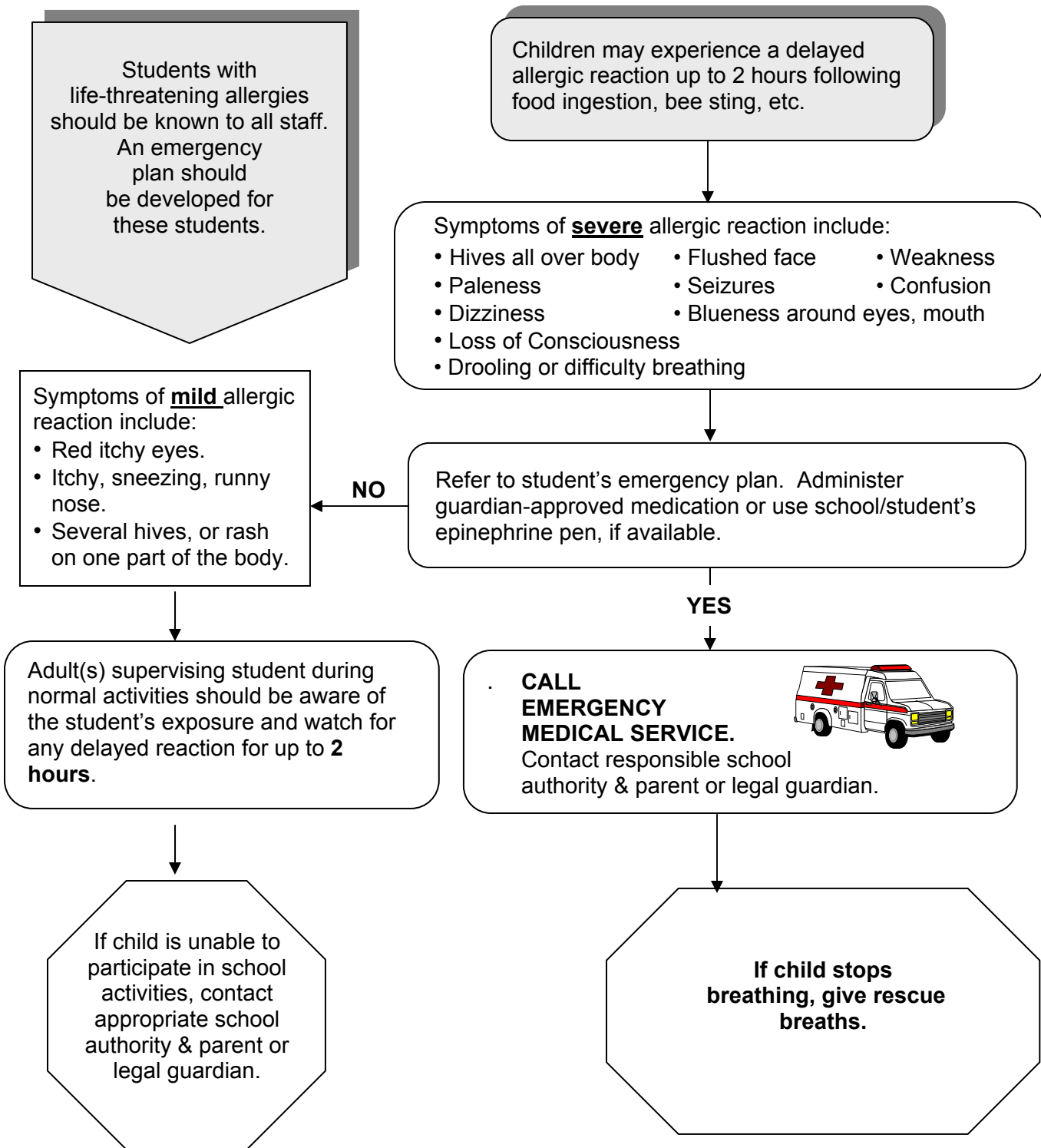


# ALLERGIC REACTION



## ASTHMA/WHEEZING OR DIFFICULTY BREATHING

Students with a history of breathing difficulties, including asthma/wheezing should be known to all school staff. An emergency care plan should be developed. **Asthma** is a disease that occurs when small air passages constrict making breathing difficult. Some triggers for asthma include viral infections, tobacco smoke, exercise, perfumes, strong odors, aerosol sprays, cold air, and allergies.

A student with a asthma/wheezing may have breathing difficulties which include:

- Rapid breathing
- Flaring (widening) of nostrils
- Tightness in chest
- Blueness of lips, tongue or nail beds
- Excessive coughing
- Having to take a breathe between words when speaking
- Wheezing -high-pitched sound during breathing out.
- Increased use of stomach and chest muscles during breathing

If available, refer to student's health/emergency care plan. (Remember: **Peak Flow Meter**, if available)

Does student have parent/guardian-approved medication?

YES

Administer medication as directed.

NO

Encourage the student to sit quietly, breathe slowly and deeply through the nose and out through the mouth.

- Are the lips, tongue or nail beds turning blue?
- Are the symptoms not improving or getting worse?
- Did breathing difficulty develop rapidly?

NO

Contact responsible school authority & parent or legal guardian.

