

The School District of Philadelphia

First-Aid Emergency Care

- Do not attempt to give anything by mouth to an unconscious person or semi-conscious person
- Avoid overtreatment and excitement
- Rest and quiet are often sufficient until Professional Care can be obtained



EMERGENCIES REQUIRING IMMEDIATE ACTION

EXAMPLES:

Possible heart attack, cardiac arrest, airway obstruction, or symptoms of severe allergic reaction:

- Hives all over the body
- Confusion
- Swollen face
- Blueness around mouth, eyes
- Difficulty breathing
- Drooling or difficulty swallowing

These conditions may cause death within minutes.

1. Call 911.
2. Notify school nurse.
3. Notify principal.
4. Call family and notify them where victim has been taken.

FIRST AID CHART

Acute illness	Allow student to rest under adult supervision. Call Parent.
Asthma - symptoms: <ul style="list-style-type: none"> • Difficulty speaking in sentences • Wheezing/coughing • Reports difficulty breathing • Observable effort to breathe • Anxiety/apprehension • The person hunches shoulders over, straining to breathe. • If unable to speak more than a word or two at a time. • If lips and/or fingernails appear blue or purple. 	<p>Allow person to use asthma medication, if appropriate. Give fluids, warm if available. Allow person to rest, sitting up. If no improvement in 10 minutes, Call Parent, remain with person.</p> <p>Call 9-1-1- AND Call Parent.</p> <p>Call 9-1-1- AND Call Parent.</p> <p>Call 9-1-1- AND Call Parent.</p>
Bites * (Broken Skin) Animal Human	<p>Wash with soap and water. Rinse, cover with clean, dry dressing. Advise parent to contact doctor. Report to Department of Public Health (215-875-5649), the following: name of school, name of pupil, age, address, body part involved, name and address of owner of animals if known</p> <p>Wash with soap and water, rinse, cover with clean, dry dressing. Advise parent to contact their doctor..</p>
Bleeding	Control bleeding by covering the wound with a clean dressing. Apply direct pressure. Secure the dressing firmly in place. Keep the person flat and comfortable. Do not apply a tourniquet. If heavy bleeding does not stop, Call 9-1-1 and Call Parent. (see shock)
Bruise	Wash with soap and water, rinse. Protect with dry, clean dressing. Apply ice to bruise for 20 to 25 minutes. Observe for severe pain, limited motion and/or swelling. Advise parent to contact doctor, if above symptoms are present.
Burns Small (reddened skin no blister)	Remove any loose clothing covering burned area. Immerse the burned area in cold water for 10 to 20 minutes to relieve pain and stop the burning process. Following immersion of the burned area, carefully packed the surrounding area dry and cover with clean dry dressing. Never apply greasy substances. If skin is merely reddened and there are no blisters, the student may return to class notify parent.

Large (large reddened area / or with blister)	Remove any loose clothing covering burned area. Immerse the burned area in cold water for 10 to 20 minutes to relieve pain and stop the burning process. Following immersion of the burned area, carefully pat the surrounding areas dry and covered with clean, dry dressing. Keep the patient flat and cover with blanket to keep warm. Call Parent and advise immediate Medical Care.
Chemical	<ol style="list-style-type: none"> 1. Remove any loose clothing covering the burned area. 2. Flush with cold running water immediately and maintain flow over burned area. 3. Call Poison Control 215-386-2100 and follow their instructions. 4. Call Parents. Advise follow up Medical Care. Stay with injured person.
Diabetes Low sugar (Insulin Reaction) Symptoms: Sweating Shaking Restlessness Irritability Weakness Mood Changes Drowsiness Unconscious or unable to swallow Unable to cooperate	If conscious and able to swallow, immediately give one of following: 1/2 cup of fruit juice 1/2 cup regular soda pop 2 teaspoons sugar Wait 10 minutes - if no improvement Call Parent . Remain with person. Call 9-1-1 AND Call Parent Call 9-1-1 AND Call Parent
Eye injuries Blows to the eye Cut or puncture of the eye Foreign particle in the eye	Cover the eye with a gauze pad. Gently rest cold compress over eye. Have person avoid blowing nose. Call Parent ; advise immediate care. Do not touch the eye or object in the eye. Keep the person quiet and still. Call 9-1-1 AND Call Parent . Flush with room-temperature tap water. Do not rub. If unable to wash out particle, keep eye closed and/or covered and Call

