the bleeding but doesn't cut off all the blood flow.

If the part of the body below the bandage changes colour or is swelling or the injured person says he is losing any feeling there, loosen the bandage a little but do not remove it. If the blood flow to a limb is stopped an injured person can lose his limb.

10. Do not apply a tourniquet or fix a bandage above the wound, except in special situations

11. If the bandage becomes soaked in blood, do not remove it, but add another bandage on top of it and continue to apply pressure.

12. Take off jewels or anything else in the area of the wound that may cut off blood flow because of swelling. Keep the jewels and belongings with the owner or in a safe place.

12. Take off jewels or anything else in the area of the wound that may cut off blood flow because of swelling. Keep the jewels and belongings with the owner or in a safe place.

15. Stay with the person until medical help is available.

16. Do not give the injured person anything to eat or drink.

17. Arrange transport to the nearest healthcare facility.

if the victim loses consciousness, but is still breathing:

1. If the person is breathing, put him in the recovery position and cover him with a blanket or coat to keep him warm.

2. Continue to put pressure on the wound to stop the bleeding.

3. Do not leave the victim alone and continue to observe the breathing.

if the victim stops breathing:

Start CPR.

Do not interrupt the resuscitation until:

☐ the victim starts to wake up, moves, opens eyes and breathes normally;

☐ help (trained in CPR) arrives and takes over;

☐ you become too exhausted to continue, or

☐ the scene becomes unsafe for you to continue.

First aid for bleeding and an object is stuck in the wound

1. Do not remove the object.

2. Check if the object caused an additional exit wound if it passed through; try to stop the protruding object from moving (do not remove the object) with bulky material and bandages.

3. Build up padding around the object until you can bandage over it without pressing down.
4. Bandage the material above and below the object with a piece of clean (cotton) cloth or improvise with other materials.

Make sure the bandage is firm enough so it stops the bleeding but doesn't cut off all the blood flow.

If the part of the body below the bandage changes colour or is swelling or the injured person says he is losing any feeling there, loosen the bandage a little but do not remove it. If the blood flow to a limb is stopped an injured person can lose his limb.

5. Do not apply a tourniquet or fix a bandage above the wound, except in special situations (see below)

Only apply a tourniquet:

- ☐ if the bleeding of an external limb cannot be stopped by putting direct pressure on the wound, or
 - ☐ if there are many casualties you have to give help to, and
 - ☐ the first aider has been well trained on how to apply a tourniquet. If a tourniquet is applied on a bleeding limb:
 - a. apply it above the wound,
 - b. note down the time when the tourniquet is applied,
 - c. maximally have a tourniquet applied for 2 hours,
 - d. transfer the casualty as quickly as possible to a healthcare facility for further treatment.
6. If the bandage becomes soaked in blood, do not remove it, but add another bandage on top of it and continue to apply pressure.
 7. Take off jewels or anything else in the area of the wound that may cut off blood flow because of swelling. Keep the jewels and belongings with the owner or in a safe place.

First aid for internal bleeding

1. Ask the injured person to sit or lie down or make him comfortable.
2. Check the airway, breathing and circulation.
3. If there is also external bleeding: try to stop or slow down the external bleeding; press with both hands on the wound with a clean cloth or bandage.
4. Keep the injured person warm by taking off wet clothing, covering him with a blanket or other covering, taking care not to overheat him.
5. Keep checking that the person is conscious and breathing properly.

6. If the person stops breathing, start CPR.
7. Do not apply hot water bottles or ice bags to the chest or the abdomen.
8. The person needs to be transported urgently to the nearest healthcare facility.

First aid for Small cuts and abrasions

1. Wash your hands before giving care. Use soap and water to wash your hands. If no soap is available, you can use ash to wash your hands.

Alcohol-based sanitizers can also be used, if available.

Stop the bleeding and bandage the wound

2. Try to stop or slow down the bleeding: press on the wound with a clean cloth or bandage. If possible, ask the injured person to press on the cut or graze himself to stop the bleeding.

