

LESSON 3

How to Handle Emergencies

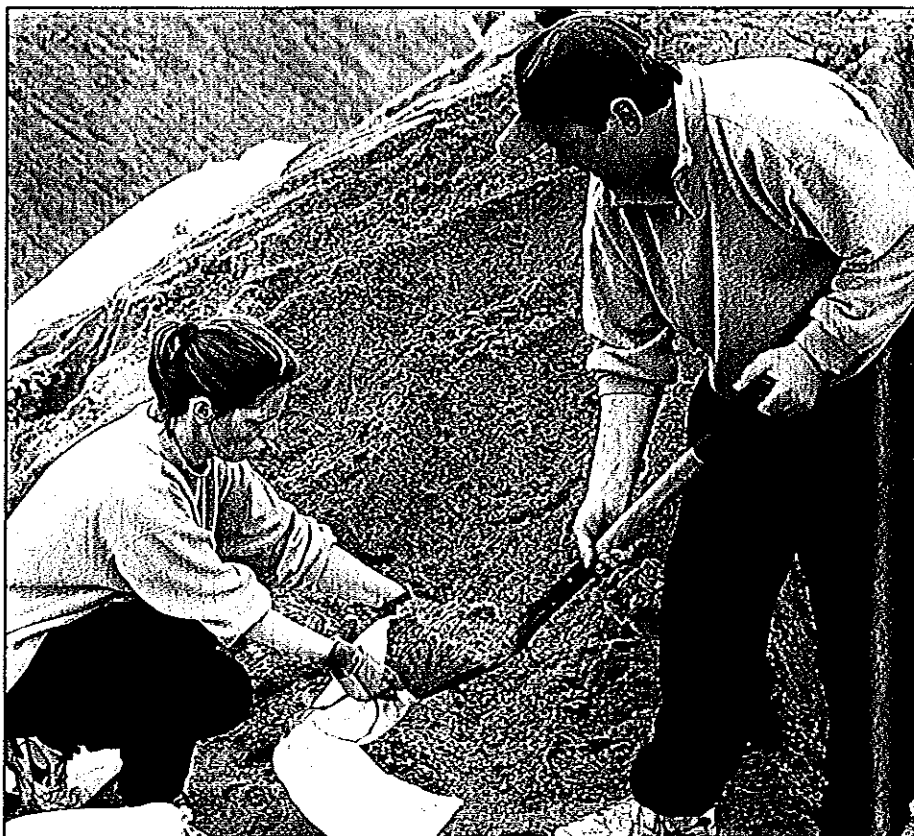
You will learn . . .

- whom to call in case of emergency.
- how to prepare in case of an emergency.
- what to do to help stay safe in a natural disaster.

Suppose that severe weather is coming. Are you and your family prepared? In this lesson you will read about what you can do to keep safe in bad weather and during natural disasters.

Vocabulary

- emergency, C55
- hurricane, C58
- flood, C59
- earthquake, C59



What Is an Emergency?

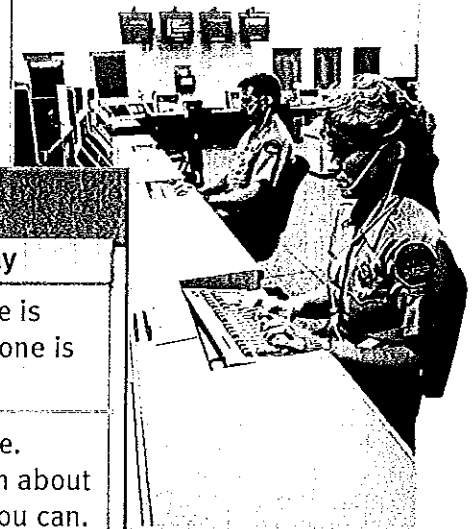
Suppose you get a small cut. You can probably take care of it. But suppose you get a deep cut. It won't stop bleeding. You need emergency medical help. An **emergency** is a situation in which help is needed quickly.





There are many kinds of emergencies. There might be a car accident or a fire. Someone might fall. A person might have a heart attack. A bad storm might blow down power lines. Homeland security might be threatened by a terrorist attack. A *terrorist* is a person who uses violence to try to make another person do what he or she wants.

All these emergencies can be scary. Being prepared for an emergency can help. When there is an emergency, it's important to know whom to call and what to say. The chart below lists some examples.

On Your Own FOR SCHOOL OR HOME Role-Play

With your parent or guardian, role-play what to say on the telephone when there is an emergency. Practice each type of emergency. Take turns being the person making the call and the person answering the call.