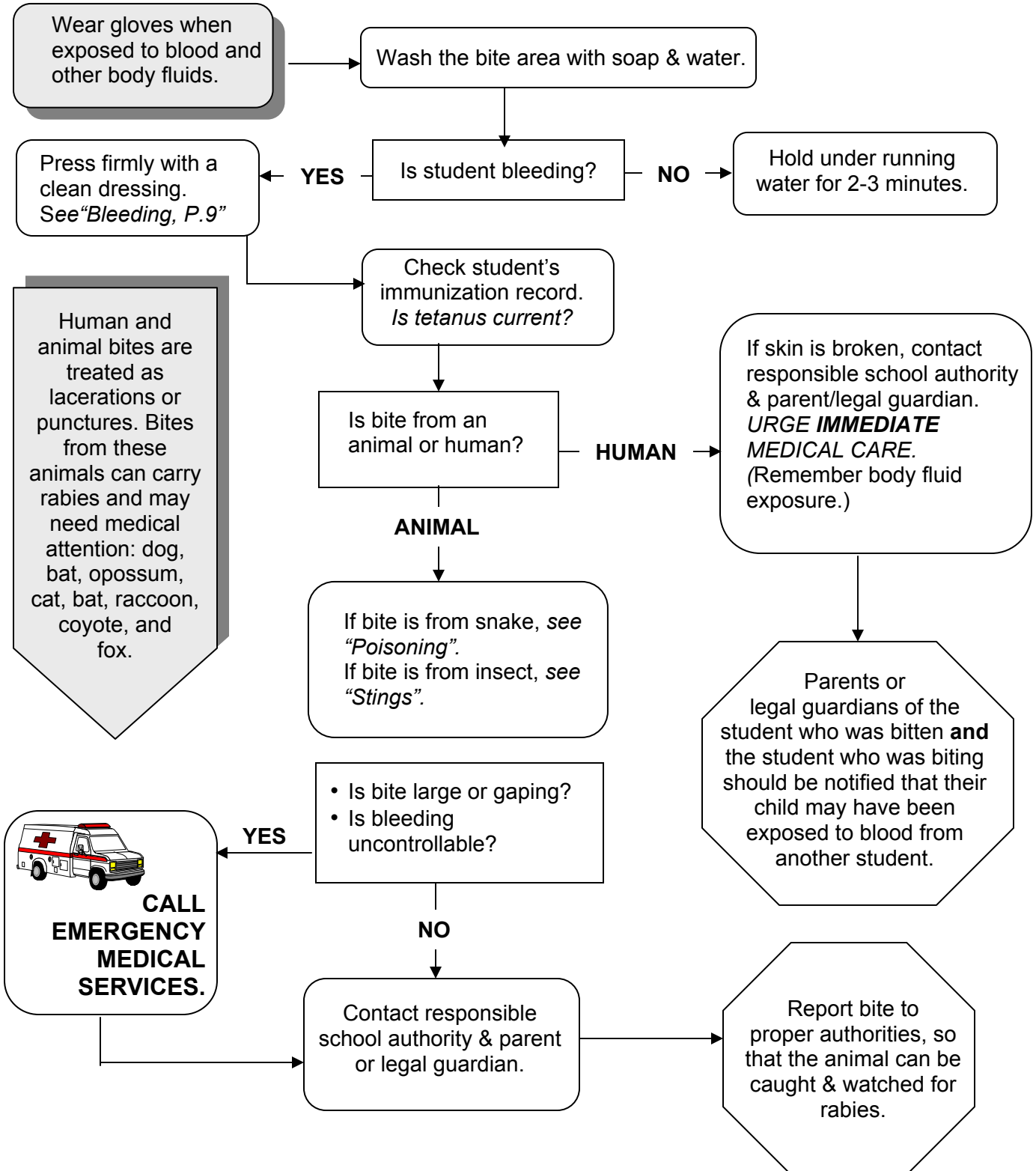
YES



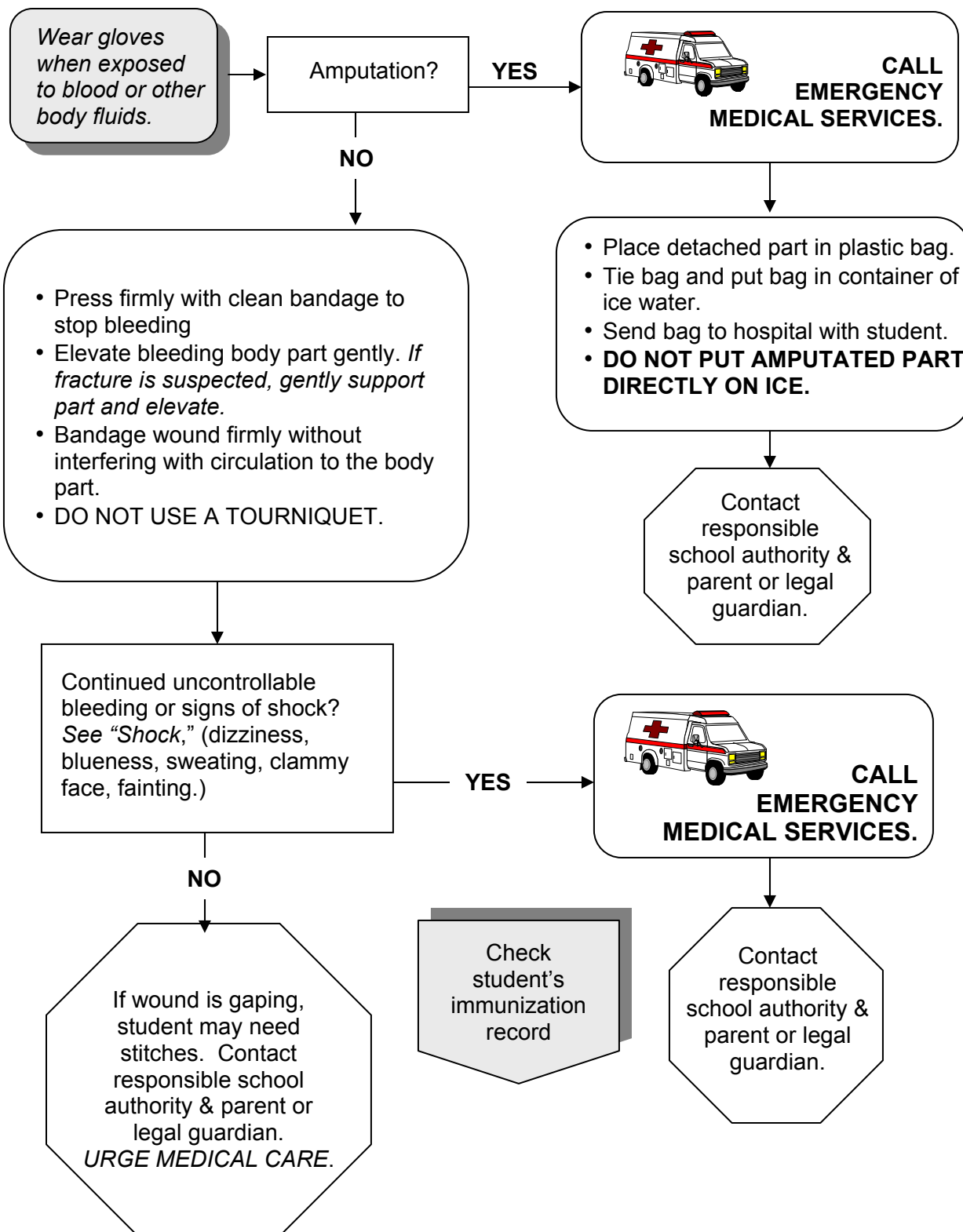
**CALL EMERGENCY MEDICAL SERVICE.**

YES

## BITES (HUMAN & ANIMAL)



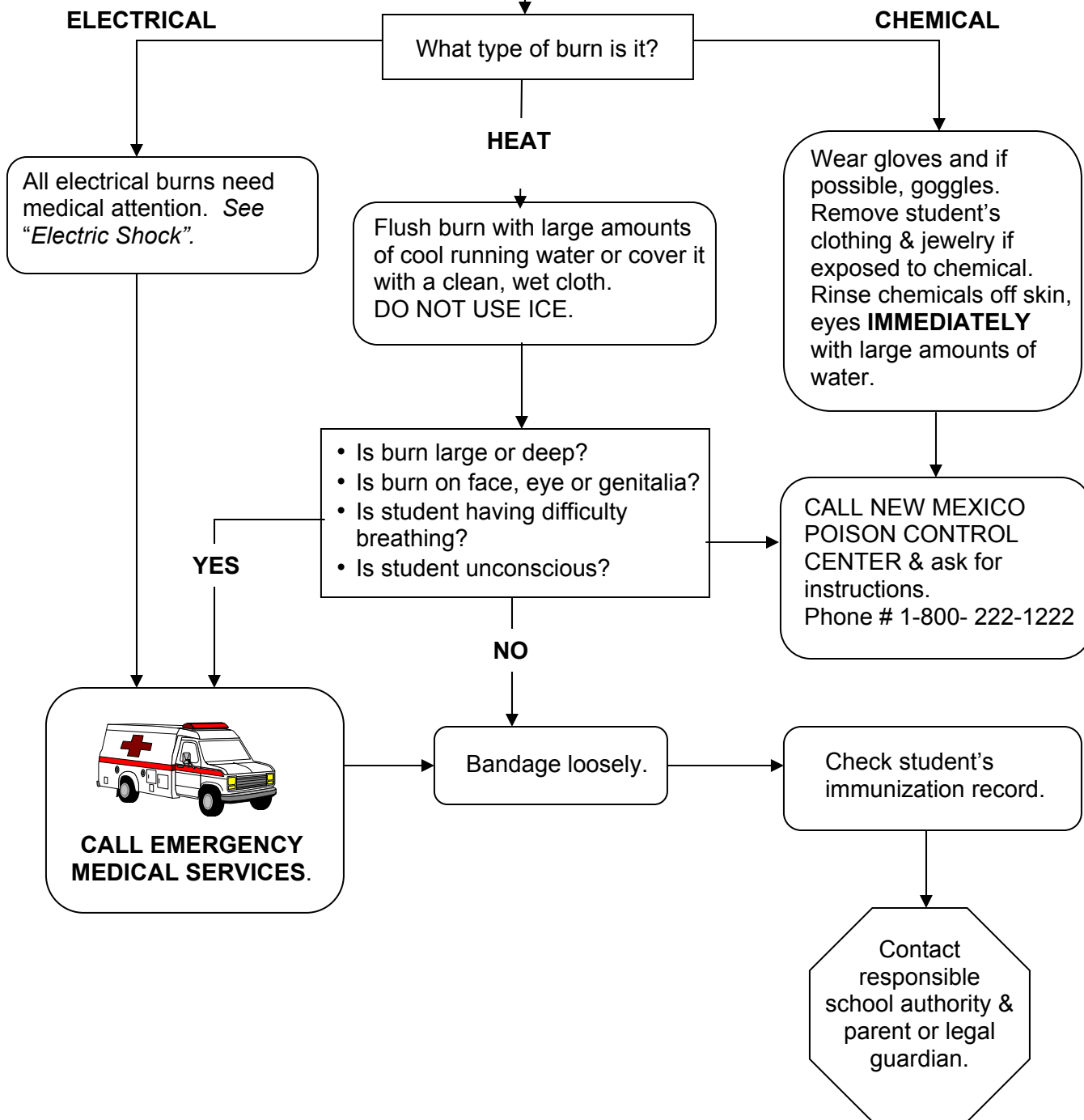
# BLEEDING



# BURNS

See next page for description about burns.

*Always make sure that the situation is safe for you before helping the student.*



# **BURNS**

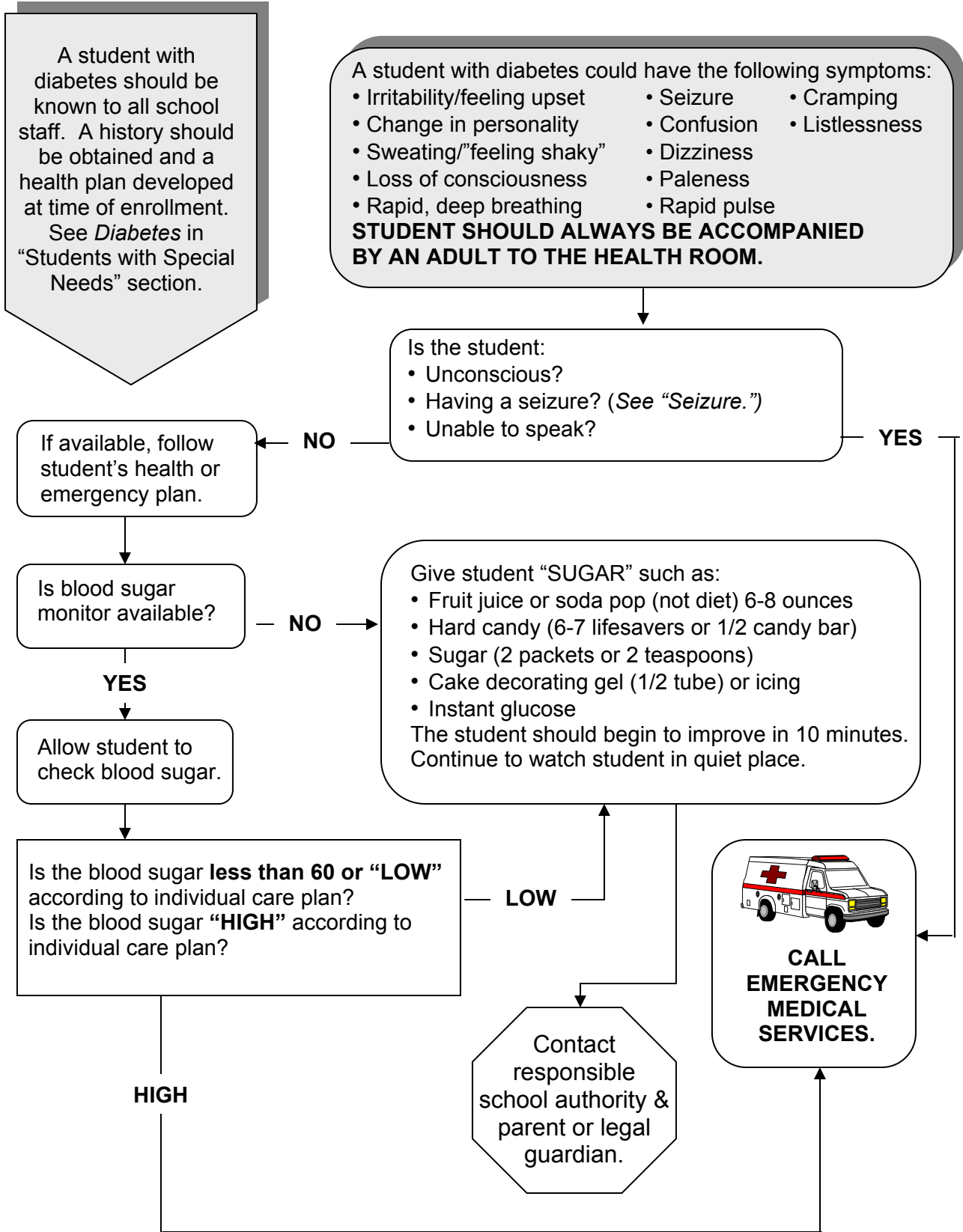
## **PARTIAL THICKNESS**

This burn involves the outermost layer and lower layers of skin. The symptoms include redness, mild swelling, pain, mottling, and blisters. They are frequently caused by sunburn, brief contact with hot objects, steam, chemicals, or hot liquids. It may be wet and oozing. This is often the most painful burn due to intact nerve endings.

## **FULL THICKNESS**

Most serious. This burn extends through all skin layers, possibly into underlying muscles and bones. It may look white or charred. The nerve endings may be destroyed; therefore, little pain may occur.

# DIABETES



## EARS

An earache is most commonly caused by an infection behind the middle ear. A student may be irritable and experience pain, dizziness, hearing loss, ringing or fullness in the ears, fever, headache, runny nose, and drainage from ears.

### DRAINAGE FROM EAR

Do *NOT* try to clean out ear.

Contact responsible school authority & parent/legal guardian.  
**URGE MEDICAL CARE.**

### EARACHE

A warm water bottle or heating pad (NOT HOT) against the ear will give comfort while waiting for parent or legal guardian.

Contact responsible school authority & parent/legal guardian.  
**URGE MEDICAL CARE.**

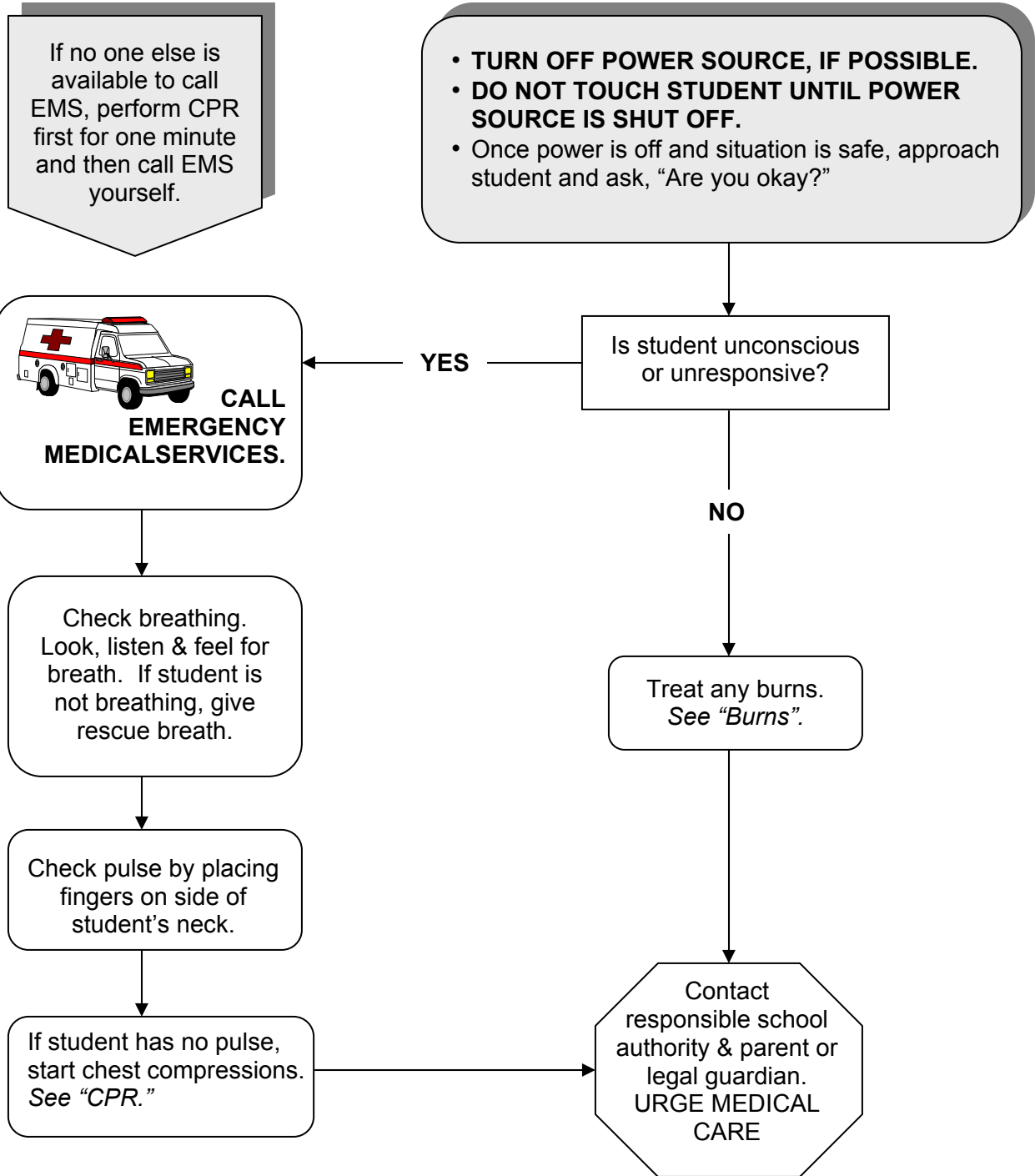
### OBJECT IN EAR CANAL

**DO NOT ATTEMPT TO REMOVE OBJECT.**

Contact responsible school authority & parent/legal guardian.  
**URGE MEDICAL CARE.**