3. Rinse out the wound with clean water. You can also use boiled and cooled water.

Pour water on the wound until you cannot see any foreign material left in the wound. If necessary, wash out the wound under running water. Foreign material means dirt or anything else that comes from outside the injured person's body.

4. If you have a piece of clean (cotton) cloth, then cover the wound with it. Use adhesive strips to close a clean cut. If no strips are available, use a bandage. Bandage the dressing to the wound.

Do not apply the bandage too firmly. If the part of the body below the bandage changes colour, is swelling or is feeling numb, loosen the bandage a little bit.

5. Tell the injured person or the person caring for him to keep the wound dry after cleaning with water or getting wet. Every 2 or 3 days, the wound should be cleaned and the dressing changed.

6. If a dressing needs to be changed, do not tear the old one off as this can damage the healing wound. Instead, put enough water (preferably saline water if available) on the old dressing so that it comes off easily.

7. If the wound is infected, then always refer him to a healthcare facility for further care.

First aid for Head injuries

1. Ask the injured not to blow his nose.
2. Do not pack the ear or nose. You may eventually place a light dressing on the ear or nose.
3. If the person is breathing, put him in recovery position. Be aware of

the risk of neck (spinal) injury.

4. Urgent transport to the nearest hospital is required.
5. Wash your hands after taking care of the patient. Use soap and water to wash your hands. If no soap is available, you can use ash to wash your hands. Alcohol-based sanitizers can also be used, if available.

First aid for Nose bleed

1. Ask the person to pinch his nose above the nostrils with index finger and thumb. Tell the injured person to breathe through themouth. Ask the injured person to lean forward so that he does not swallow or breathe in blood. Swallowing blood can make the person feel sick.
2. Pinch the nostrils for 10 to 15 minutes. If necessary, pinch the injured person's nose yourself.

In a few cases a nose bleed can be serious and lead to death. The person shouldseek medical help if:

- ❑ blood is still coming from the nose after 20 minutes;
 - ❑ the nosebleed was caused by a hard punch on the nose; a fall, a road accident, etc.;
 - ❑ blood spurts from the nose, or
 - ❑ the injured person turns pale, becomes sleepy or falls unconscious.
3. Wash your hands after taking care of the patient. Use soap and water to wash your hands. If no soap is available, you can use ash to wash your hands. Alcohol-based sanitizers can also be used, if available.

First aid for Bleeding of the gums

1. The person may rinse his mouth with water or saline water.
2. A thick cotton ball can be put in the casualty's teeth socket and tell him to bite on the cotton ball to stop the bleeding.
3. Refer the person to a healthcare facility.

First aid for chest injuries

1. Place him in a half-sitting position and control the bleeding by providing direct pressure to the wound. Leave the open chest wound exposed. Do not apply an occlusive dressing. Eventually put a light dressing on the wound that is not occlusive.
2. Reassure the casualty.
3. You may also encourage the injured to lean towards the injured side and use his hand to cover the penetration wound.
4. If the casualty becomes unconscious but keeps breathing, put him in the recovery position.
5. If the casualty stops breathing, start CPR.
6. Arrange urgent transport to the nearest hospital.
7. Wash your hands after taking care of the patient. Use soap and water to wash your hands. If no soap is available, you can use ash to wash your hands. Alcohol-based sanitizers can also be used, if available.

First aid for Abdominal injuries

1. Control the bleeding by providing direct pressure to the wound.
2. Put a clean cotton bandage on the wound.
3. Adjust the position of the victim so the wound does not gap
4. If the intestines come out:

Cover the intestines with a clean plastic bag or a clean pad. Do not touch the intestines that came out.
5. Do not give anything to drink or eat.
6. If the casualty becomes unconscious but is breathing, put him in the recovery position.
7. If the casualty stops breathing, start CPR.
8. Arrange urgent transport to the nearest hospital.
9. Wash your hands after taking care of the patient. Use soap and water to wash your hands. If no soap is available, you can use ash to wash your hands. Alcohol-based sanitizers can also be used, if available.