Whom to call in case of an Emergency		
Type of Emergency	Who to Call	What to Say
Fire 	9-1-1 or your local emergency number for fire	Tell where the fire is and whether anyone is trapped inside.
Serious Injury or Medical Problem 	9-1-1 or your local emergency number for medical emergencies	Tell where you are. Describe as much about the problem as you can.
Criminal Acts, Violence 	Police or 9-1-1 if the crime is taking place now	Tell where you are and what happened.
Poisoning 	Your local poison control number. You can find this number in a phone book.	Tell where you are and what happened. If you have the container that held the poison, tell what the product is.



What should you say when you call about a serious injury?

LESSON 4

Facts on First Aid

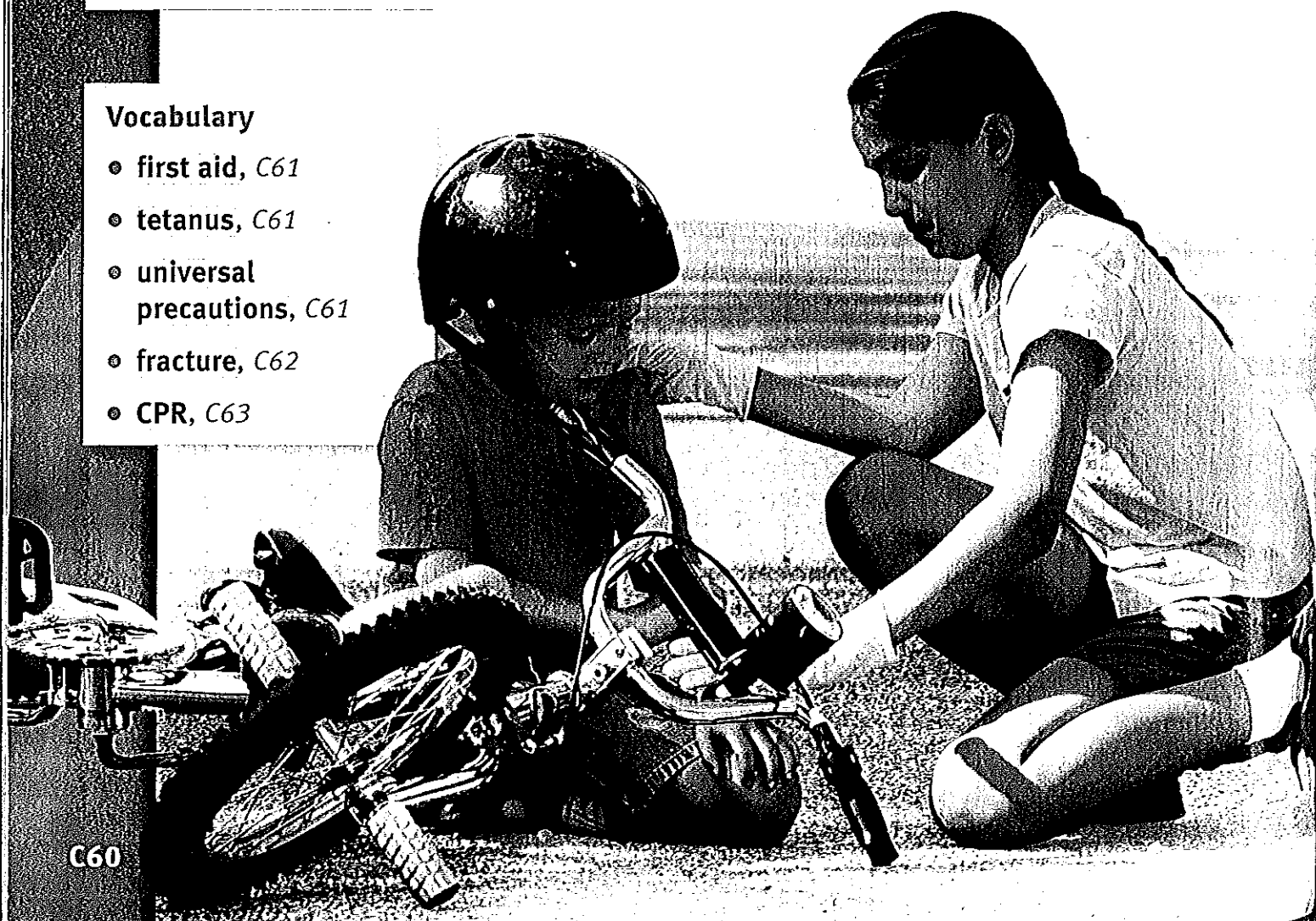
You will learn . . .

