

# First Aid Basics

Be prepared for an emergency

[www.NJSelfAdvocacyProject.org](http://www.NJSelfAdvocacyProject.org)

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1

## BRUISES / SCRAPES

- Call for help
- Clean the area
- Bandage the area
- Make sure nothing else is hurt

2

## DEEP CUT / LACERATION

- Stay calm
- Call 911
- Get help
- Do not move the person
- Clean and close the wound
- Apply pressure to stop the bleeding

3

## BEE STING

- Get help
- Remove the stinger
- If you are allergic, use an epipen
- Clean the area
- Bandage the area



What to have in your

FIRST AID KIT

- Band-Aids
- Alcohol Pads
- Gauze
- Antiseptic cream
- Ibuprofen
- Aspirin
- Satellite Communicator
- Navigation System
- Tick remover
- Tweezers

4

## TICK BITE

- Get help
- Use tweezers to remove tick
- Clean the area
- (Save the tick to show your doctor for testing)

5

## DIZZINESS / FAINTING

- Call 911
- Get help
- Keep the person alert
- Talk to the person
- Ask them questions
- Keep them comfortable until help arrives

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## CHEST PAIN / HEART ATTACK

- Stay calm
- Call 911
- Get help
- Make sure they are breathing

Stay prepared

