



IML First Aid Tips

Here's what to do if...

Your brother/sister has a stomach ache or headache

- Ask him or her to lie down.
- If it's cold, cover him or her with a blanket.
- Call your parent or guardian to ask for advice.
- Never give or take medicines without getting an adult's permission.

Someone has a nosebleed

- Make sure the person is sitting up, not lying down. It's a good idea to go to the kitchen or bathroom so he or she is not dripping all over the house!
- Put an ice pack on their forehead and press the bleeding nostril to the center of the nose.
- Continue to apply this pressure for five minutes.
- If the bleeding hasn't stopped, press the nostrils together for another five minutes.
- If there's still bleeding after ten minutes, call a doctor or 911 immediately.

Someone got something in his or her eye

- If dust or dirt gets in your eye, blink a few times to clear it.
- **Don't rub!**
- Ask him or her to hold their eye open for as long as he or she can. The eye will start to water and wash out the object.
- If a liquid chemical like cleaning stuff gets in the eye, flush the eye with cool or lukewarm water for at least 15 minutes. An adult should take you immediately to the doctor or the emergency room for help.

Someone gets burned

- All burns should be cooled, so hold the burned area under cold running water.
- Serious burns should be reported to an adult immediately because they can get infected.

Someone breaks a bone

- If you think your sister might have a broken bone, don't move her. Cover her with a blanket, and get adult assistance immediately. The only real way to tell if someone has a broken bone is with an X-ray.

Someone eats or drinks poison

- Call Poison Control immediately. You'll need to tell poison control exactly what was swallowed, and how much.

CHOKING PREVENTION

We've learned what to do if someone else is choking, but what if it's you?

If you can cough, cough as hard as you can.

BUT, if you can't breathe:

You can try to do the abdominal thrusts on yourself or push yourself forcefully over the back of a chair to push the object out.

You should always have a phone near you when you're home alone so you can dial 911.

Remember the Silent Call 911 Procedure!

Some basic choking prevention tips:

Cut food into small pieces and take small bites

Don't run with food in your mouth

Don't play games with your food, like catching food you throw up in the air.

Don't eat or chew gum while you are lying down

Don't put pieces of jewelry or your necklace in your mouth



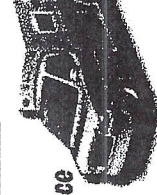
Watch those pen caps, erasers, and other things that aren't meant to be eaten.

Think carefully about your food choices when you are home alone



The Silent Call Procedure

If you need to call 9-1-1 and you are unable to speak for any reason, once the call is answered:

Press

- 1** If you need police 
- 2** If you need fire 
- 3** If you need an ambulance 

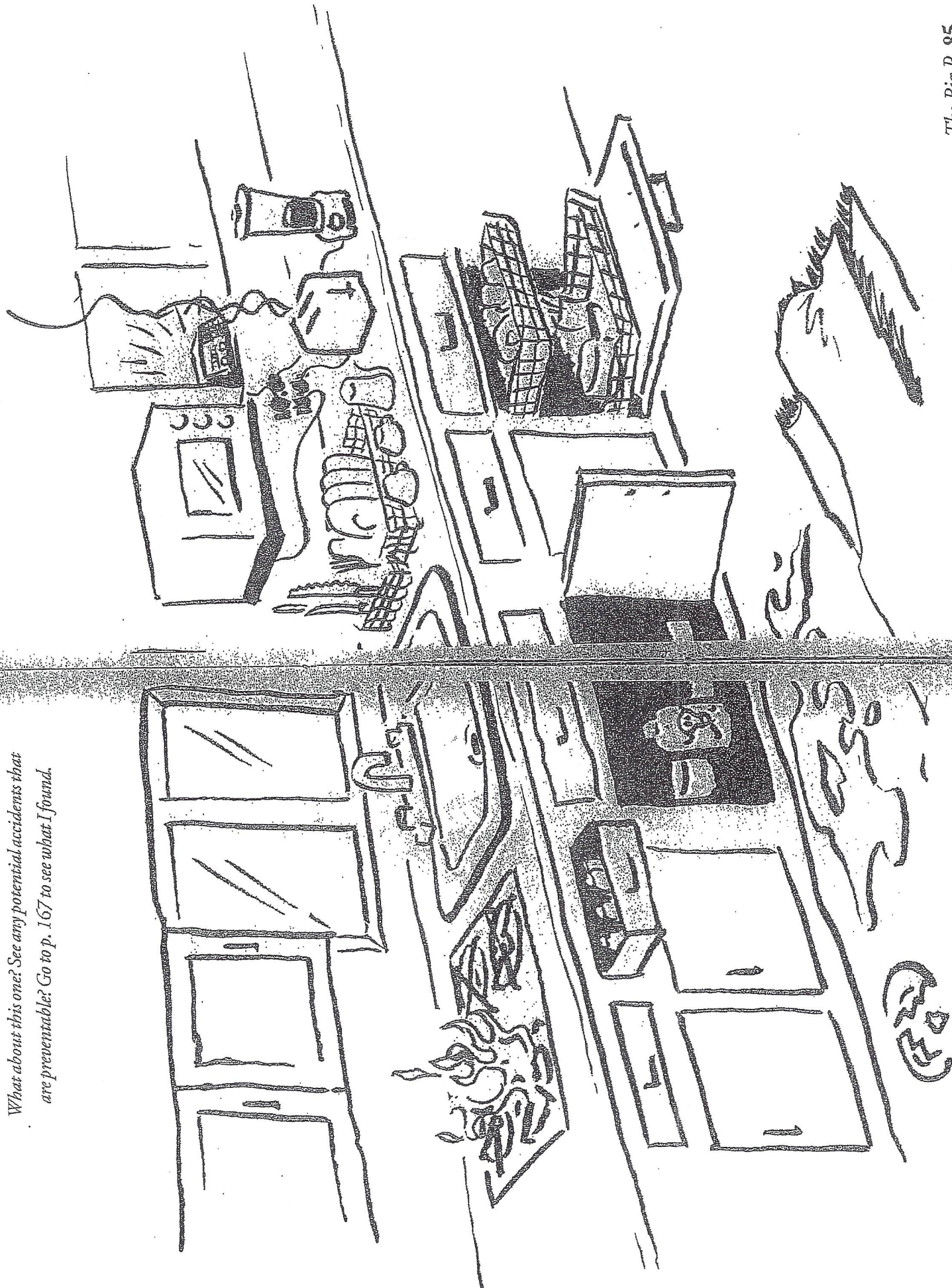
If the 9-1-1 dispatcher asks questions, press

