

Treatment of Minor Injuries

1. Bleeding
 - A. Superficial lacerations and abrasions:
Cleanse with Ivory Soap (Provided in first aid kit) and water. Apply antiseptic wipe and cover with a band-aid.
 - B. Deep Cuts
Apply clean dressing and apply pressure over the area to control bleeding. Elevate area if possible. If bleeding continues, do not remove the dressing; instead, add additional dressing and continue to apply pressure to control bleeding. Contact parents and seek medical attention if stitches are required.
 - C. Puncture wounds
Wash area thoroughly with Ivory soap and water. Apply antiseptic wipe and cover with a sterile dressing. Check to see if tetanus is up to date. Contact parents and have them seek medical advice as needed.
2. Nosebleeds
Apply pressure (child assisted) to the bleeding nostril by pressing it firmly against the middle partition of the nose for at least 10 minutes, to allow a clot to form. Ask the child to lean forward and not back to keep bleeding from flowing down the throat and causing nausea. Keep the child calm and quiet and apply a cold compress or ice to the outside of the nose and upper lip if needed. Try to prevent the child from blowing or picking at the nose for several hours so that the clot does not dislodge. If bleeding persists, contact parents and seek medical attention.
3. Dental Emergencies
To prevent loss of teeth, all children are encouraged to wear mouth protectors (In some programs this is required). In the event of a displaced tooth, be certain choking is avoided. Call the parents and secure dental advice immediately. Place tooth in milk or water to prevent dehydration of the tooth. Ice may be applied to the outside of the mouth to reduce pain, swelling, and bleeding.
4. Bee Sting
IMMEDIATELY check child's health record form for allergy to insect stings and follow SPECIFIC orders for the child. Remove stinger via a scraping action with a license or credit card like object. (Do Not squeeze with tweezers because this will inject more of the poison.) Apply ice or cold compress to relieve the pain and minimize swelling. Watch for signs or symptoms of allergic reaction to the sting such as puffiness, difficulty breathing, swelling of the tongue, or fainting. Immediately seek medical advice and call parents. If child has an anaphylactic kit, and parental permission, use the kit as directed. Call for ambulance if life-threatening symptoms appear.
5. Head Injury
Check for bump, bleeding, or laceration. Ask the child if he/she remembers exactly what happened before, during, and after the incident. Observe for unequal pupil size, loss of consciousness, loss of equilibrium, headache, drowsiness, vomiting, nosebleed or change in pulse rate. Seek medical advice for any of the above or other symptoms and notify the parents.
6. Bruises
Apply ice or cold compress to affected area if needed. Seek medical advice if tenderness, pain or swelling is severe. Notify parents.
7. Heat Exhaustion
Symptoms include skin cool to the touch, sweating, and shock. Have child rest in a cool place with good air circulation, lying flat with feet elevated. Encourage fluids, and massage extremities if cramping occurs. Seek medical advice and notify parents.
8. Heat Stroke
Symptoms include high fever, skin dry to touch, and loss consciousness. Rest child in cool place, loosen clothing (child does this not staff), and apply cold compresses. Lay child on back with head and shoulders slightly elevated. Encourage fluids. Seek medical advice and contact the parents.

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