B3885-10

home alone

HOME ALONE PLAN
FOR PARENTS

Medical emergencies

First aid kit:

Families need a first aid kit. Put the kit in a place where it is easy to find, but out of reach of small children. Items to include:

- **Band-Aids™, small and large bandages, and Ace™ bandage**
- **First aid tape**
- **Blunt scissors**
- **Antibiotic ointment**
- **Antiseptic (rubbing alcohol or hydrogen peroxide)**
- **Tweezers**
- **Sterile gauze dressing**
- **Instant cold pack**

Choking

The universal sign for choking is when someone grabs or touches his or her throat. The person is choking if she or he cannot cough, speak, or breathe. Do the following:

- Act immediately! Always call 911 if you are alone.
- Clear the airway using back blows, then abdominal thrusts (i.e., Heimlich maneuver) so the person can breathe.

Universal sign for choking

Back blows

Give five back blows with the heal of your hand directly between the victim's shoulder blades. Place your other arm across his/her chest for balance.

Abdominal thrusts for a conscious adult

Place one fist just above the person's navel with your thumb against the abdomen. Give five abdominal thrusts. Repeat blows and thrusts as needed.

Self-administered abdominal thrusts

Place fist above navel while grasping fist with the other hand. Leaning over a chair or countertop, drive your fist towards yourself with an upward thrust.

When a person is not breathing

Call 911! Administer CPR (rescue breathing and compressions) while the person is lying on her or his back until help arrives.

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Nosebleeds

When someone has a nosebleed she should:

- Sit with her head upright. Lean slightly forward.
- Pinch her nose for 10 minutes.
- If the bleeding does not stop, call for help.

Bleeding

When someone is bleeding:

- Press a clean cloth against the wound.
- DO NOT wash the cut. Elevate the wound higher than the heart.
- Bleeding cleans the wound and washing may make it bleed more.
- Put a bandage on the wound.
- If the wound is bleeding a lot and can't be stopped,it's serious.
- Call for help.
- Press on the wound with a thick cloth like a towel.
- Keep pressure up and put more clean cloths on top of each other.
- DO NOT take the cloths off the wound.

Apply direct pressure on external wounds with sterile cloth or your hand and maintain pressure until the bleeding stops.

Burns

- Soak the burn in cold water (not ice).
- If the skin is white, blistered, or broken, it is serious.
  1. Call for help.
  2. Cover the burned area with a clean, dry cloth.
  3. DO NOT take off clothing stuck to the burn.

Bumps and bruises

- Use ice wrapped in a washcloth, a cold pack, or a bag of frozen vegetables to reduce the inflammation. Hold it on the injured area. If the bump swells or hurts after a while, phone for help.
- Watch out for bumps on the head. If the injured person becomes dizzy, acts strangely, vomits, or blacks out, call for help.

This publication was approved by the Manitowoc-Calumet Chapter of the American Red Cross. The content should not be construed or relied upon as medical diagnoses, instruction, or as an individual course of treatment. For medical advice, consult your doctor.