- 4** For YES 
- 5** For NO 

Source: MA State 911 Department and the Executive Office of Public Safety and Security

www.mass.gov/e911

What about this one? See any potential accidents that are preventable? Go to p. 167 to see what I found.



Home Alone Safety Wrap-up Exercise

1. You get home and you realize that you've lost your house key.
What do you do?

1. Go to a designated neighbor's house and ask to call your parent from there.
The neighbor may have a key.
2. Throw a rock through a window and climb into the house.
3. Stop a car going by and ask for help.

2. You flush the toilet and the water just keeps flowing and overflowing!
What do you do?

1. Scream, close the door and leave it there.
2. Scream, call your parents.
3. Scream, turn off the water valve, use the plunger if necessary and clean up the mess. Then you can call your parents.

3. The power goes out—it's pitch black.
What do you do?

1. Go out and get a flashlight from a neighbor
2. Get the flashlight—with good batteries—and stay put. The power will probably come on soon.
3. Find some candles and light them.

4. You are eating popcorn while you're watching TV, after you've finished your homework. A big kernel gets stuck in your airway.
What do you do?

1. Call your parents and ask for advice on what to do.
2. Stick your finger down your throat and try to remove the object you are choking on.
3. Dial 911 if throwing yourself over the back of a chair doesn't help right away.

5. A man comes to the door and says he is an exterminator who has a 3:30pm appointment. Mom didn't say anything about this, but then again, you did see some ants.
What do you do?

1. Let the exterminator in and show him where you saw the ants.
2. Say to him, "you must be mistaken about the appointment time. Mom would never schedule an appointment when I was at the house alone."
3. Keep the door locked and tell him to please call tomorrow and reschedule the appointment. Now is not a good time.

6. You and your brother are wrestling on the floor. Things get out of hand and your brother falls next to the TV and the TV lands on his leg. He is crying as you move the TV off his leg.

What should you do?

1. Ask him if he can move his ankle. If he doesn't answer, gently move his leg back and forth to see if it can move. If it can move, it's not an emergency and you can wait.
2. Help him to a comfortable bed or sofa, give him a drink of water, and call 911.
3. Don't move him or touch the foot. Dial 911. While you're waiting for rescue workers, call your parents unless 911 wants you to stay on the line.

7. You made some macaroni and cheese. You put your hands on the hot burner and now your fingertips are burned.

What do you do?

1. Put first aid cream on your finger and rub it gently. Call your parents.
2. Immediately put the burned area under cool running water or a bowl of cool water. Then loosely wrap the area with a gauze dressing. Call your parents.
3. Don't do anything. Call 911

8. You leave the slider open as you and your sister are playing outside. When you come back in, you see a squirrel running around the living room.

What do you do?

1. Offer the squirrel some lettuce leaves and cashews. Turn him into a pet.
2. Open all the doors to the house and try to chase him out.
3. Leave the house. Go to your neighbor's house and have them call the Animal Control officer for you. Then call your parents.

9. While you're watching TV, your little sister finds the chewable vitamins and chews up almost all of them.

What do you do?

1. Have her drink lots of liquids and wait to see if any symptoms develop.
2. Call Poison Control immediately and follow their instructions-
1-800-222-1222
3. Have her stick her finger down her throat and make herself vomit.

