

How to Use This Guide

- Each section focuses on **one common problem** (cut, burn, sprain, etc.).
 - For every problem, you'll see:
 - **Common signs** – what it tends to look like
 - **What to do now** – basic first-aid steps
 - **What not to do** – things that might make it worse
 - **When to get help** – red flags for seeing a doctor or calling emergency services
 - Condition IDs (like CUT_MINOR) match the IDs in the **CSV table** used by the model.
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General Emergency Red Flags

Call your local emergency number or seek urgent care right away if someone has:

- Trouble breathing, gasping, or noisy breathing
- Chest pain or pressure
- Sudden confusion, difficulty speaking, or trouble staying awake
- Weakness on one side of the body or drooping face
- Very heavy or uncontrolled bleeding
- Severe burns or large areas of burned skin
- Loss of consciousness that does not quickly improve
- Any situation that feels like a **medical emergency**

This guide does **not** cover all emergencies.

1. Minor Cuts and Scrapes (CUT_MINOR)

Common signs

- Small, shallow cut or scrape
- Light, controllable bleeding
- Skin surface only; person awake and talking normally

What to do now

- Wash or sanitize your own hands if possible.
- Gently rinse the wound with clean running water.
- Clean around (not deep inside) the cut with mild soap.

- Press a clean cloth or bandage on the area until bleeding slows or stops.
- Cover with a small, clean bandage or dressing.

What not to do

- Don't pour harsh chemicals directly into the wound.
- Don't blow on the wound.
- Don't pick at scabs once they form.

When to get help

- Bleeding does not slow or stop after about **10–15 minutes** of firm pressure.
 - The cut is **deep, gaping, or on the face**.
 - The injury was caused by a very **dirty or rusty object**, or an animal bite.
 - You notice signs of infection: spreading redness, warmth, pus, or fever.
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2. Minor Puncture Wound (PUNCTURE_MINOR)

Common signs

- Small “pin-hole” type wound from a nail, thorn, tack, etc.
- Mild to moderate pain
- Often not much bleeding

What to do now

- Wash your hands.
- Press gently with a clean cloth or gauze if it's bleeding.
- Rinse the area under clean running water for several minutes.
- If there's small surface debris, remove it gently with **clean tweezers**.
- Cover with a small clean bandage.

What not to do

- Don't dig deeply into the skin with needles or unsterile tools.
- Don't ignore a puncture from a **dirty or rusty** object.
- Don't skip checking tetanus status if that's recommended where you live.

When to get help

- You can't clean the wound well or something seems stuck inside.

- Pain, swelling, or redness keeps **getting worse**, not better.
 - You see pus, streaks of redness, or develop a fever.
 - You're unsure whether your **tetanus** shots are up to date.
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3. Mild Burn – No Blisters (BURN_MILD)

Common signs

- Red, painful patch of skin in a **small area**
- Top layer of skin involved
- No blisters yet

What to do now

- Move away from the heat source.
- Cool the area with **cool (not ice-cold)** running water or a cool, wet cloth for about **10–20 minutes**.
- Remove rings or tight items near the burned area if possible before it swells.
- After cooling, cover very lightly with a clean, non-stick dressing or cloth.

What not to do

- Don't apply **ice directly** to the burn.
- Don't use butter, oils, or greasy home remedies.
- Don't break blisters if they appear later.

When to get help

- The burn is **larger than the person's palm**.
 - It's on the **face, hands, feet, genitals, or a major joint**.
 - The skin looks white, charred, or very deep.
 - Pain is severe, or there are signs of infection.
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4. Mild Sunburn (SUNBURN_MILD)

Common signs

- Red, warm, sore skin after sun exposure
- Usually no severe blistering

- Person otherwise feels okay or mildly unwell

What to do now

- Get out of the sun and into shade or indoors.
- Cool the skin with cool showers, baths, or damp cloths.
- Drink plenty of fluids to stay hydrated.
- Apply a gentle moisturizer or aloe gel to **unbroken** skin.
- Use over-the-counter pain relief if recommended in your area.

What not to do

- Don't keep going back into the sun with burned skin.
- Don't pop blisters on purpose.
- Don't use harsh products that sting or irritate.

When to get help

- Large areas are blistered.
 - The person has **fever, chills, confusion, or vomiting**.
 - Pain is severe and not improving.
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5. Small Friction Blister (BLISTER_SMALL)

Common signs

- Small bubble of clear fluid on the skin
- Caused by rubbing (new shoes, tools, etc.)
- Mild to moderate soreness

What to do now

- If the blister is **intact and small**, leave it closed and protect it:
 - Cover with a clean, non-stick bandage or padding.
- If it has **already broken**:
 - Gently wash with mild soap and water.
 - Let the fluid drain.
 - Cover with a sterile, non-stick dressing.