Chemicals in the eye	<p>Parent; advise immediate medical care.</p> <p>Flush with room-temperature tap water for 15 minutes. (Paper cups can be used). Call Poison Control Center 215-386-2100. Follow the instructions. Call Parent.</p>
<p>Fainting / loss of consciousness</p> <p>Feeling faint</p> <p>Loss of consciousness</p>	<p>Have the person lying down. Rust / keep warm: provide adequate ventilation. Call Parent.</p> <p>Leave the person lying down. Check to be sure person is breathing -- if not, designate someone to Call 9-1-1 AND START CPR IF TRAINED. If a person is breathing, ask “are you okay?” “Can I help you?” if person does not respond, Call 9-1-1. Remain with person. Do not give food or fluids. Protect from injury. Call Parent</p>
Head injury	<p>Notifying adults(s) supervising the students.</p> <p>Apply ice and observe for 15 minutes. Notify parent. If person is dizzy, sleepy, disoriented, nauseated, staggering, vomiting, has blurred or double vision, Call Parent; advise immediate medical care.</p>
Insect bites / bee sting	<p>Question student regarding allergies; Call Parent if student does not know. Apply ice if swelling is excessive. Call Parent; advise medical care. If shortness of breath develops, Call 9-1-1 and Call Parent.</p>
Nosebleed	<p>Pinch nostrils 5 minutes and release. If nosebleed continues, re-apply pressure. Caution against blowing nose. Allow to rest before returning to class. If heavy bleeding continues for more than 5 minutes, Call Parent; advise immediate medical care. Continue to pinch nostrils until care is obtained or bleeding stops.</p>
Poisoning	<p>Determine substance by questioning the person. Obtain container, if possible. If substance was inhaled, get person into fresh air. Call Poison Control Center (PCC), 215-386-2100 and give name of substance with symptoms. Follow PCC directions. Call Parent.</p>
Seizure	<p>Do not place anything in the mouth. Place individual on side. Push away any object that might injure the person. Loosen clothing. Time the seizure. Notify parent. If seizure lasts 5 minutes or longer, or more than one seizure occurs, Call 9-1-1 and Call Parent.</p>
<p>Shock</p> <p>Symptoms:</p>	<p>Control bleeding if present. Keep person flat; cover with blanket. Loosen clothing. Reassure person. Call 9-1-1 and Call Parent.</p>

cold, clammy skin, pale face, rapid, shallow breathing, usually associated with severe injury.	
Splinter	Cleanse with soap and water. Cover with clean, dry dressing. Notify parent.
Sprain/Strains	Elevate injured part and apply ice. If persistent pain or swelling is present, Call Parent ; advise medical care.
Broken Bones/Fractures/Dislocations Symptoms: Swelling Pain Tenderness Deformity Difficult moving	DO NOT MOVE THE PERSON OR STRAIGHTEN THE LIMB Control bleeding if present. (see bleeding). Apply ice. Do not give anything to eat or drink. Call 9-1-1 and Call Parent.
Tooth Injuries Broken/Loosened Knocked Out	Call Parent ; advise immediate dental care. If tooth is knocked out, find tooth, if possible. Do not clean tooth or touch root. If possible, reinsert tooth or put tooth in a container of cold, fresh white milk. Call Parent , advise immediate medical dental care.
Wounds Cuts/Scrapes Puncture Wound Laceration/Cut	Cleanse with soap and water. Rinse, cover with clean, dry dressing. If severe, Call Parent ; advise medical care. Same as above. Call Parent ; advise medical care. If injury resulted from used hypodermic needle, Call Parent ; advise immediate medical care. The needle should be retained by the principal and turned over to City of Philadelphia Department of Health. Notify School Health Services. Apply direct pressure for 3-5 minutes to control bleeding. Apply adhesive over gauze to maintain pressure. Call Parent ; advise immediate medical care.
Notify the parent; advise medical care	1. Any wound on the face. 2. Cuts with jagged edges. if there is a gap or hole; if the cut is longer than ½ inch or over a joint. 3. Short but deep cuts.

Infection Control Precautions:

Contact with Body Fluids

The body fluid of all persons should be considered to contain potentially infectious agents.

Definition

1. The term “body fluids” includes: blood, semen, drainage from scrapes and cuts, feces, urine, vomitus, respiratory secretions (nasal discharge).
2. Decontamination means the use of physical or chemical means to remove, inactivate or destroy potentially infectious agents.

Management

1. Direct contact with body fluids should be avoided, if possible. In all cases, disposable gloves may be used as protection from such contacts.
2. Gloves should be removed and appropriately disposed of as soon as the period of contact has ended, followed by liberal hand-washing, using soap and water. Disposable gloves should not be washed or used in contacts with multiple persons.

Appropriate handwashing

- a. Use soap and warm, running water.
 - b. Wash all surfaces thoroughly, including wrists, palms, back of hands, fingers and under fingernails.
 - c. Rub hand together for at least 10-15 minutes.
3. All breaks in skin, bleeding or oozing cuts, or abrasions in either a caregiver or other persons should be covered (gauze, bandages, etc.) whenever possible.
 4. Unanticipated contact with bodily fluids should be followed by immediate washing of hands and other affected areas with soap and water.
 5. All syringes, lancets, and needles must be placed in a disposal container supplied by the school nurse.