10. You get dropped off at home from soccer practice and you feel a little dizzy and hot. You had forgotten your water bottle at home and didn't drink much water at all. You feel like you're boiling.

What do you do?

1. Take a very cold bath.
2. Call 911
3. Drink little sips of cool water, about half a cup, every 15 minutes, rest, and call your parents to see if you should do anything else.

11. You're outside and then you run into the house. Just one problem—your knees hit the brick patio before your feet do. You've scraped your knees and they're bleeding. What do you do?

1. Go into the bathroom. Wash your hands with soap and water. Wash your knees thoroughly with a clean paper towel or gauze pad with soap and water and wash as hard as necessary to remove all dirt and pebbles. Dry and cover with a band-aid.
2. Do everything like in #1, but use a cotton ball to clean and apply ointment.
3. Don't be silly—it's not a big deal. Just go in the house and start playing video games.

12. You've been playing in the snow in the backyard. Your feet have been feeling numb, but you're having so much fun, you don't want to come in. When you come in and take off your boots, you're freezing and the skin on your feet is grey and hard. What should you do?

1. Wrap the frostbitten area in a heating pad or if you don't have one, aim a blow dryer at the area.
2. Massage the area.
3. Re-warm the frostbitten area by putting your feet in warm water.

13. You're outside playing. You feel an insect on your neck, reach up to swat it and you feel a sting. You've been stung by a bee. What should you do?

1. Remove the stinger with something firm, like a credit card. Wash with soap and water. Keep assessing yourself for other symptoms, such as hives or difficulty breathing.
2. Find the bee or wasp and crush it.
3. Pinch the stinger with tweezers to remove it and put ice on top of the sting.

14. You are toasting a bagel. You reach into the drawer, grab a bread cutting knife. As you slice through the bagel, you cut your finger, too! What should you do?

1. Call 911
2. Put ointment on it.
3. Press the wound with a clean towel or gauze or paper towel until the bleeding stops. Wash it with soap and water. Call your parents or a neighbor.

15. You pick up the phone, ask who's calling and then you hear creepy words or words that really scare you. What do you do?

1. Hang up the phone. Call your parent.
2. Tell the caller that he is disgusting and should stop it. Call your parent.
3. Tell the caller that the call is being traced. Call a parent.

16. You're watching TV and suddenly you get a nosebleed. What do you do?

1. Sit down and tilt your head backwards until you can see the ceiling. Then you'll breathe through your mouth and the bleeding will stop.
2. Sit down and tilt your head slightly forward. Pinch your nostrils together for fifteen minutes. Breathe through your mouth. If you're still bleeding after 15 minutes, call your parents.
3. Stuff cotton balls up your nose.

17. You're playing outside in the leaves. Something small, a bit of bark or sand, gets into your eye. What do you do?

1. Rub your eye until the object comes out.
2. Call the eye doctor.
3. Flush your eye with cool water until it feels comfortable.

18. You get home from school and a window in the house is open. It looks like someone has been in the house while you were gone.

What do you do?

1. Leave the house immediately. Go to a neighbor's house and call 911.
2. Don't leave the house. Someone might come back again and you've got to protect your family's stuff.
3. Go into the house and call your parents and tell them what happened.

19. You're pouring a glass of juice and the glass slips out of your hand and there's glass all over the floor. What do you do?

1. Cry, gather every big and little piece to put the glass back together again.
2. Make sure you're wearing shoes. Keep pets and kids out of the area. Put on rubber gloves if you can find them and pick up the big pieces, throw them away. Sweep and wipe up the rest.
3. Just start cleaning up.

At Home Alone Word Search

L I Q C W T Q F D Q E T D Q T R U T F S
 Q Q K J P E W Q E S U M B I R S H M N F
 E A E B L L Y P C O L M E Y A G U A U R
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 A A X E H H F J I X O S H F C E C R C F
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ALONE
 BATTERIES
 EMERGENCY
 FAMILY
 FIRE

FIRST AID
 FLASHLIGHT
 FRIEND
 HOME
 INDEPENDENCE

NEGOTIATION
 NEIGHBOUR
 PARENT
 POLICE
 SAFETY

KEY
 SITUATIONS
 SNACK
 TELEPHONE
 TRUST

See page 31 for the solution

416.338.7600 toronto.ca/health

 **TORONTO** Public Health

Important Phone Numbers

Mom		Dad	
Full Name		Full Name	
Where Mom Works		Where Dad Works	
Phone at Work		Phone at Work	
Cell Phone		Cell Phone	
Neighbor		Neighbor	
Name		Name	
Phone Number		Phone Number	
Relative		Relative	
Name		Name	
Phone Number		Phone Number	
Doctor		Emergency	
Name		In any emergency dial 911	
Phone Number			
Ambulance		Police	
911		911	
Local Phone Number		Local Phone Number	
Fire Department		Poison Control	
911		911	
Local Phone Number		Local Phone Number	
Other		Other	
Local Phone Number		Local Phone Number	
Other		Other	
Local Phone Number		Local Phone Number	