

# What kind of First Aid should I give?

Draw a line from the injury to the correct treatment

Bee sting

Remove Stinger with fingernails or tweezers. Control Swelling by using ice and elevation. Treat Symptoms by taking medicine for itching and pain

Cut

Control Swelling using "RICE":  
R— Rest (rest what is injured)  
I— Ice (use ice on the area)  
C— Compress (use ace bandage or brace)  
E— Elevate (above heart level)

Sprain

Remove constricting clothing, hold skin under cool water, cover with sterile non-adhesive bandage or cloth, take over the counter medicine for pain

First-Degree

Burn

Stop the Bleeding by applying pressure. Clean the area with soap and water, use an antibiotic ointment to prevent infection