First aid for Bleeding from varicose veins

1. Ask the person to lie down on the floor.
2. Raise and support the affected leg (this might help to slow down the bleeding). Apply at the same time direct pressure to the site of the bleeding.
3. Put a bandage on the wound.
4. Refer the person to a healthcare facility. Transport the person to the hospital if the bleeding can't be stopped.
5. Wash your hands after taking care of the patient. Use soap and water to wash your hands. If no soap is available, you can use ash to wash your hands. Alcohol-based sanitizers can also be used, if available.

First aid for Amputation

1. Control the bleeding by providing direct pressure to the wound.
Put a clean cotton bandage on the wound.
2. Place the amputated part in a clean plastic bag.
3. If possible, place the packed amputated part in a container of ice. Do not put ice directly on the amputated part – the amputated part should always be packed in a clean plastic bag.
Do not put liquids or antiseptic products on the amputated part.
4. Mark the package clearly with the casualty's name and the time the amputation occurred.
5. Arrange urgent transport of the casualty and the amputated part to the nearest hospital.
6. Wash your hands after taking care of the patient. Use soap and water to wash your hands. If no soap is available, you can use ash to wash your hands. Alcohol-based sanitizers can also be used, if available.

First aid for Crush injuries

1. Try to keep the head of the victim as low as possible.
2. Monitor the respiration and consciousness of the victim.
3. If the victim stops breathing, start CPR.
4. Arrange urgent transport to the nearest healthcare facility or hospital.
5. Wash your hands after taking care of the patient. Use soap and water to wash your

hands. If no soap is available, you can use ash to wash your hands.

Alcohol-based sanitizers can also be used, if available.

First aid for Dislocations

Do not try to reset the dislocated bone back into place.

☐ Verify the colour of the nails of the hand of a dislocated elbow as the dislocation might traumatize an artery.

☐ Keep the person calm. Don't try to move the joint. Immobilize the joint with a splint or sling. Apply ice for 15-20 minutes every few hours. Elevate the injured area. Use pain relievers if needed. Seek medical help immediately

First aid for Strains and sprains (injuries to ligaments, muscles and tendons)

Make sure there is no danger to you and the person.

If possible, wash your hands before taking care of the injured. Use soap and water to wash your hands. If no soap is available, you can use ash to wash your hands. Alcohol-based sanitizers can also be used, if available. Use gloves to protect yourself. If no gloves are available, you can use a clean plastic bag. Try not to come in contact with the person's blood.

The application of a crepe bandage or a compression bandage is not recommended and not necessary in case of injuries to muscles or joints.

Wrap ice in a cloth or a towel and apply it on the injury. Ice can reduce the pain and improve the healing.

a. The ice should not touch the skin directly!

b. If you do not have ice, use cold water and make a cold compress.

c. Do not apply for more than 20 minutes

Do not massage the injury.

Do not put heat on the injury.

Do not let the injured person continue the activity – rest is required.

Arrange transport to a healthcare facility.

First aid for unconsciousness

1. Make sure there is no danger to you, the person or bystanders.
2. Talk loudly to the casualty. Taphim on the shoulders and ask if he is ok.

Do not shake the person too roughly.

3. Check if the casualty is conscious or unconscious and act accordingly.

Check for responsiveness: Shake the person gently and shout, "Are you okay?" If there is no response, they are unconscious. Call for help: Dial emergency services (e.g., 911) immediately. Explain the situation clearly. Check their breathing: Tilt their head back gently and lift the chin to open the airway. Look, listen, and feel for breathing for about 10 seconds. If they are not breathing: Perform CPR (cardiopulmonary resuscitation). Place the heel of one hand on the center of the chest, then place the other hand on top and interlock your fingers. Perform chest compressions at a rate of 100-120 compressions per minute. If they are breathing: Place them in the recovery position. Gently roll them onto their side, ensuring that their head is tilted back and their airway remains open. Monitor their condition: Stay with the person and monitor their breathing and pulse until help arrives.

First aid for Head injuries

Assess the Situation: Check the surroundings for any immediate danger. Ensure the area is safe for both you and the injured person.