What not to do

- Don't intentionally rip off the skin over the blister.
- Don't puncture big blisters with dirty tools.
- Don't ignore increasing redness, warmth, or pus.

When to get help

- The blister is very large or extremely painful.
 - It's in a spot you absolutely must keep using (e.g., weight-bearing area).
 - There are signs of infection (spreading redness, warmth, pus, fever).
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6. Simple Nosebleed (NOSEBLEED_SIMPLE)

Common signs

- Bleeding from one or both nostrils
- Person is awake and breathing normally
- Often follows nose picking, dry air, or a small bump

What to do now

- Sit upright and lean slightly **forward**, not back.
- If advised, gently blow the nose once to clear clots.
- Pinch the soft part of the nose (just below the bony bridge) between thumb and finger.
- Maintain steady pressure for **10–15 minutes** without letting go.
- Breathe through the mouth.

What not to do

- Don't tilt the head back (blood may go into the throat).
- Don't stuff large objects deep into the nostrils.
- Don't keep releasing pressure every few seconds to check.

When to get help

- Bleeding lasts longer than about **20–30 minutes** despite correct pressure.
 - Bleeding is very heavy.
 - It follows a significant head or facial injury.
 - The person feels faint, weak, or has trouble breathing.
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7. Mild Ankle Sprain (SPRAIN_ANKLE_MILD)

Common signs

- Twisted ankle with pain and swelling
- Stiffness and difficulty walking
- Able to bear some weight, but it hurts
- No obvious deformity

What to do now – RICE

- **Rest:** Avoid running, jumping, or sports.
- **Ice:** Apply a cold pack wrapped in cloth for **15–20 minutes** at a time.
- **Compression:** Use an elastic wrap that's snug but not cutting off circulation.
- **Elevation:** Raise the ankle above the heart when possible.

What not to do

- Don't keep playing or walking heavily if it causes strong pain.
- Don't place ice directly on bare skin for long periods.
- Don't wrap so tightly that toes become **numb, tingly, or pale**.

When to get help

- The person **cannot bear weight** at all.
 - Pain is severe, or swelling is very big.
 - The ankle looks crooked or misshapen.
 - Symptoms aren't improving after several days.
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8. Simple Bruise (BRUISE_SIMPLE)

Common signs

- Blue, purple, or greenish discoloration under the skin
- Soreness and mild swelling after a bump or hit
- Skin surface is not broken

What to do now

- If possible, elevate the bruised area above the level of the heart.
- Apply a cold pack wrapped in a thin cloth for up to **15–20 minutes** at a time.

- Repeat cold applications every few hours during the first day or two as needed.

What not to do

- Don't put ice directly on bare skin.
- Don't massage a very new, painful bruise aggressively.
- Don't ignore quickly worsening swelling, pain, or loss of function.

When to get help

- Bruising appears with little or **no clear cause**.
 - The bruise is very large or extremely painful.
 - It follows a big fall or trauma and you suspect a fracture.
 - There is major difficulty moving the nearby joint or limb.
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9. Mild Insect Bite or Sting (INSECT_BITE_MILD)

Common signs

- Red, itchy, slightly swollen area around a bite or sting
- Discomfort mostly at the site
- Breathing is normal; no swelling of lips, tongue, or throat

What to do now

- Move away from the insects or nest.
- If a stinger is visible on the skin, gently **scrape or lift** it away (don't squeeze a venom sac).
- Wash the area with soap and water.
- Apply a cool pack or cool, damp cloth for **10–20 minutes**.
- Use local over-the-counter anti-itch products if appropriate.

What not to do

- Don't scratch hard enough to break the skin.
- Don't squeeze the stinger between fingers and push venom in.
- Don't ignore any signs of breathing difficulty or spreading hives.

When to get help

- **Call emergency services immediately** for:

- Trouble breathing, wheezing, chest tightness
 - Swelling of lips, tongue, throat, or face
 - Feeling faint or about to pass out
 - See a clinician if redness and swelling keep getting worse or pain is significant.
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10. Mild Heat Exhaustion (HEAT_EXHAUSTION_MILD)

Common signs

- Feeling very hot, weak, or dizzy after heat exposure
- Heavy sweating
- Headache, nausea, or cramps
- Usually still alert and able to drink

What to do now

- Move the person to a cooler, shaded, or air-conditioned place.
- Have them lie down with legs slightly raised if possible.
- Loosen or remove heavy or tight clothing.
- Offer cool water or an electrolyte drink in **small, frequent sips**.
- Cool the skin with damp cloths, spray, or a fan.

What not to do

- Don't give very hot or alcoholic drinks.
- Don't leave the person alone if they feel very ill.
- Don't ignore worsening confusion, vomiting, or trouble walking.