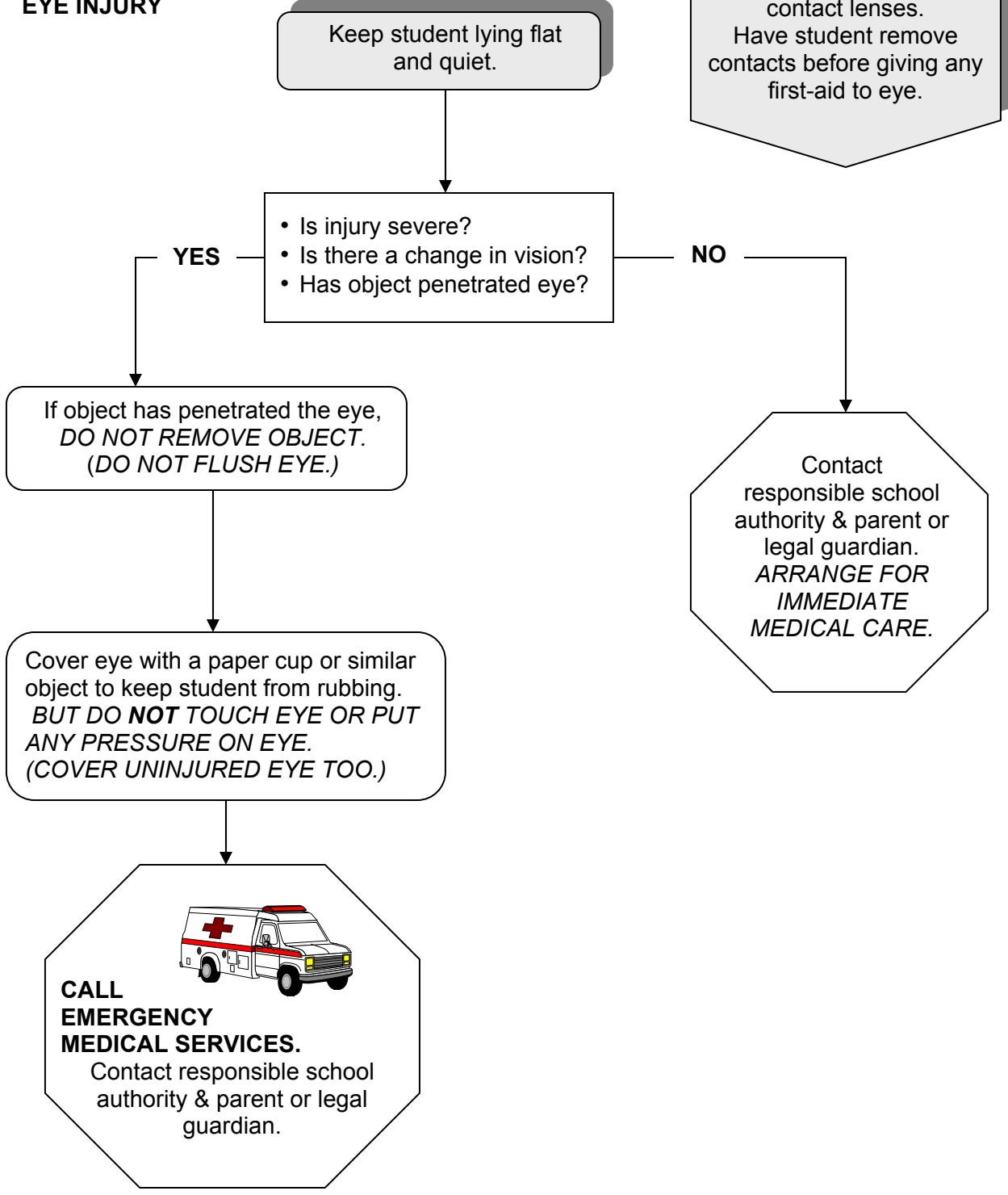


# ELECTRIC SHOCK



# EYES

## EYE INJURY



(Continued on next page)

# EYES

(Continued from previous page)

## PARTICLE IN EYE

Keep student from rubbing eye.

- If necessary, lay student down, & tip head toward affected side.
- Gently pour tap water over the open eye to flush out the particle.

If particle does not flush out of eye or if eye pain continues, contact responsible school authority and parent or legal guardian.  
**URGE MEDICAL CARE.**

## CHEMICALS IN EYE

- Wear gloves and if possible, goggles.
- Immediately flush the eye with large amounts of clean water for 20-30 minutes.
- Let the water run over the eye with head tipped so water washes eye from nose out to side of face.

CALL NEAREST POISON CONTROL CENTER while flushing eye.  
**Phone # 1-800-222-1222**  
Follow instructions.

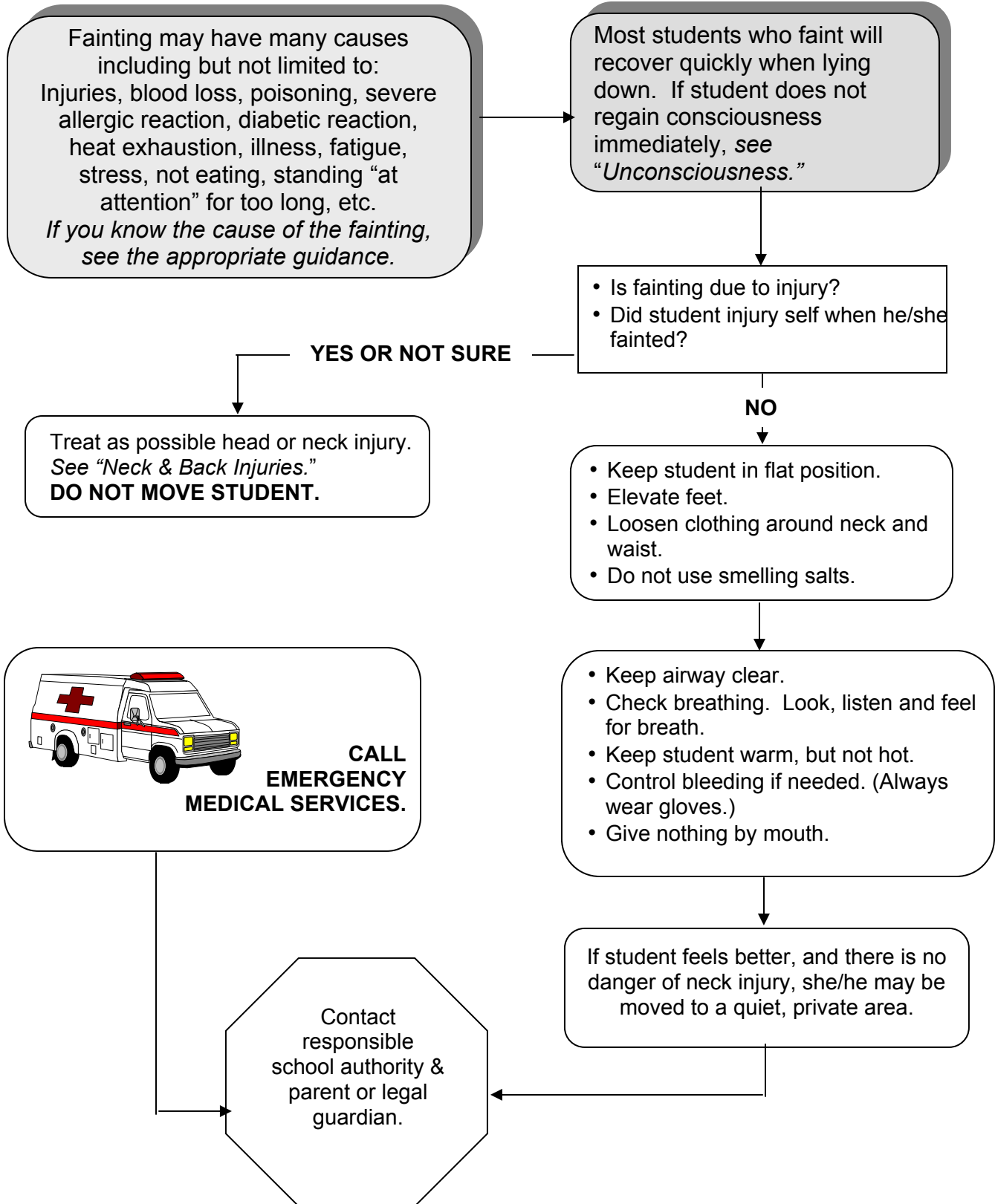
Contact responsible school authority and parent or legal guardian.



If eye has been burned by chemical,

**CALL  
EMERGENCY  
MEDICAL SERVICES.**

# FAINTING



## FEVER OR NOT FEELING WELL

A fever is the body's normal response to an infection. A fever is a symptom of an infection, and not an illness of its own. The body's average temperature can vary greatly during the day, between 97.6°F to 99.5°F. Mild elevations between 100.4 ° F to 101.2 ° F can be caused by exercise, excess clothing, and hot weather. Oral temperatures can be elevated by hot food or drink.

Take student's temperature, if possible. Note temperature over 101.0 ° F as fever.

Have the student lie down in a room which affords privacy.

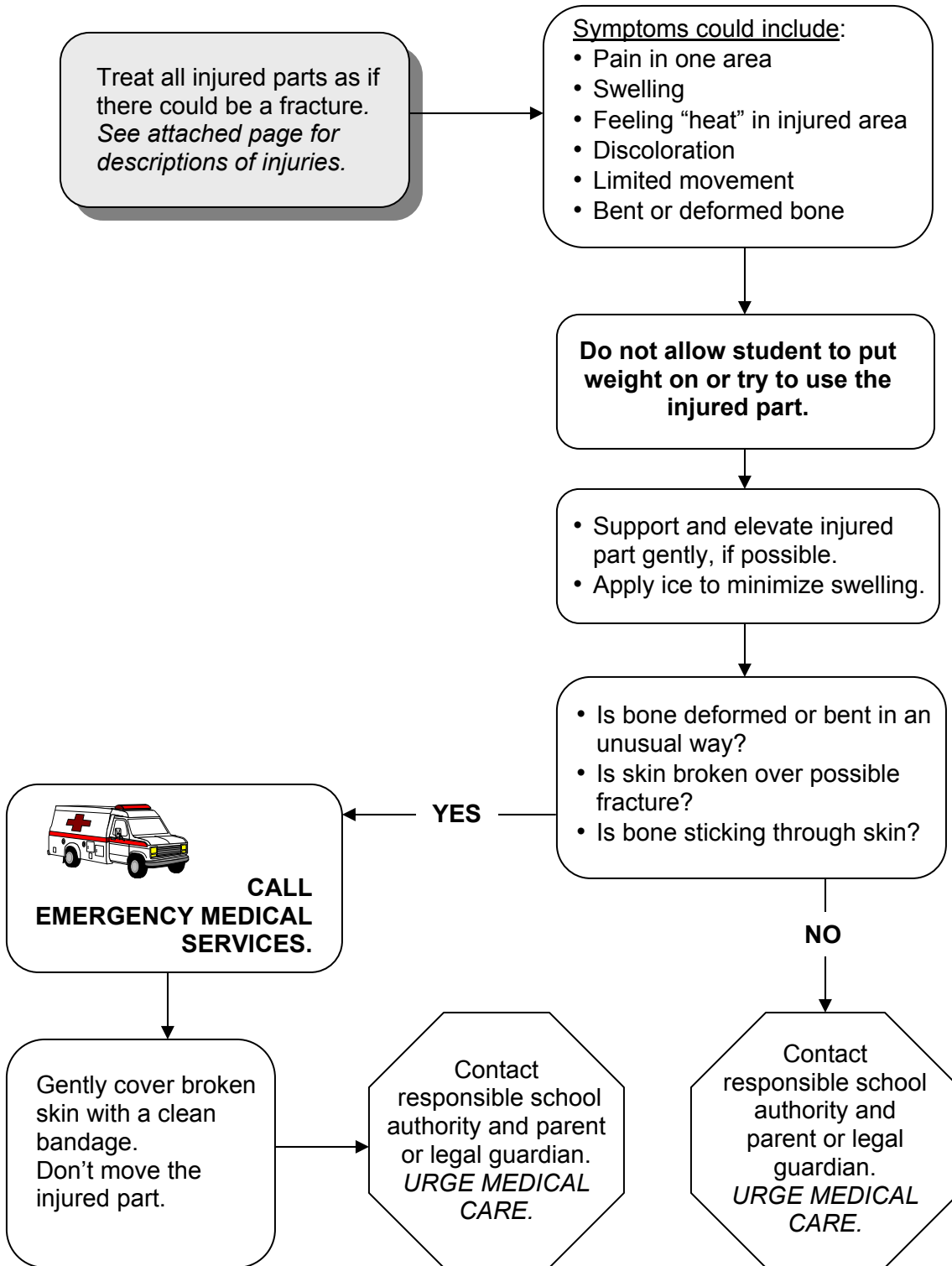
Observe the student for other symptoms, such as: drowsiness, headache, nausea/vomiting, respiratory symptoms, stiff neck, rash, irritability, ear pain, pain with urination, and pallor. (student appears pale in color)

If it is suspected that the temperature elevation is due to exercise, excess clothing, hot weather, or warm food, give fluids and take the temperature again in half an hour, after removing the cause. See "Heat Stroke".

