

## CUTS AND SCRAPES

- Apply pressure to stop bleeding (wear gloves)
- Wash with wipes
- Apply bandaid to dry skin
- If too extensive for bandaid, return to school

## POSSIBLE FRACTURES OR SPRAINS

- Do NOT move the injured joint or bone
- Call the school to get picked up (see other side)
- If possible broken leg (unable to walk), or bone sticking out, do NOT move student, **call 911**

## IF STUDENT HITS HEAD

- Call the school to get picked up (see other side)
- Observe for confusion, vomiting, severe pain
- If lost consciousness (even briefly), symptoms above, or other injuries, **call 911**

## NOSEBLEEDS

- Have student pinch nostrils together (like it stinks) & hold until bleeding stops (NO wiping, blowing)
- Have them sit up (NOT lying down or head back)

## STINGS

- Watch for signs of allergic reaction (difficulty breathing, wheezing or gasping, swelling tongue, lips, airway) and **call 911** if ANY signs.
- Use fingernail/plastic card & scrape to dislodge stinger (do not push)

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## Bicycle First Aid

See instructions on the other side for common bicycle first-aid situations. Laminate these instructions and put them in a water bottle with these first aid supplies:

- Gloves
- Mini hand sanitizer (--to clean hands, *not for wounds*. Ouch!)
- Wipes (for wounds)
- Band-aids
- 4x4 gauze

### CALL 911 FOR EMERGENCIES

Other phone numbers:

School Phone \_\_\_\_\_

Other \_\_\_\_\_

Other \_\_\_\_\_

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