

Did You Know....?

- + If you ice you ankle longer than 15-20 minutes, it could cause tissue damage.
- + Foot Blisters are one of the biggest problems that can arise from hiking or camping
- + If your animal bite is infected you will feel warmth around the wound.
- + If you don't exercise a sprained ankle, the body part will be susceptible to injury.
- + Wearing latex gloves protects you from getting germs on your hands.
- + Cuts and scrapes are the most common injury, A sprain results in overstretching or tearing ligament, tendon, or muscle
- + Blood gets thicker after bleeding for a few minutes
- + The best way to treat a sprained ankle is the RICE treatment. Rest, Ice, Compression, and Elevate.
- + You should have a first aid kit in your home, and car.

Website Citations

Cluett M.D, Jonathan, "How to Perform Treatment of a Sprained Ankle" March 1, 2006.
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Picture Citations

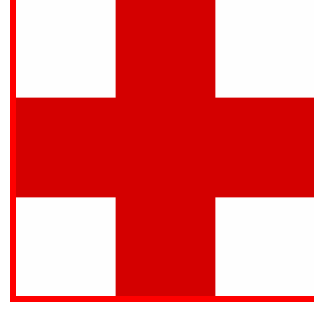
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First Aid

By: Megan Gaseor



What to Pack in a First Aid Kit

There are many expensive first aid kits you can buy, but why not make your own. Here are some important items you can put into your first aid kit.

- + A waterproof carrying device such as a backpack or fanny pack
- + Rubber gloves
- + Bandages
- + Gauze
- + Tape
- + Iodine or other wound cleaning solutions
- + Splints
- + Blister care
- + Tweezers
- + Thermometer
- + Heat/Cold Pack
- + Medications such as Aspirin or Advil

Make sure your first aid kit is waterproof, organized, and assessable.

Treating Animal Bites

If you are ever are bitten by an animal follow these steps.

- + Move away from the animal
- + Put on latex gloves for protection
- + Clean the wound with antiseptic soap or iodine
- + Keep the wound open
- + Dress and bandage the wound
- + Keep the patient well hydrated
- + Keep eye out for infection
- + Get to the hospital as soon as possible

How to Treat Sprained Ankles

Spraining your ankle is a common injury. Following these steps can help you treat a sprain.

- + Don't walk on a sprained ankle
- + Protect it using a splint or brace
- + Keep off your feet for a few days
- + Ice your ankle for 15-20 minutes several times a day but no more.
- + Use a Ace Bandage for compression
- + Keep ankle elevated

Treating Cuts and Scrapes

If you follow these important steps, you will prevent a cut or scrape from becoming infected.

- + First wash you hands with soap and water
- + Then clean out the wound
- + Wipe away from the wound when removing dirt
- + Use soap and water to wash the wound (peroxide can be used but still wash with soap and water
- + If the cut or scrape is bleeding, apply pressure with a clean cloth
- + Elevate the limb
- + If blood is spurting out for 5-10 minutes, stitches may be needed.
- + If bleeding stops, apply a bandage