Evaluate Consciousness: Approach the person calmly and check if they are conscious. Ask simple questions like "Can you hear me?" or "What's your name?" If they are unconscious, call emergency services immediately.

Stabilize the Neck: If the person is unconscious and you suspect a spinal injury, avoid moving their head and neck. Keep them still and support their head until medical help arrives.

Control Bleeding: If there's bleeding from the head, apply gentle pressure with a clean cloth to control it. Avoid pressing directly on any protruding objects or bone fragments.

Monitor Breathing: Check the person's breathing. If they're not breathing, start CPR if you're trained to do so. Otherwise, wait for medical professionals.

Keep Them Warm: Cover the person with a blanket or jacket to prevent hypothermia, especially if they're unconscious.

Stay Calm and Reassure: Reassure the injured person that help is on the way. Stay calm to help them feel more at ease.

Avoid Medication: Don't give any medication, including painkillers, unless directed by medical professionals.

Note Symptoms: Pay attention to any symptoms the person exhibits, such as vomiting, confusion, or changes in behavior. Inform medical personnel of these symptoms when they arrive.

Transport to Hospital: If the injury seems serious, don't hesitate to call emergency services for transportation to the nearest hospital. Even seemingly minor head injuries can have serious consequences, so it's better to err on the side of caution

First aid for Stroke

1. If you think someone is suffering from a stroke, you can ask the person to perform three simple actions to check.

You can easily remember this via the mnemonic 'FAST': Face – Arm – Speech and Transport. Ask the person to smile or to show his teeth.

Check whether the mouth is crooked or drooping at one corner. There might be saliva dribbling out of the mouth.³ Ask the person to lift both arms.

Check whether he can do this without one arm dropping or drifting. Can he do this? Is one arm lower than the other?

A stroke often causes one side of the body to become weak or even paralyzed. The person might also have lost his balance.⁴ Ask the person to repeat a simple sentence after you. Check whether he can speak clearly or if he has problems in saying the words.⁵ Arrange transport quickly. The earlier the person is treated, the better is the outcome. Try to find out when the problem started, note it down and report it.

6. If you think the person suffers from a stroke, the person urgently needs help. Shout or call for help if you are alone but do not leave the person unattended. Ask a bystander to seek help or to arrange urgent transport to the nearest healthcare facility. Tell him to come back to you to confirm if help has been secured.

7. If the person can sit up, make him to sit upright. This helps the person to breathe. If the person cannot sit up, place him in the recovery position.

8. Comfort the person and explain what is happening. Tell the person to relax and rest.

9. He should not try to do anything.

10. Do not give food or drink to the person having a stroke. There is an increased risk of choking or vomiting.

11. Keep checking that the person is awake and breathing properly.

12. Arrange urgent transport to a healthcare facility.

13. Always wash your hands after taking care of a person. Use soap and water to wash your hands. If no soap is available, you can use ash to wash your hands. Alcohol-based sanitizers can also be used, if available.

First aid for Fits, Convulsions, Seizures

Ensure Safety: Clear the area of any sharp objects or obstacles to prevent injury. Place a cushion or soft object under the person's head to protect them from hitting it on the ground.

Time the Seizure: Note the time the seizure starts to help medical professionals assess the situation later.

Protect the Person: Do not restrain the person during the seizure. Move any nearby objects away to prevent injury. Do not put anything in their mouth, as it could cause injury or choking.

Cushion the Head: If the person is on the ground, place something soft under their head to prevent head injury.

Loosen Tight Clothing: If the person has tight clothing around their neck, loosen it to aid breathing.

Turn the Person on Their Side: Once the seizure subsides, gently roll the person onto their side to help clear their airway and prevent choking on any saliva or vomit.

Stay Calm and Reassure: Speak calmly and reassuringly to the person after the seizure has ended. Let them know what happened and provide comfort.

Check for Medical Identification: If the person has a medical ID bracelet or necklace indicating epilepsy or a specific condition, take note of it for medical responders.

Seek Medical Help: If it's the person's first seizure, if the seizure lasts longer than 5 minutes, or if the person is injured during the seizure, call emergency services immediately for further medical assistance.