Give no medication unless previously authorized.

Contact responsible school authority and/or parent or legal guardian.

# FRACTURES, DISLOCATIONS, SPRAINS, OR STRAINS



(Continued on next page)

## **FRACTURES, DISLOCATIONS, SPRAINS, OR STRAINS**

(Continued from previous page)

### **FRACTURES**

Fractures are broken or cracked bones. Closed fractures have no visible open wound. In open fractures the bone may be visible and may protrude through the skin. Symptoms may include an audible “snap” at the time of injury, a grating sensation, a “crooked” bone, pain, tenderness, swelling and bruising, and an inability to move the injured part.

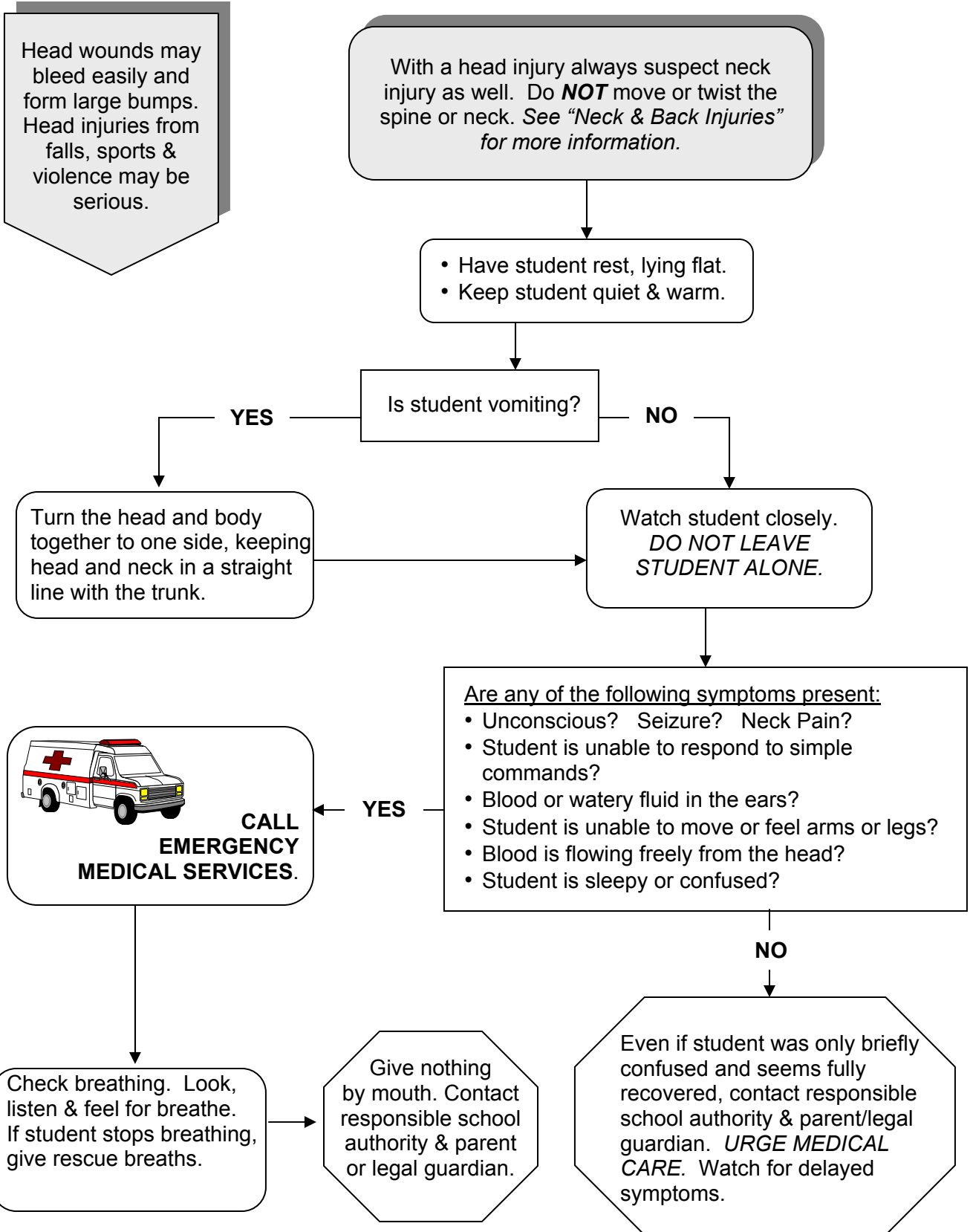
### **DISLOCATIONS**

Dislocation occurs when the bones at a joint are out of normal alignment due to an injury to the ligaments that hold them in place. Symptoms include difficulty and pain when moving the joint, swelling, deformity, and discoloration at the affected joint.

### **SPRAINS OR STRAINS**

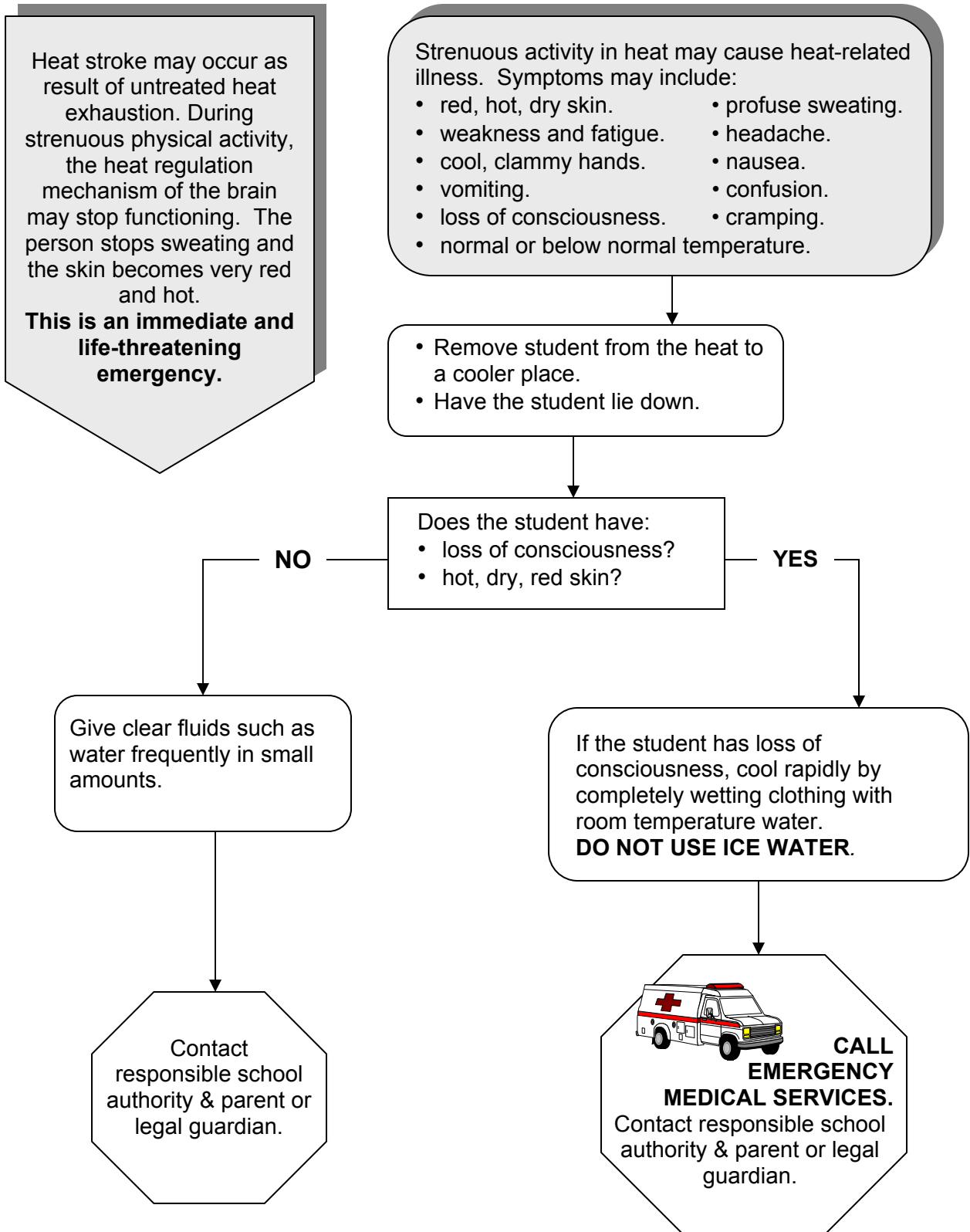
Sprains occur when ligaments and tendons around a joint are stretched or partially torn. Sprains are usually caused by a twisting injury. Symptoms include tenderness to touch, swelling and discoloration.

