

Step 4- Find out how to handle urgent first aid issues!

Allergic reactions, asthma attacks and accidental poisonings are situations that require quick action. Choking is also one of the most common ways young children are seriously injured. In this step you will learn how to handle one of these issues.

Below is a video about treating an allergic reaction and what to do but you can choose one of your own to research as well. **Note: The video is from the UK and they mention calling 999 or 112 but in the US we would call 911.**

St John
Ambulance



**How to treat a
severe allergic
reaction**



<https://www.youtube.com/watch?v=QrueP382UjY>

Step 5- Know How to Take Care of Someone Who is Sick

Depending on how sick someone is, steps may vary:

It is important to make sure that the person who is sick is: comfortable, well hydrated, and if necessary, has contacted their doctor.



STOP

Call 911 or Go to the Emergency Room. If you need medical care now and do not feel safe to wait.

Examples:

- Trouble Breathing or Severe Chest Pain
- Difficulty Speaking or Not Acting Like Oneself
- Uncontrollable Bleeding
- Serious Injury

SLOW DOWN

Call your Primary Care Provider

Examples:

- Dizziness
- Urinary Symptoms
- Nausea or Vomiting
- Headache
- Muscle or Joint Pain
- Worsening of Asthma or COPD Symptoms
- Minor Allergic Reaction
- Abdominal Pain

GO

Visit your Doctor. If you need medical care but feel safe to wait for regular office hours.

Examples:

- Runny Nose or Sore Throat
- Cough Without Shortness of Breath
- Ear or Sinus Pain
- Diarrhea
- Mild Pain



Junior First Aid Badge Review

Think about these questions or talk about them with friends and family

Talk to your friends and family about having a plan in case of a natural disaster

What are some situations discussed where you should call first responders?

What are some important items to have in a first aid kit?

Have you had to take care of someone is sick before?