First aid for Food poisoning

1. Wash your hands before taking care of the sick person. Use soap and water to wash your hands. If no soap is available, you can use ash to wash your hands. Alcohol-based sanitizers can also be used, if available.

Use gloves to protect yourself. If no gloves are available, you can use a clean plastic bag. Try not to come in contact with the person's vomit, stools or fluids.3. Prevent dehydration if the sick person suffers from vomiting and/or diarrhoea

4. Observe the sick person; when his condition worsens, refer him to the nearest healthcare facility.

First aid for Hyperglycaemia

1. Make sure there is no danger to you, the person or bystanders.

2. The person urgently needs help. Shout or call for help if you are alone but do not leave the person unattended. Ask a bystander to seek help or to arrange urgent transport to the nearest healthcare facility or hospital. Tell him to come back to you to confirm if help has been secured.

3. Make the person lie down in a comfortable position.
4. Ask if the person is taking medicines for diabetes. If so, allow the person to take the prescribed medication.
5. Arrange urgent transport to a nearby healthcare facility.
6. Keep observing the person in case he collapses.

First aid for Skin burn

Assess the Severity: Determine the severity of the burn. Burns are classified into three categories: first-degree burns (redness and minor pain), second-degree burns (blisters and deeper redness), and third-degree burns (charred skin with possible white or blackened areas).

Remove the Source of Heat: If the burn was caused by a heat source, such as fire or hot liquid, move the person away from the source of heat to prevent further injury.

Cool the Burn: Hold the burned area under cool (not cold) running water for at least 10 minutes to reduce pain and swelling. Alternatively, apply a cool, wet compress to the burned area.

Protect the Burn: After cooling, cover the burn with a sterile, non-adhesive dressing or clean cloth to protect it from dirt and germs. Do not use cotton balls or fluffy materials, as they can stick to the burn.

Manage Pain: Over-the-counter pain relievers like ibuprofen or acetaminophen can help alleviate pain. Follow dosage instructions carefully.

Seek Medical Attention: Seek medical help if the burn is severe (large, deep, or covering a major joint), if it's a third-degree burn, if the person is a child or elderly, or if the burn is on the face, hands, feet, groin, or buttocks.

Do Not Break Blisters: If blisters form, do not break them, as they help protect the underlying skin from infection.

Prevent Infection: Apply an over-the-counter antibiotic cream or ointment to the burn once it has cooled and is covered. Change the dressing daily and watch for signs of infection, such as increased pain, redness, swelling, or pus.

Keep the Person Warm: If necessary, keep the person warm with a blanket or extra clothing, as burns can cause the body to lose heat.

First aid for Sun burn

Get Out of the Sun: Move to a shaded or indoor area to prevent further sun exposure.

Cool the Skin: Take a cool shower or bath, or apply cool compresses to the sunburned area. Avoid using ice directly on the skin as it can further damage it.

Hydrate: Drink plenty of water to help prevent dehydration, especially if the sunburn is severe.

Apply Moisturizer: After cooling the skin, apply a gentle moisturizing lotion or aloe vera gel to soothe the burned area. Avoid using products with alcohol, which can further dry out the skin.

Over-the-Counter Pain Relief: If the sunburn is painful, you can take over-the-counter pain relievers like ibuprofen or acetaminophen according to the recommended dosage.

Avoid Further Irritation: Avoid tight clothing or anything that rubs against the sunburned skin, as this can increase discomfort. Also, stay away from additional sun exposure until the sunburn heals completely.

Keep it Protected: Cover sunburned skin with lightweight clothing or a bandage to protect it from further irritation.

Stay Hydrated: Drink plenty of water to prevent dehydration, as sunburn can increase fluid loss from the body.

Don't Break Blisters: If blisters develop, leave them intact to reduce the risk of infection. Breaking blisters can slow down the healing process and increase the risk of scarring. When a person catches fire

Monitor for Signs of Severe Reaction: Watch for signs of severe sunburn, such as blistering, fever, chills, nausea, or dizziness. Seek medical attention if these symptoms occur.

