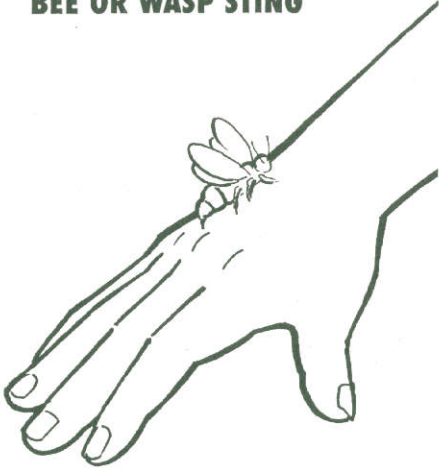


SKIN EMERGENCIES

Bee Sting • Cuts and Scrapes • Burns • Allergic Reactions

BEE OR WASP STING



1. Remove the stinger. Scrape the stinger out with a fingernail or piece of cardboard.



2. Wash the sting with soap and water.



3. Put ice on the sting.



4. Rub an aspirin on the sting.



CUTS AND SCRAPES

1. Put a clean towel over the cut and press your hand over it. This stops the bleeding.



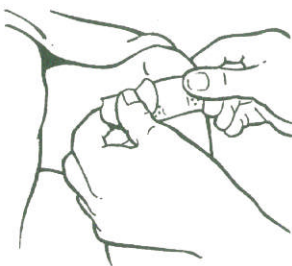
2. Wash the cut with soap and water. Let the cut dry.



3. Put antibiotic cream like Polysporin on the cut.



4. Put a bandaid or gauze over the cut.



5. Get a tetanus shot from the clinic if you have not had one in the last 10 years.



6. See the clinic nurse if the cut becomes red or has pus.



BURNS

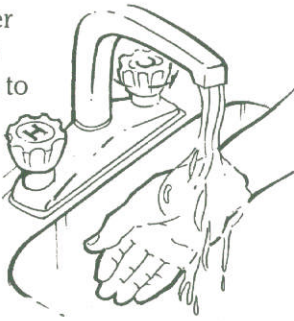


1. See a doctor right away for burns to face or private parts; large burns to a small child or older person; also burns from electricity or chemicals.

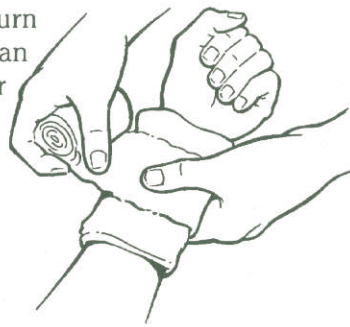


2. Burned skin is red, dry, painful and may have blisters.

3. Pour cool water on the burn or use wet towels to the burn.



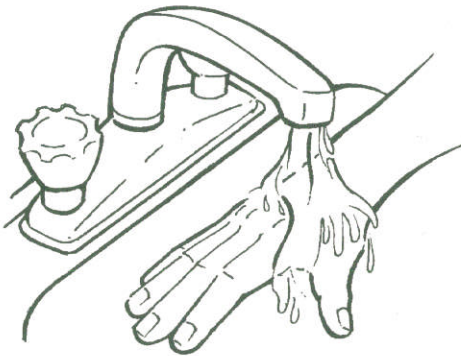
4. Cover the burn with dry, clean bandages or sheets.



5. Leave the blisters alone until they pop. Then keep it clean with soap and water.

Allergic Reactions

1. Wash the skin with warm water.



2. Put a moisturizer on like Lubriderm, petroleum or Nivea.



3. Use cortisone cream for itchy, red skin.



4. Use calamine lotion for rashes that need to be dried out.