# HEAD INJURIES

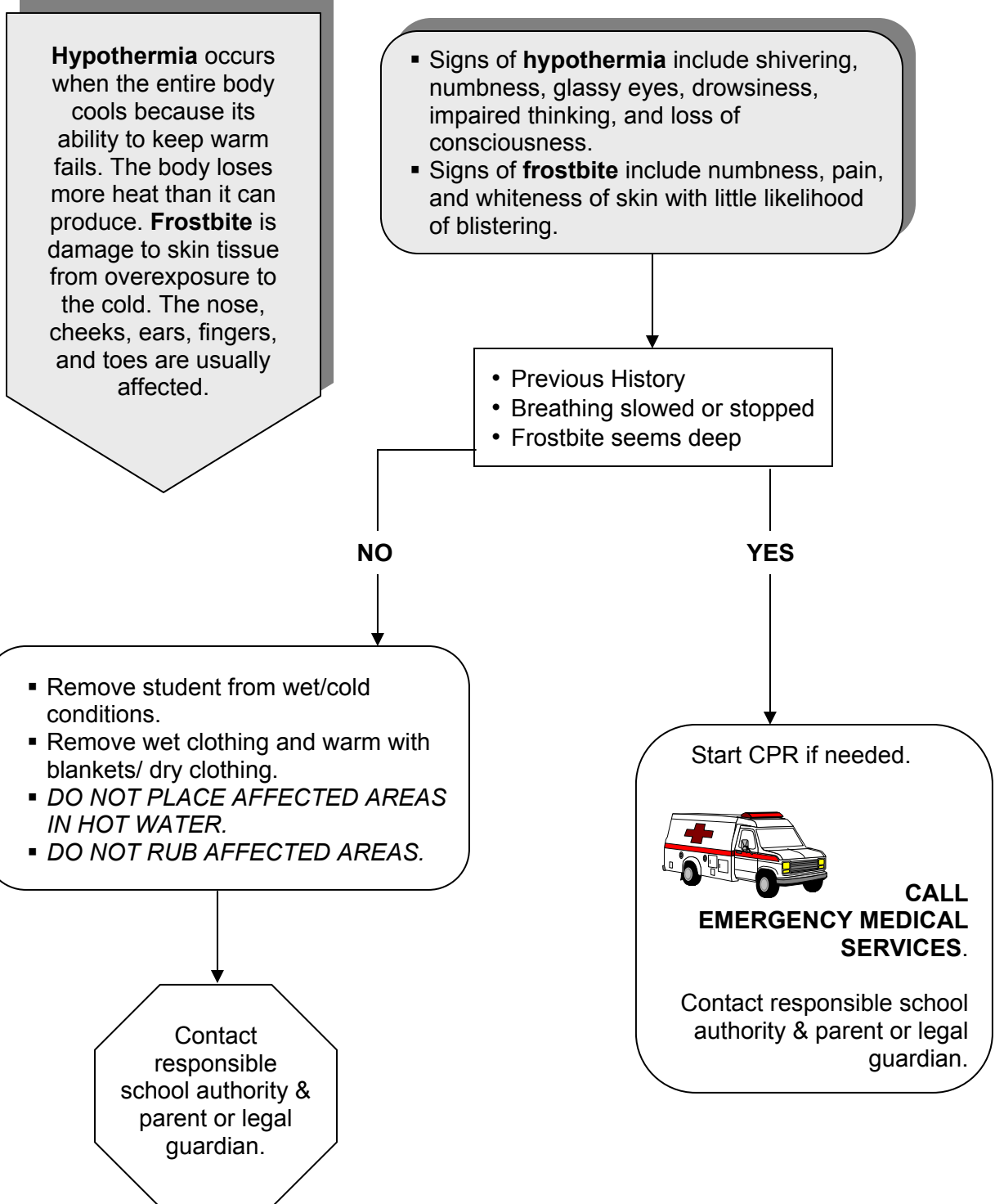




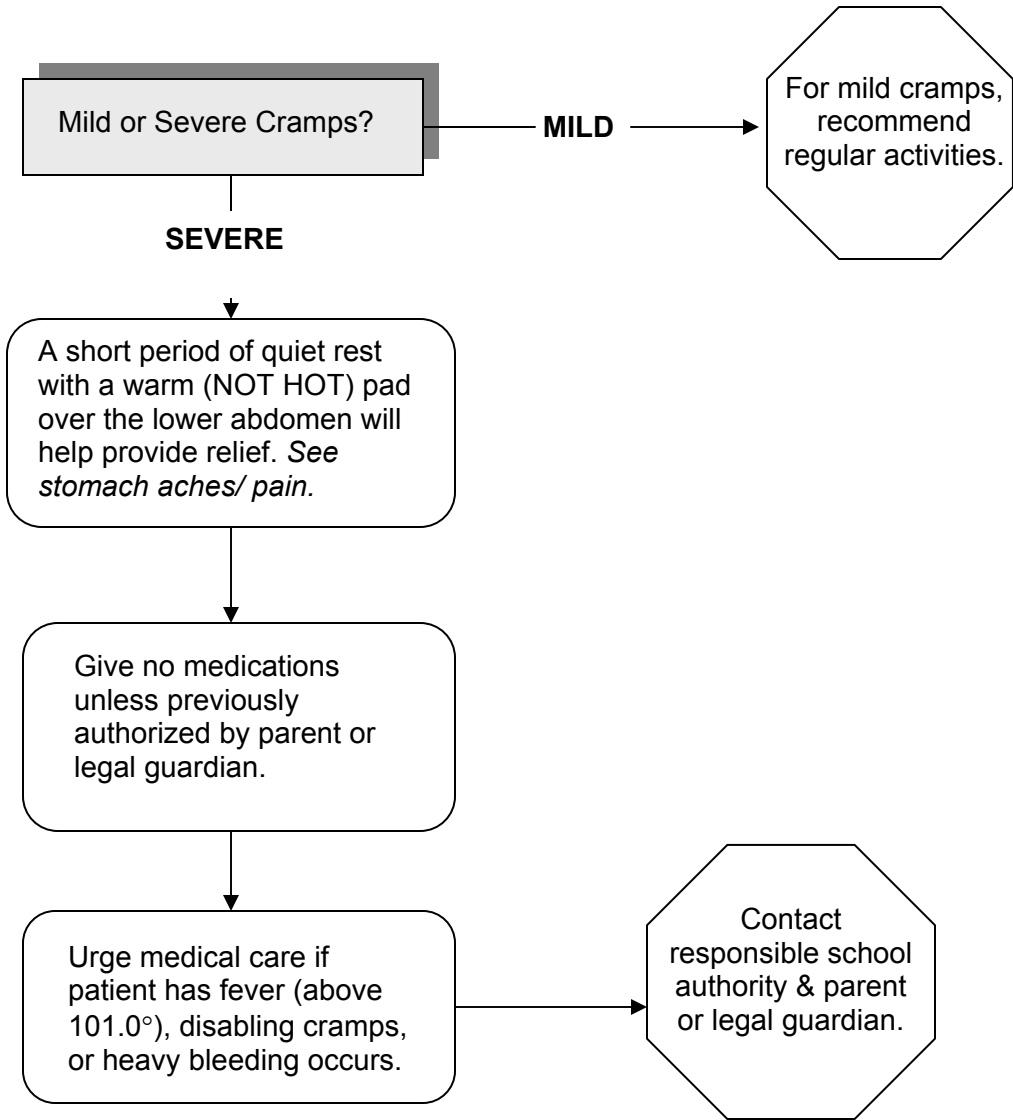
# HEAT STROKE/HEAT EXHAUSTION



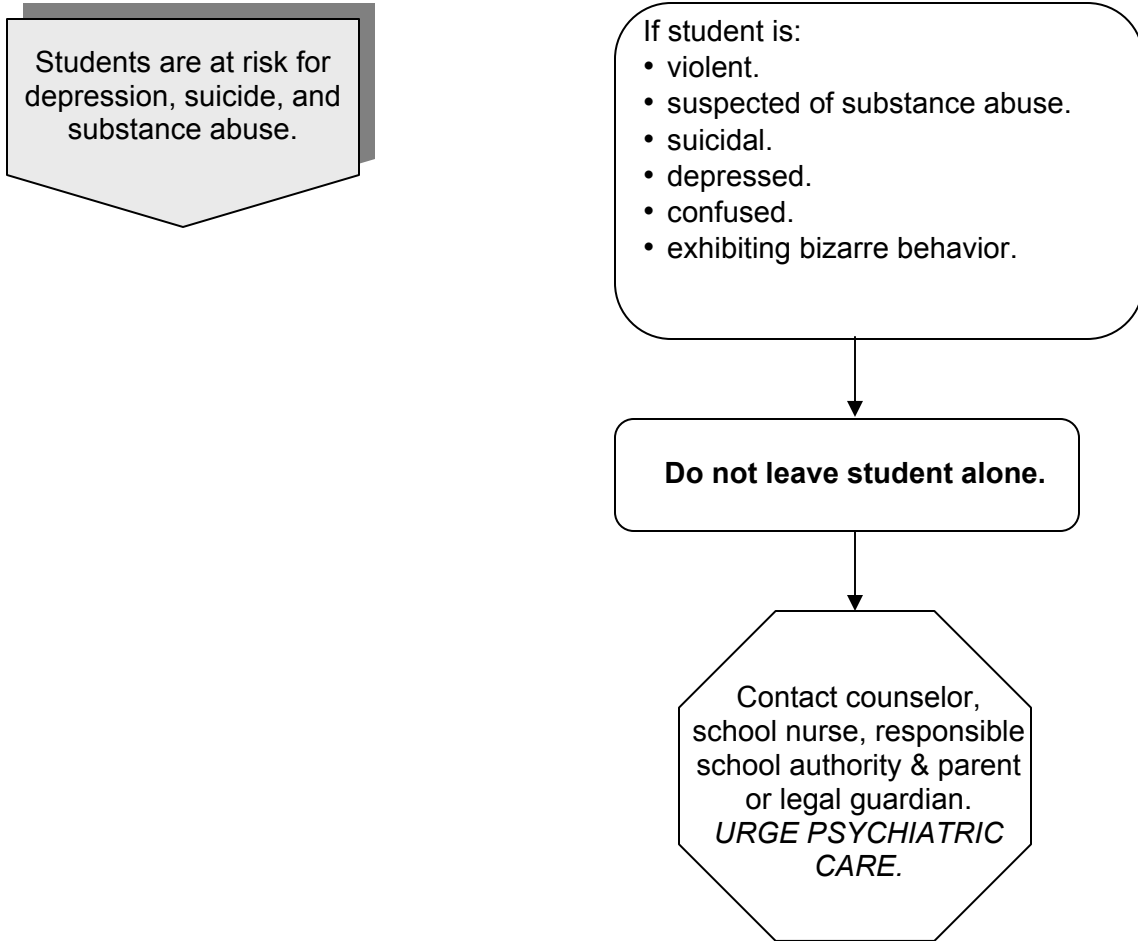
# HYPOTHERMIA/FROSTBITE



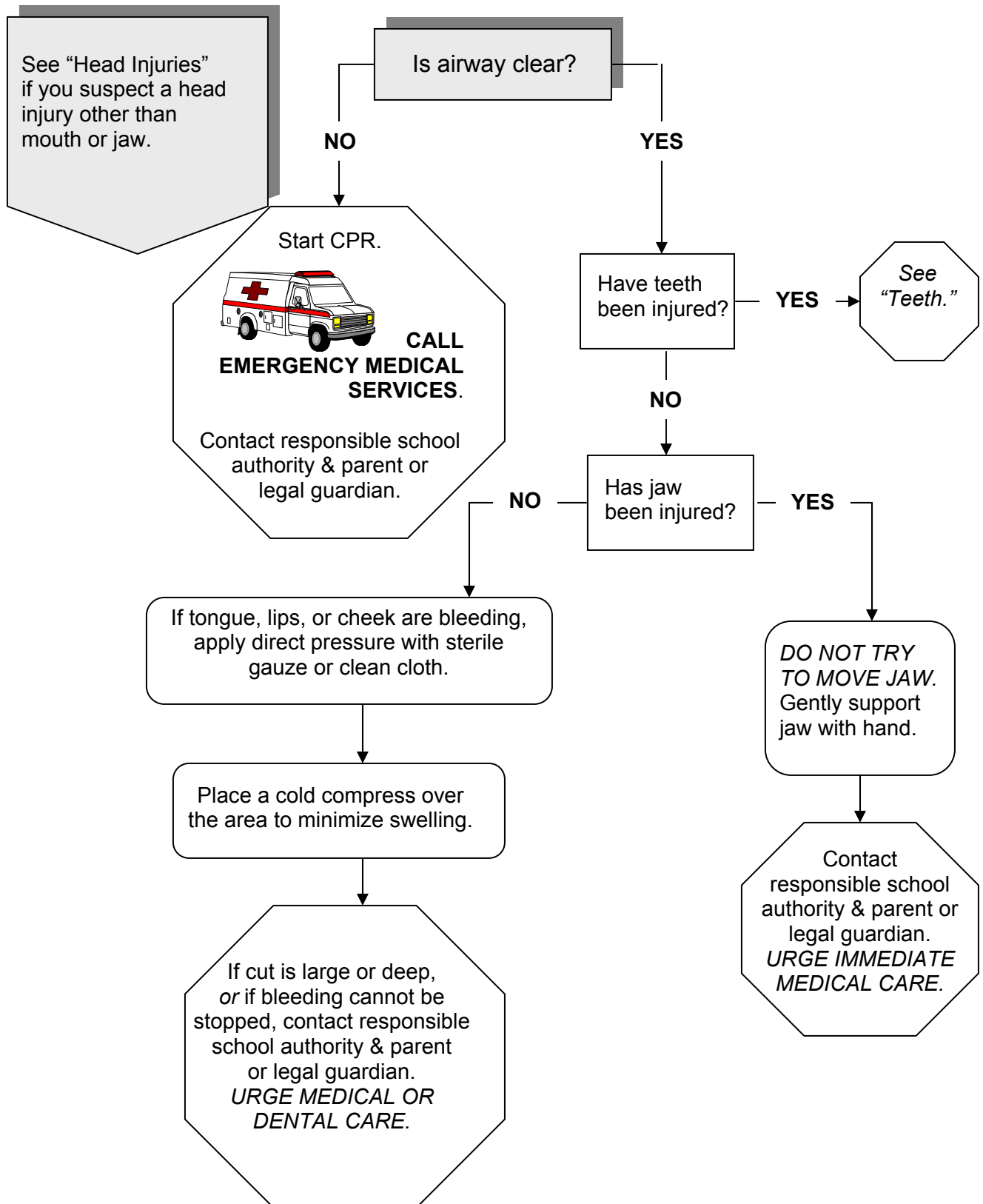
# MENSTRUAL DIFFICULTIES



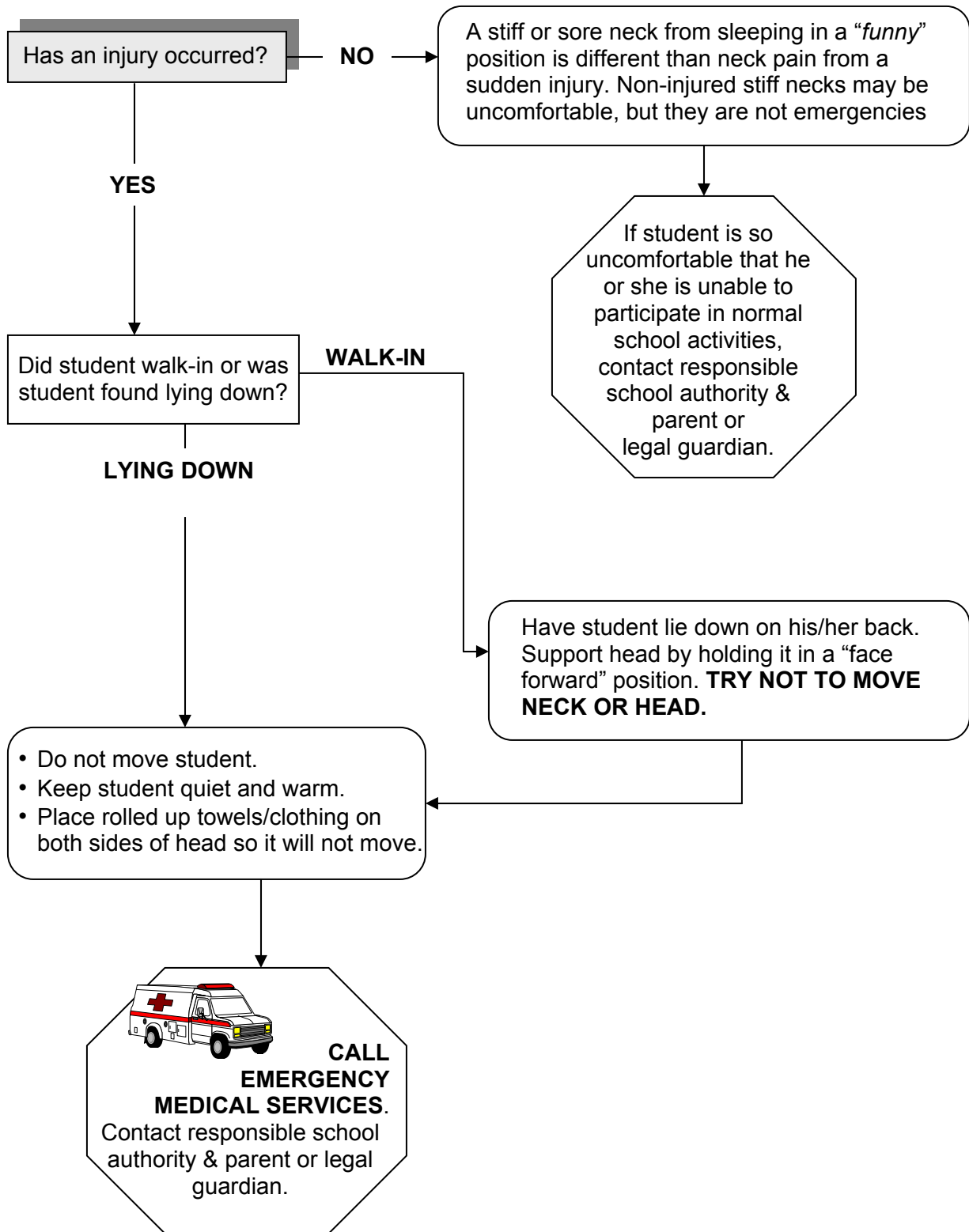
# MENTAL HEALTH/PSYCHIATRIC PROBLEM



# MOUTH AND JAW INJURIES

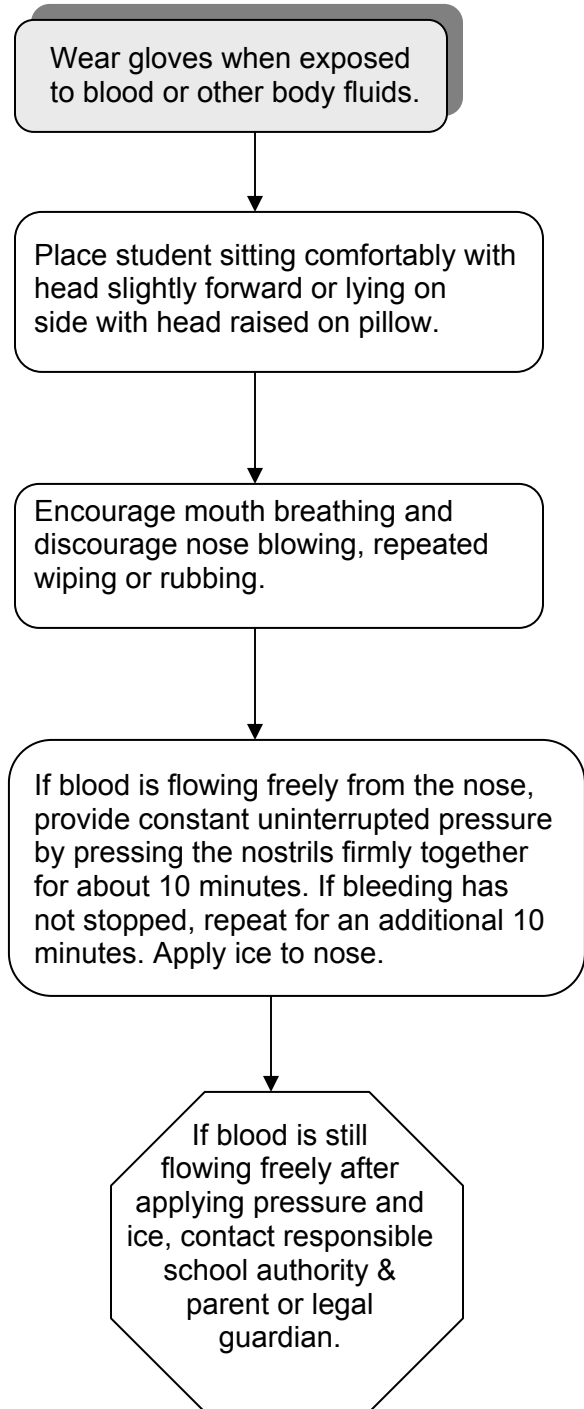


# NECK AND BACK INJURIES



# NOSE

## NOSEBLEED

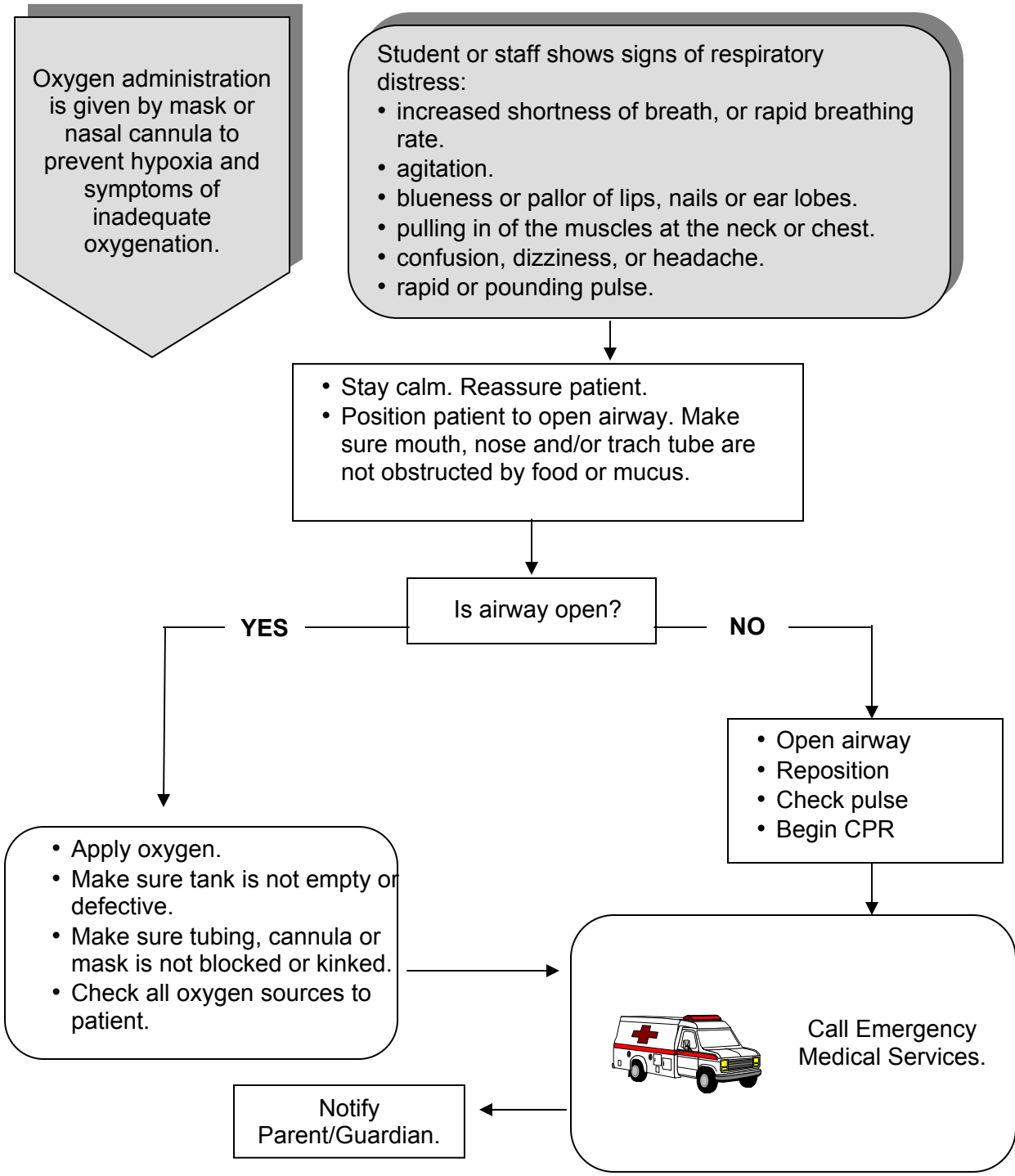


A nosebleed may be caused by colds, allergies, chronic illness, injuries to the nose, medications, high altitudes, blowing the nose, foreign bodies in the nose, and low humidity. Nosebleeds are rarely serious, and usually can be stopped.

## OBJECT IN NOSE

If object cannot be removed easily, contact responsible school authority & parent or legal guardian.  
**URGE MEDICAL CARE.**

# OXYGEN ADMINISTRATION





# POISONING AND OVERDOSE

Poisons can be swallowed, inhaled, absorbed through the skin or eyes, or injected. Call Poison Control when you suspect poisoning from:

- Medicines
- Insect Bites & Stings
- Snake Bites
- Plants
- Chemicals/Cleaners
- Drugs/Alcohol
- Food Poisoning
- Or if you are not sure (Remember your own safety)

Possible warning signs of poisoning include:

- Pills, berries or unknown substance in student's mouth.
- Burns around mouth or on skin.
- Strange odor on breath.
- Sweating.
- Upset stomach or vomiting.
- Dizziness or fainting.
- Seizures or convulsions.
- Unconsciousness.
- Unusual behavior.

If possible, find out:

- Age and weight of student.
- What the student swallowed or what type of "poison" it was.
- How much & when it was taken.

**CALL NEAREST POISON CONTROL CENTER, & ask for instructions. Phone # 1-800-222-1222**

To *induce vomiting*, give Ipecac (if available) according to the directions on the label. Help student lean over basin while vomiting to avoid choking.