- how to give first aid for minor injuries.
- what CPR and rescue breathing are.

There are times when you need emergency medical help right away. At other times you can handle the situation yourself. There are special ways to treat different kinds of injuries.

Vocabulary

- first aid, C61
- tetanus, C61
- universal precautions, C61
- fracture, C62
- CPR, C63



What Is First Aid?

Many common injuries can be treated with first aid. **First aid** is the quick and temporary care given to a person who has a sudden illness or injury. The chart on the next page will give you tips on how to perform first aid for many common injuries.

Minor Cuts and Bleeding

When someone gets a minor cut, clean it with soap and water. Put pressure on it with a bandage if it bleeds. Then cover the cut with a clean bandage.

A doctor should check for tetanus if you get a puncture wound. A *puncture wound* is a deep cut, such as the cut you would get from a pin, a nail, or an animal bite. **Tetanus** is an infection caused by poisons made by bacteria that enter a puncture wound. This disease attacks the nervous system. To stay safe you should keep your tetanus shots up to date.

Universal Precautions

Universal precautions are steps taken to avoid having contact with pathogens in body fluid.

- Wear disposable gloves.
- Don't wear the same gloves more than once.
- Wash your hands with soap and water after you take off the gloves.
- Don't eat or drink while giving first aid.
- Don't touch your mouth, eyes, or nose while giving first aid.

First Aid for Poison

Household products such as cleaners, paints, and medicines can be poisonous. If you think someone has swallowed or touched a poison, call 9-1-1 or Poison Control. The people at Poison Control know how to treat poisoning in an emergency. Save the container of the poison so that you know what it is.

ACTIVITY

Science
LINK

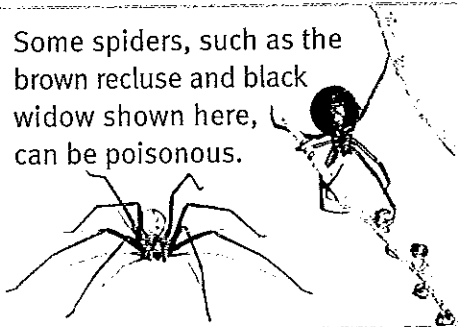
Bandage Test

Find out which bandages work best. Bandages absorb the blood that comes from a cut. Collect several different kinds or brands of bandages and an eyedropper. Use the eyedropper to drop water on to each bandage. Count how many drops each bandage holds before it stops absorbing water. Which holds the most? Which holds the least? Make a chart of your results.



▲ People at Poison Control may ask you what the person swallowed or touched, and how long ago it occurred.

First Aid for Minor Injuries

Type of Injury	Description and Causes	First Aid Steps
Bee sting	A bee will leave its stinger in the skin. The stinger injects venom, or poison into the skin	<ul style="list-style-type: none"> • Scrape the stinger out with a card edge or nail file. • Clean with soap and water. • Put ice on the area. • Some people are very allergic to stings. If the person feels dizzy or can't breathe, get emergency medical care.
Spider bite	<p>Some spiders, such as the brown recluse and black widow shown here, can be poisonous.</p> 	<ul style="list-style-type: none"> • Find the spider that bit you if possible. If it is a brown recluse or black widow or you aren't sure what kind of spider it was, call 9-1-1. • Wash the area with soap and water, for other bites. Put ice on the bite to stop any swelling.
Blister	A blister is an area under the skin where fluid collects.	<ul style="list-style-type: none"> • Clean with soap and water. • Cover with a clean bandage. • Don't break the blister.
Minor burn or sunburn	<p>A minor burn can be caused by heat or chemicals.</p> <p>Sunburn is caused by exposure to the sun's harmful rays.</p>	<ul style="list-style-type: none"> • Place a cold cloth over the burn, or run cold water on it for 10 minutes. • Cover with a clean bandage.
Fracture	A fracture is a break in a bone.	<ul style="list-style-type: none"> • Don't move the injured body part. Put ice on it. • Call 9-1-1.
Nosebleed	A nosebleed is an injury to blood vessels inside the nose.	<ul style="list-style-type: none"> • Sit down and lean slightly forward. Pinch your nostrils shut for 10 minutes. • Get medical help if it bleeds for more than 10 minutes.
Rashes from plants	Poison ivy, poison oak, and poison sumac can cause skin rashes.	<ul style="list-style-type: none"> • Run cold water over the rash. • Use calamine lotion to stop itching.



List the first aid steps for a nosebleed.