

BEE STING

Call 911 immediately or get the person to the hospital if any signs of allergy appear.

If the person who was stung has a known allergy to bee stings, use an EpiPen to prevent anaphylaxis.

In someone without a known bee allergy, watch for signs of an allergy while performing first aid:

1. Get the stinger out any way you can to keep it from injecting more venom. The method doesn't matter. What's most important is that this is done quickly.
2. Wash the area with soap and water.
3. Use a cold pack to reduce swelling at the site, but don't apply ice directly to the skin.
4. Use an allergy medication, or antihistamine, like Benadryl to reduce swelling and itching.
5. Use Tylenol (acetaminophen) or Advil (ibuprofen) for pain.

NOSEBLEEDS

First aid for nosebleed includes:

1. Lean slightly forward, not back.
2. Pinch the nose just below the bridge, high enough that the nostrils aren't pinched closed.
3. Check after five minutes to see if bleeding has stopped. If not, continue pinching and check after another 10 minutes.
4. You can also apply a cold pack to the bridge of the nose while pinching.

BLISTER

If the blister is small, unbroken, and not very painful, it's best to leave it alone. Cover it to prevent rubbing that could cause it to swell and possibly burst. Popping a blister may let in bacteria that could lead to an infection.

If the blister is large or painful, follow these steps:

1. Wash your hands and sterilize a needle with alcohol.
2. Make small punctures at the edge of the blister.
3. Gently push the fluid out.
4. Apply antibiotic ointment.
5. Put on a bandage.
6. If possible, take steps to protect the area from further rubbing or pressure.

If the blister broke open on its own:

1. Gently wash with clean water only.
2. Smooth the flap of broken skin over the newly exposed skin, unless it's dirty, torn, or pus has gathered under it.
3. Apply petroleum jelly.
4. Bandage it.

Change the bandage any time it gets wet. Take it off when you go to bed so the area can air out.

BURNS

Major burns need emergency medical attention.¹⁰ Call 911 or get someone else to call once the burning process has been stopped.

For other burns, take these first aid steps:

1. Flush the burned area with cool running water for several minutes. Do not use ice.¹¹
2. Apply a light gauze bandage. (You may apply an ointment, like aloe vera, before doing so if the burn is minor.)
3. Take Motrin (ibuprofen) or Tylenol (acetaminophen) for pain relief, if necessary.
4. Do not break any blisters that may have formed.

BLEEDING

While it is important to stop bleeding, remember the ABCs of first aid and check for something more serious first.

Then:

1. Wash your hands or put on disposable gloves, if possible.
2. Rinse the wound with water.
3. Cover the wound with a gauze or cloth (towel, blanket, clothing, whatever's available).
4. Apply direct pressure to stop the blood flow and encourage clotting, which is when blood naturally thickens to stop blood loss.
5. If possible, elevate the bleeding body part above the heart.
6. Don't remove the cloth if it becomes soaked through, but add more layers if needed. Removing the first layer will interfere with the clotting process and result in more blood loss.
7. Once bleeding has stopped, apply a clean bandage.