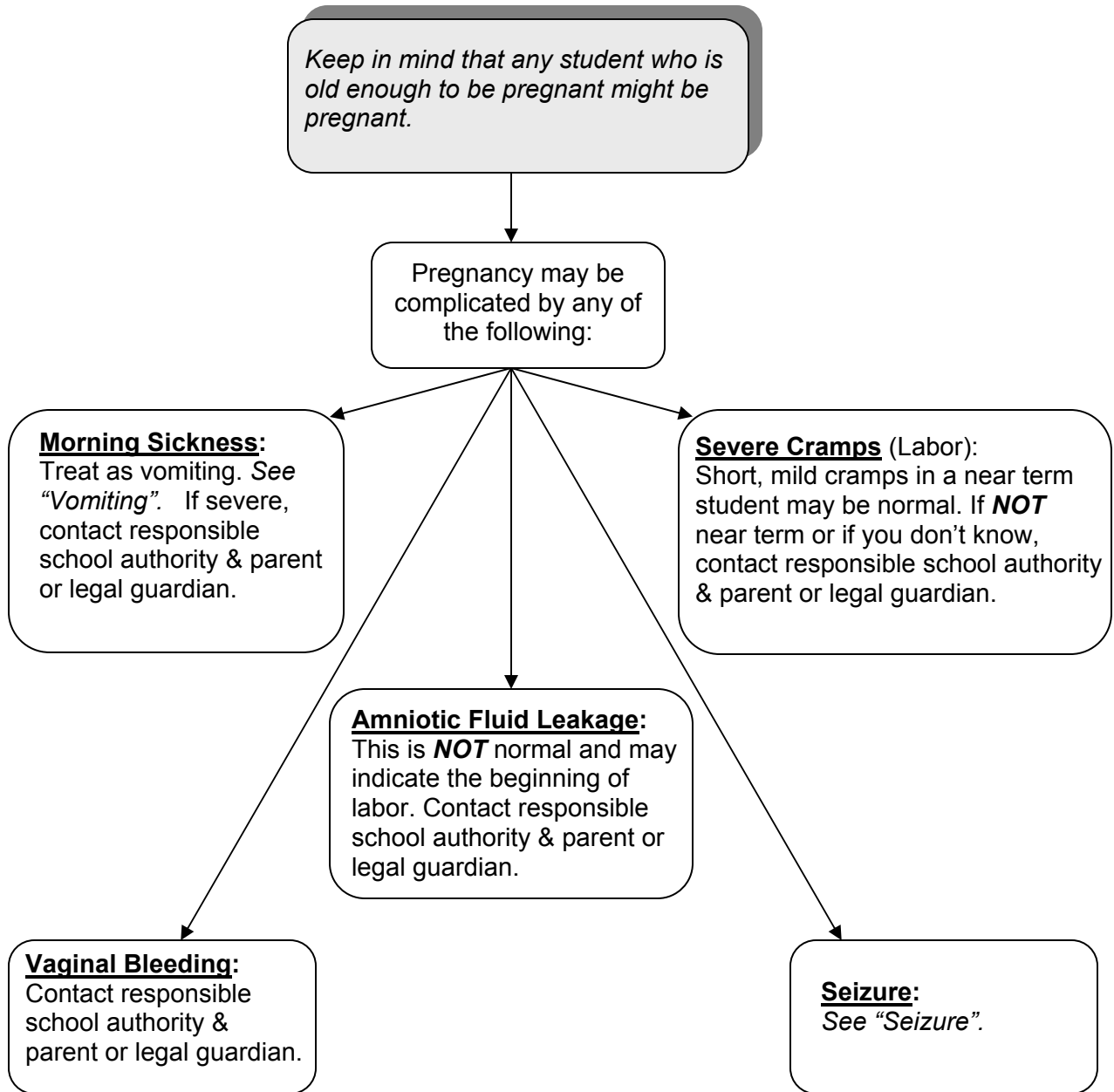
Do **NOT** induce vomiting **UNLESS** you are instructed to by poison control.



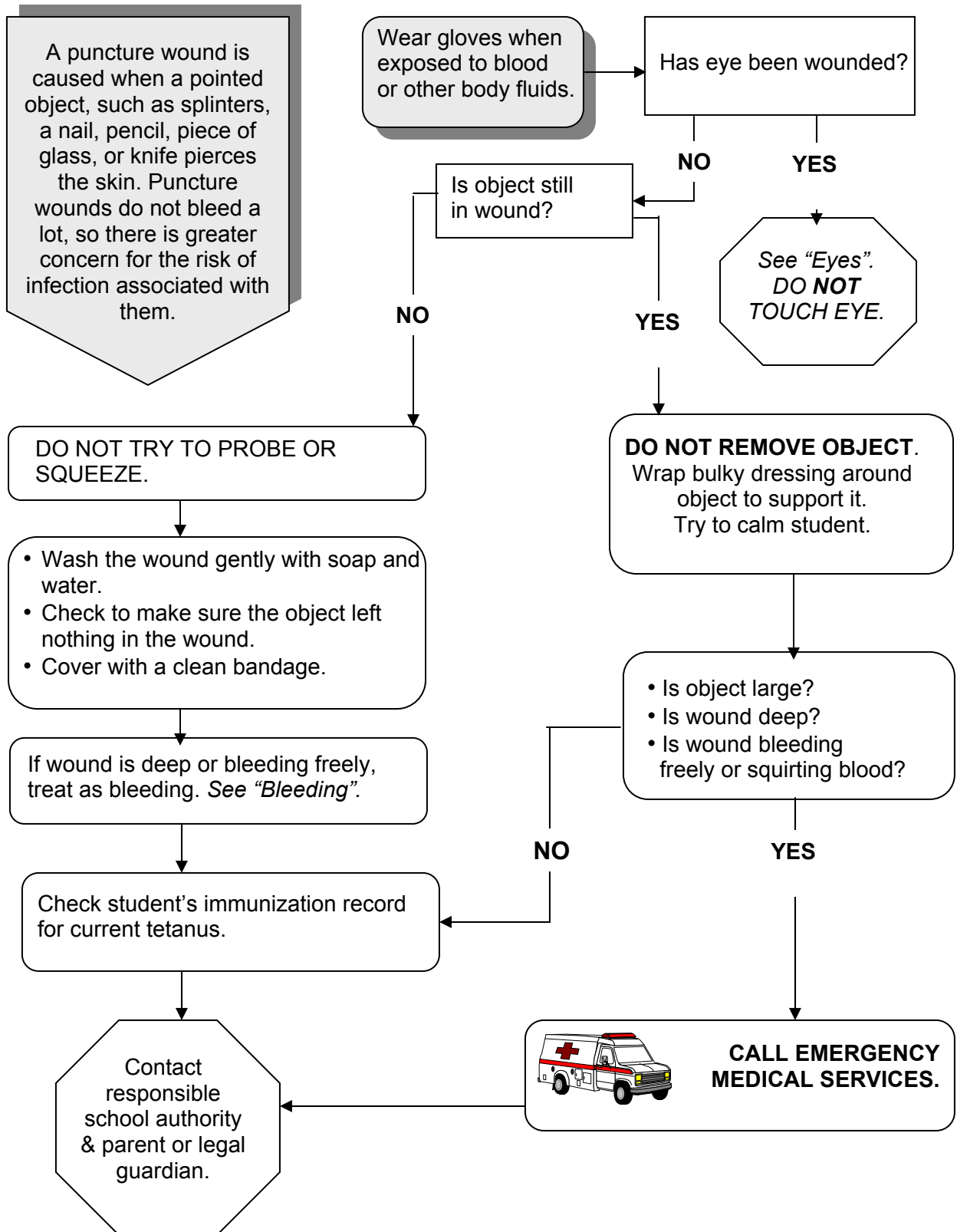
**CALL EMERGENCY MEDICAL SERVICES** if student is unconscious, in shock, requires CPR, or directed to do so by the Poison Control Center. Contact responsible school authority & parent or legal guardian.

Send sample of the vomited material and ingested material with its container (if available) to the hospital with the student.

# PREGNANCY



# PUNCTURE WOUNDS



# RASHES

Rashes may have many causes, including heat, infection, illness, reaction to medications, allergic reactions, insect bites, dry skin, or skin irritations.

Some rashes may be contagious (*pass from one person to another*). Wear gloves to protect self when in contact with any rash.

Rashes include such things as:

- Hives
- Red spots (large or small)
- Purple spots
- Small blisters

Does student have:

- Loss of consciousness?
- Difficulty breathing or swallowing?
- Purple spots?

 **CALL EMERGENCY MEDICAL SERVICES.**  
Contact responsible school authority & parent or legal guardian.

YES

NO

If the following symptoms are present, contact responsible school authority & parent or legal guardian. **URGE MEDICALCARE.**

- Fever (*See "Fever"*)
- Headache
- Diarrhea
- Sore throat
- Vomiting
- Rash is bright red and sore to the touch.
- Rash (hives) is all over body.
- Student is so uncomfortable (e.g. itchy, sore, feels ill) that he/she is not able to participate in school activities.

See "Allergic Reaction".

# SEIZURES

Seizures (or convulsions) can be caused by many things. These include epilepsy, febrile seizures, overdose of poisons, street drugs or alcohol, and head injury. During a convulsive seizure, the student becomes unconscious and may fall. The student's eyes may roll back or they may stare. The body becomes stiff and arms and/or legs jerk. The student may lose bladder control. (Note that seizures occur in less dramatic forms such as staring spells or partial seizures in which the person seems confused or one extremity jerks. These are usually not medical emergencies.)

A student with a history of seizures should be known to all teachers. A detailed description of the onset, type, duration, and after-effects of the seizures should be taken and kept available at all times.

If available, refer to student's health or emergency care plan.

- If student seems off balance, place him/her on the floor (on a mat) for observation & safety.
- **DO NOT RESTRAIN MOVEMENTS.**
- Move surrounding objects to avoid injury.
- **DO NOT PLACE ANYTHING BETWEEN THE TEETH** or give anything by mouth.

Observe details of the seizure for parent or legal guardian, emergency personnel or physician. Note:

- Duration
- Kind of movement or behavior
- Body parts involved
- Loss of consciousness, etc.

Is student:

- having a seizure lasting longer than 5 minutes?
- having seizures following one another at short intervals?
- *without a known history* of seizures, having a seizure?

After seizure, keep airway clear by placing student on his/her side. A pillow should not be used.

NO

YES

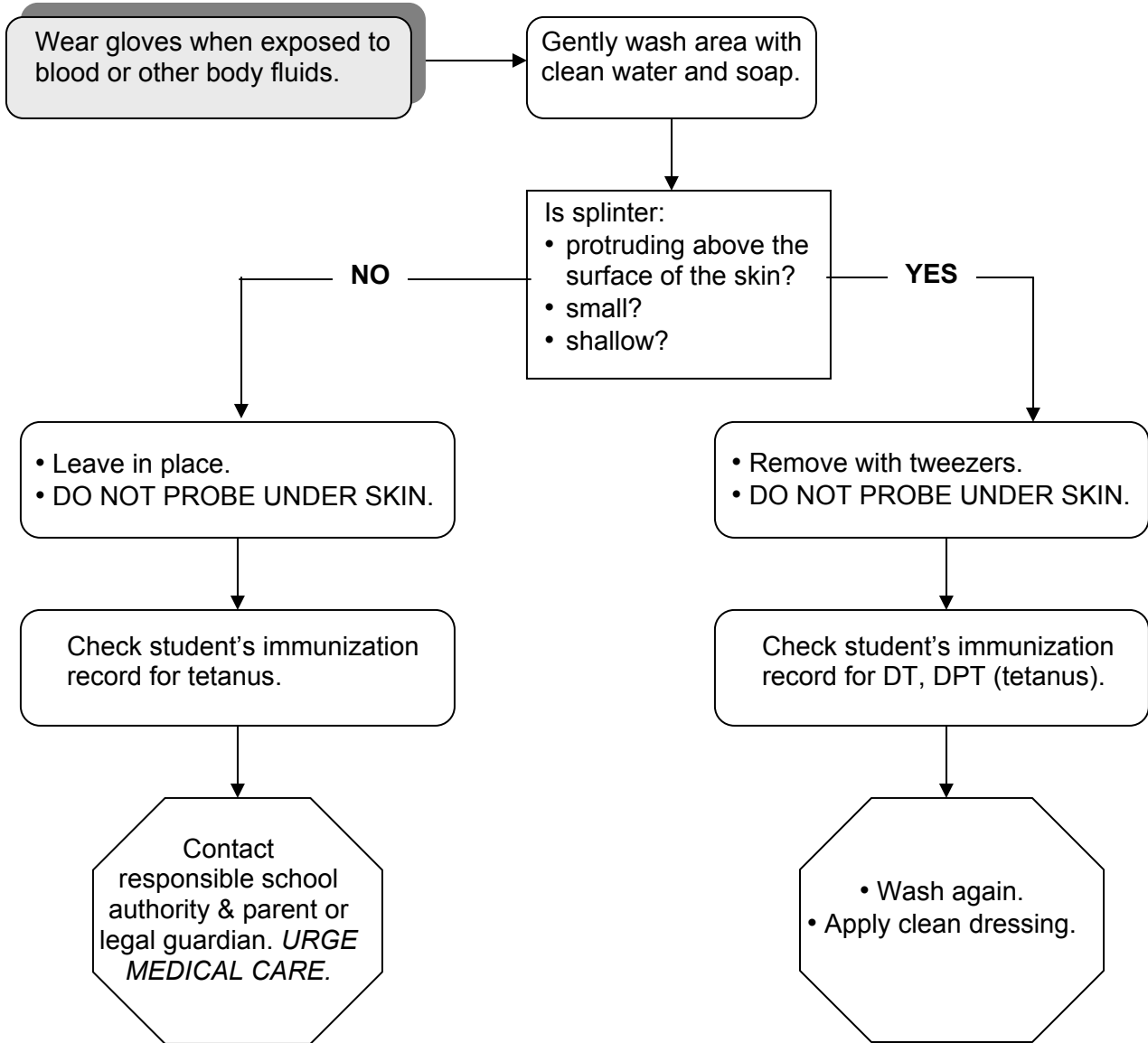
Seizures are often followed by sleep. The student may also be confused. This may last from 15 minutes to an hour or more. After the sleeping period, the student should be encouraged to participate in normal class activities. Contact responsible school authority & parent or legal guardian.