First aid for When a person catches fire

Stop, Drop, and Roll: Instruct the person to stop moving, drop to the ground, and roll back and forth to smother the flames. Encourage them to cover their face with their hands to protect their airway.

Cover with a Blanket: If the person cannot stop, drop, and roll, or if they are unable to extinguish the flames themselves, quickly smother the flames by wrapping them in a thick blanket, coat, or any non-flammable material. Use a rug or a piece of clothing if necessary.

Cool the Burn: After extinguishing the flames, immediately cool the burn with cool running water for at least 10 to 20 minutes. This helps to reduce the severity of the burn and alleviate pain.

Remove Clothing: Carefully remove any clothing or jewelry near the burn site, but avoid pulling off clothing that is stuck to the burn. Cutting the clothing around the burn may be necessary.

Cover the Burn: Once cooled, cover the burn with a clean, dry cloth or sterile dressing to protect it from infection. Do not apply any ointments or creams at this stage.

Seek Medical Help: Even if the burn seems minor, seek medical attention promptly, especially if the burn is large, deep, or affects sensitive areas like the face, hands, feet, or genitals. Call emergency services or transport the person to the nearest hospital for further evaluation and treatment.

Monitor for Shock: Keep the person calm and monitor them for signs of shock, such as pale or clammy skin, rapid heartbeat, shallow breathing, or fainting. If signs of shock are present, lay the person down with their legs elevated and cover them with a blanket to keep them warm until help arrives

First aid for Frostbites

Make sure you are protected sufficiently against the cold, prior helping the other person

2.If possible, move the victim to a warmer place.

3.It is best that the person avoids to walk on frostbitten toes and feet as this can cause further damage, although in emergency situations this may not always be possible

4.Replace wet clothing with soft, dry clothing to stop further heat loss.

5.Gently remove gloves, rings, and other constrictions, such as boots.

6.The affected areas need to be re-warmed.

Do not try to do this until you are out of the cold. If the warming process is started and the frozen parts are re-exposed to the cold, it can cause further irreversible damage.

7. Do not rub the affected area as this can damage the skin and other tissues and do more harm than benefit.

8. Do not apply direct heat (such as from a fire or heater) as this can cause further injury.

9. Re-warming should last at least 30 minutes and should only be stopped once the affected body part has a red-purple colour and can be easily moved.

10. Do not allow the person to smoke as this can affect blood circulation.

11. After the frostbitten area has been thawed, it should be wrapped very gently in clean bandages, with the fingers and toes separated. It is very important to keep the skin clean to avoid infection. Wash your hands prior bandaging the frostbites.

12. Too much movement should be avoided, and the limbs should be elevated if possible. Ask the person not to walk on affected parts that have been re-warmed as the tissues will be very delicate.

13. Refer the person with frostbites to a healthcare facility.

Transport the person to the nearest healthcare facility or hospital in case of advanced frostbites.

First aid for Poisoning

Call for Help: Dial emergency services immediately or your local poison control center for guidance. Provide information about the type of poison ingested, if known.

Stay Calm and Reassure: Keep the person calm and reassure them that help is on the way. Encourage them not to panic, as panicking can worsen the situation.

Prevent Further Ingestion: If the poison is still present, remove it from the person's mouth to prevent further ingestion. Do not induce vomiting unless instructed to do so by medical professionals, as it can cause additional harm.

Provide Information: If possible, gather information about the poison ingested, such as the container or label. This information will be helpful for medical professionals in determining the appropriate treatment.

Do Not Offer Food or Drink: Avoid giving the person anything to eat or drink unless instructed to do so by medical professionals. In some cases, ingesting food or drink may worsen the effects of the poison.

Monitor Breathing and Consciousness: Stay with the person and monitor their breathing and level of consciousness. If they become unconscious and stop breathing, perform CPR if you are trained to do so.

Follow Instructions: Follow any instructions provided by emergency services or poison control center personnel until help arrives. Be prepared to provide additional information or assistance as needed.