When to get help

- The person becomes **confused**, cannot drink, or vomits repeatedly.
 - They stop sweating despite heat and have very hot, dry skin.
 - Symptoms do not start improving within about an hour.
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11. Brief Fainting Episode (FAINTING_BRIEF)

Common signs

- Sudden brief loss of consciousness

- Person wakes up within about a minute
- May feel lightheaded, weak, or sweaty before or after
- Breathing is normal when lying down

What to do now

- If safe, help the person lie flat on their back.
- Raise their legs slightly above heart level if possible.
- Loosen tight clothing at the neck or waist.
- Check breathing and responsiveness.
- Once awake, let them sit first and then stand up slowly.

What not to do

- Don't shake the person or splash water on their face.
- Don't give food or drink while they are still unconscious.
- Don't move them if you suspect a serious head, neck, or spine injury.

When to get help

- The person does **not** wake within about a minute.
 - They have chest pain, trouble breathing, or seizure-like movements.
 - They suffered a serious injury when they fell.
 - Fainting happens repeatedly or for unclear reasons.
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12. Mild Dehydration (DEHYDRATION_MILD)

Common signs

- Thirst and dry mouth
- Less urine, or darker than usual
- Tiredness or mild lightheadedness
- Usually alert and able to drink

What to do now

- Move to a cooler or shaded spot.
- Sip water slowly and regularly.
- Use an oral rehydration solution or electrolyte drink if recommended (especially after sweating, vomiting, or diarrhea).
- Rest until feeling better.

What not to do

- Don't keep doing intense activity in heat.
- Don't rely on alcohol or very sugary drinks as the main fluid.
- Don't ignore confusion, worsening dizziness, or almost no urine.

When to get help

- The person **cannot keep fluids down**.
 - They feel very weak or confused.
 - There are signs of more severe dehydration (almost no urine, very dry mouth and tongue, very fast heartbeat or breathing, or fainting).
 - Symptoms do not improve after drinking fluids.
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13. Small Foreign Particle in the Eye (EYE_FOREIGN_SMALL)

Common signs

- Feeling like there's sand or dust in the eye
- Tearing and redness
- Eye is uncomfortable but usually can stay open
- Vision mostly okay, though may be a bit blurry

What to do now

- Wash your hands.
- Rinse the eye gently with clean, lukewarm water or saline.
- You can use an eye cup, a small clean glass, or a gentle stream of water.
- Blink repeatedly while rinsing to help wash out the particle.
- Remove contact lenses before or during rinsing.

What not to do

- Don't rub or scratch the eye.
- Don't try to remove objects that appear **embedded** in the eye.
- Don't poke the eye with cotton swabs or tools.

When to get help

- Pain is significant or vision is affected.
- Something looks stuck in the eye.

- Chemicals splashed into the eye.
 - Symptoms remain after good rinsing.
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14. Small Splinter in the Skin (SPLINTER_SMALL)

Common signs

- Small piece of wood, glass, or thorn in or just under the skin
- Local pain or tenderness
- Usually visible at the surface

What to do now

- Wash your hands and the area with soap and water.
- If the end of the splinter is visible and easy to grasp, use **clean tweezers** to pull it out the same way it went in.
- Rinse the area again.
- Cover with a small bandage if needed.

What not to do

- Don't dig deeply into the skin with needles or unsterile tools.
- Don't try to remove large or deeply embedded objects at home.
- Don't ignore growing redness, swelling, or drainage.

When to get help

- The splinter is deeply embedded, near the eye, or in a joint.
 - It cannot be removed easily.
 - The area becomes more painful, red, swollen, or drains pus.
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15. Mild Contact Rash (RASH_CONTACT_MILD)

Common signs

- Red, itchy patches or streaks where the skin touched something irritating or allergenic (plants, soaps, metals, etc.)
- No trouble breathing
- No major swelling of tongue or throat

What to do now

- Rinse the affected skin with lukewarm water and mild soap, especially if contact was recent.
- Avoid further contact with the suspected trigger.
- Apply cool, wet compresses to soothe the area.
- Use appropriate over-the-counter anti-itch creams or lotions on **intact** skin if recommended.

What not to do

- Don't scratch so hard that the skin breaks.
- Don't use strong topical medicines on open or severely irritated skin without guidance.
- Don't ignore a rash that is spreading with whole-body symptoms.

When to get help

- Rash is widespread, on the **face or genitals**, or very painful.
- There are signs of infection (spreading redness, warmth, pus, fever).
- There is trouble breathing, or swelling of lips, tongue, or throat, or dizziness that might suggest a serious allergic reaction.

Final Disclaimer

This guide is a **simplified educational summary** based on common first-aid principles from public health resources.

It is **not** complete and does **not** give medical advice.

For real-world health problems, always follow local emergency instructions and consult qualified healthcare professionals.