First aid for Animal bites

1. Make sure the area is safe and the animal cannot bite you or the injured person again.
2. Wash your hands before and after taking care of the patient. Use soap and water to wash your hands. If no soap is available, you can use ash to wash your hands. Alcohol-based sanitizers can also be used, if available.
3. Put on gloves if available. If not, you can also use a clean plastic bag. Try not to come in contact with the injured person's blood or wound.
4. Flush the wound immediately with lots of clean water and then wash the wound with soap and water or a detergent for 10-15 minutes, if available to remove the rabies virus from the wound. Wash with povidone-iodine (Alopim, Betadine, Clopo, Wokadine, a.o.) if available. Washing is also necessary when a person is licked, scratched or has abrasion
5. If the person is severely bleeding, stop the bleeding by applying pressure to the wound.
6. Do not cut the wound larger.
7. Do not put herbs or unclean materials like chilies, oil, petrol in or on the wound.
8. Cover the wound with a dry clean cloth or bandage.
9. Refer the person to a healthcare facility immediately for further treatment.

First aid for Snake bites

1. Make sure the area is safe before you assist the person.
2. The injured person urgently needs help. Shout or call for help if you are alone but do not leave the person unattended. Ask a bystander to seek help or to arrange urgent transport to the nearest healthcare facility. Tell him to come back to you to confirm if help has been secured.

4. Help the injured person to lie down and tell him not to move. Offer comfort and keep the person calm, but do not forcibly restrain him. Keeping calm and not moving will slow the spread of the venom.

If safe to do so, check what type of snake has bitten the person. If possible, note down the features of the snake. Do not lose time chasing the snake: the person needs urgent help now. It is difficult to assess whether a snake is poisonous or not. Therefore, always assume that the snake is poisonous.

5. Watch the person for any change in his condition (i.e. consciousness and breathing).

6. Put on gloves if they are available. If not available, you can also use a clean plastic bag to cover your hands.

Try not to come in contact with the person's blood.

7. Do not suck or cut the venom out of the skin.

Do not rub herbs on the bite.

8. Do not apply a tourniquet.

9. Remove any rings, watches or tight clothing that may cut off the blood flow because of swelling.

10. Try not to move the injured limb and eventually apply a splint to immobilize the affected part.

11. Cover the wound with a clean cotton cloth or bandage.

12. Once action to obtain help has been taken, stay with the injured person until help is available.

13. Observe the condition of the person (i.e. consciousness and breathing).

14. Arrange urgent transport to the nearest healthcare facility or hospital.

First aid for Insect stings and bites

Remove the Stinger: If the insect left a stinger behind (e.g., bees, wasps), gently scrape it out with a fingernail or the edge of a credit card. Avoid using tweezers, as squeezing the stinger can release more venom.

Wash the Area: Clean the affected area with soap and water to reduce the risk of infection.

Apply a Cold Compress: Use a cold compress or ice pack wrapped in a cloth to reduce swelling and pain. Apply it to the sting/bite area for about 10 minutes at a time, several times a day.

Elevate the Area: If possible, elevate the affected area to reduce swelling.

Pain Relief: Over-the-counter pain relievers like ibuprofen or acetaminophen can help alleviate pain and discomfort. Follow the recommended dosage instructions.

Topical Treatment: Apply a mild corticosteroid cream or calamine lotion to the sting/bite area to reduce itching and inflammation. Antihistamine creams or oral antihistamines may also help relieve itching.

Watch for Signs of Allergic Reaction: Keep an eye on the person for signs of a severe allergic reaction (anaphylaxis), such as difficulty breathing, swelling of the face or throat, dizziness, or rapid heartbeat. If these symptoms occur, seek emergency medical help immediately.

Avoid Scratching: Encourage the person to avoid scratching the affected area, as this can lead to further irritation and increase the risk of infection.

Monitor for Infection: Watch for signs of infection, such as increased pain, redness, swelling, or pus. If infection occurs, seek medical attention.

Preventative Measures: To prevent further insect stings or bites, consider wearing long sleeves and pants, using insect repellent, avoiding sweet-smelling perfumes or lotions, and staying away from areas where insects are known to nest or swarm.