**CALL  
EMERGENCY  
MEDICAL SERVICES.**

Contact responsible school authority & parent or legal guardian.

# SPLINTERS



# SHOCK

Shock occurs when vital tissues of the body do not receive enough blood. Shock can occur because of severe injuries resulting in blood loss, burns, or fractures. When shock occurs, the blood pressure drops below what is needed to push blood to the brain and other organs. Shock can also occur from minor injuries, in which case the body is so stunned by the injury that it goes into shock. This condition can also occur when someone experiences an emotional trauma. This condition is called emotional shock. It is important to know that fainting is very similar to shock; however, one recovers from fainting quickly.

Wear gloves when exposed to blood or other body fluids.

Symptoms of shock can include any of the following:

- cold and clammy skin
- pale skin color
- nausea
- dizziness
- weakness
- sweating
- fast, but weak, pulse
- fast breathing

Are these associated with obvious injury, bleeding or trauma?

NO

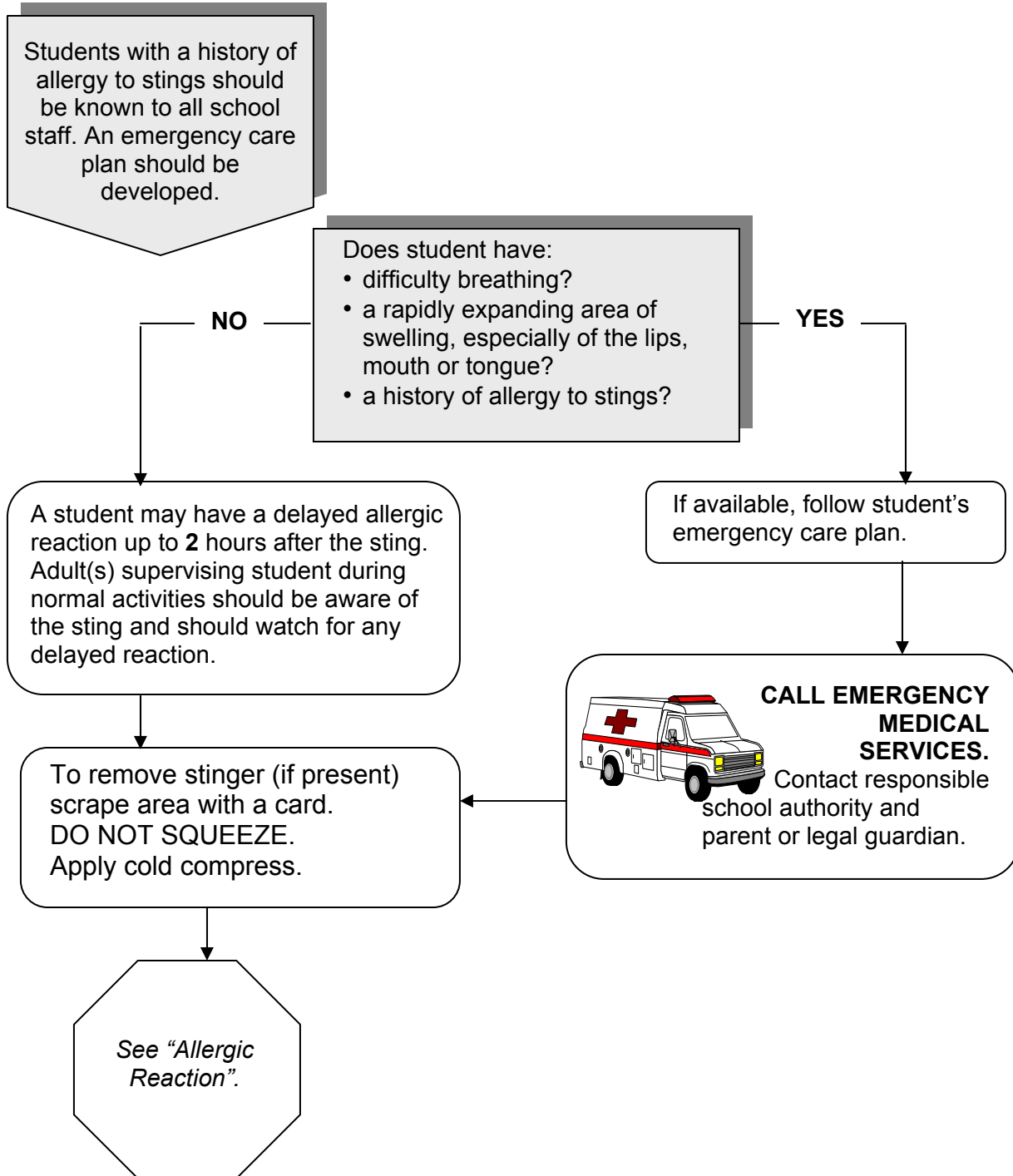
YES

- Refer to the student's health care plan to determine if the student has severe, life-threatening allergies.
- Have the student lie down and raise their legs 8-10 inches above the level of the heart. However, if injury to neck, spine or leg/hip bones is suspected, student must remain lying flat.
- Determine if other injuries have occurred and treat accordingly.
- Cover the student with a sheet or blanket.
- Do not give the student anything to eat or drink.
- Remain with, and reassure, the student.



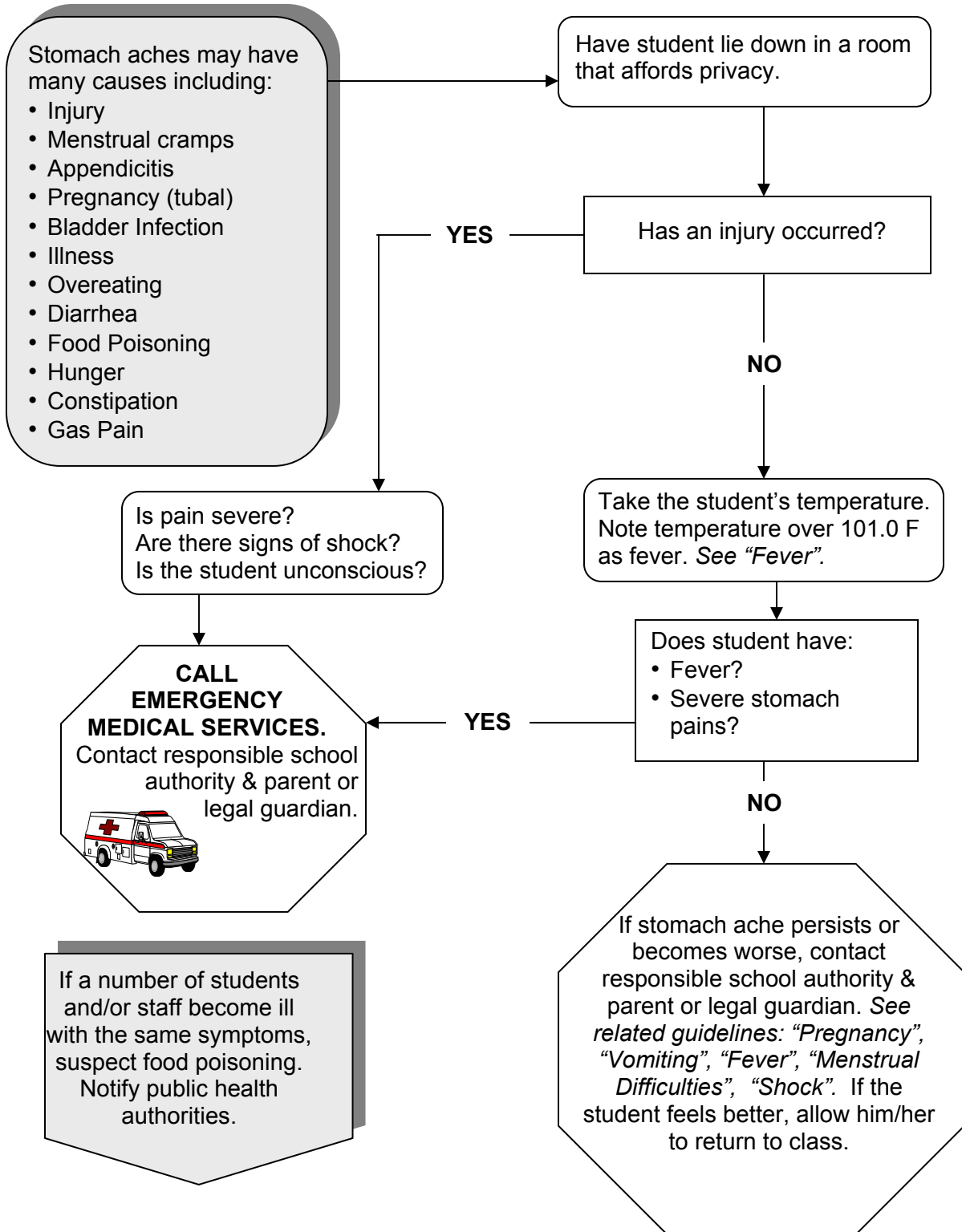
Contact responsible school authority & parent or legal guardian.

# STINGS





# STOMACHACHES/PAIN



# TEETH

## BLEEDING GUMS

- Generally related to chronic infection.
- Presents some threat to student's general health.

No first aid in the school will be of significant value.  
**URGE PARENT OR LEGAL GUARDIAN TO OBTAIN DENTAL CARE.**

## TOOTHACHE

This condition can be a direct threat to the student's general health, not just local tooth problems!

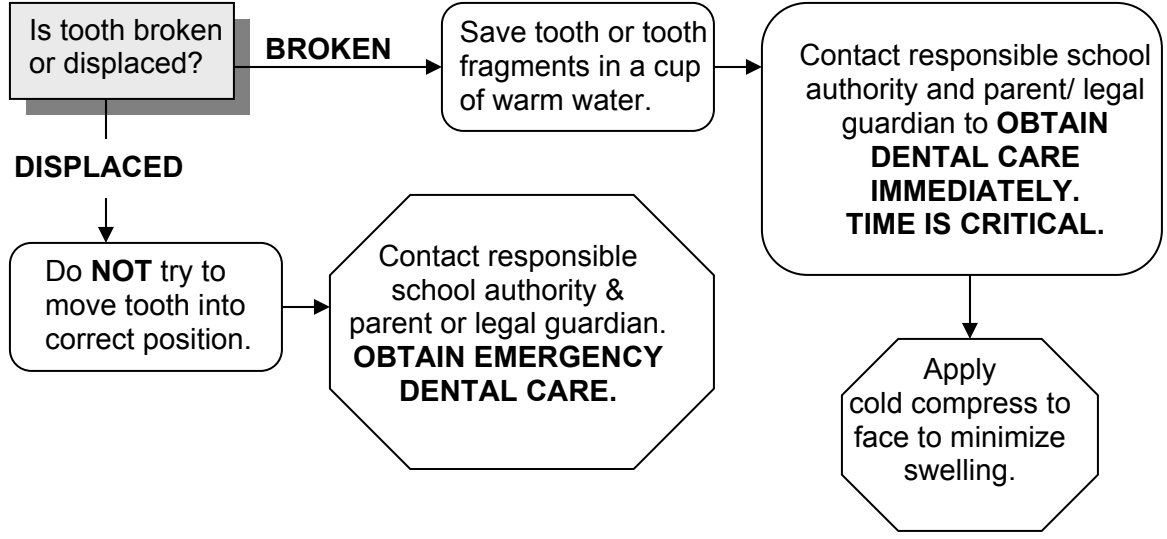
For tongue, cheek, lip, jaw, or other mouth injury not involving the teeth, See "Mouth & Jaw Injuries".

No first aid measure in the school will be of any significant value.

Contact responsible school authority and parent or legal guardian.  
**URGE DENTAL CARE.**

Relief of pain in the school often postpones dental care.  
**DO NOT PLACE ASPIRIN ON THE GUM TISSUE OF THE ACHING TOOTH. ASPIRIN CAN BURN TISSUE!**

## BROKEN OR DISPLACED TOOTH



(Continued on next page)

# TEETH

(Continued from previous page)

## KNOCKED-OUT TOOTH

- Find tooth
- Do *NOT* handle tooth by the root.

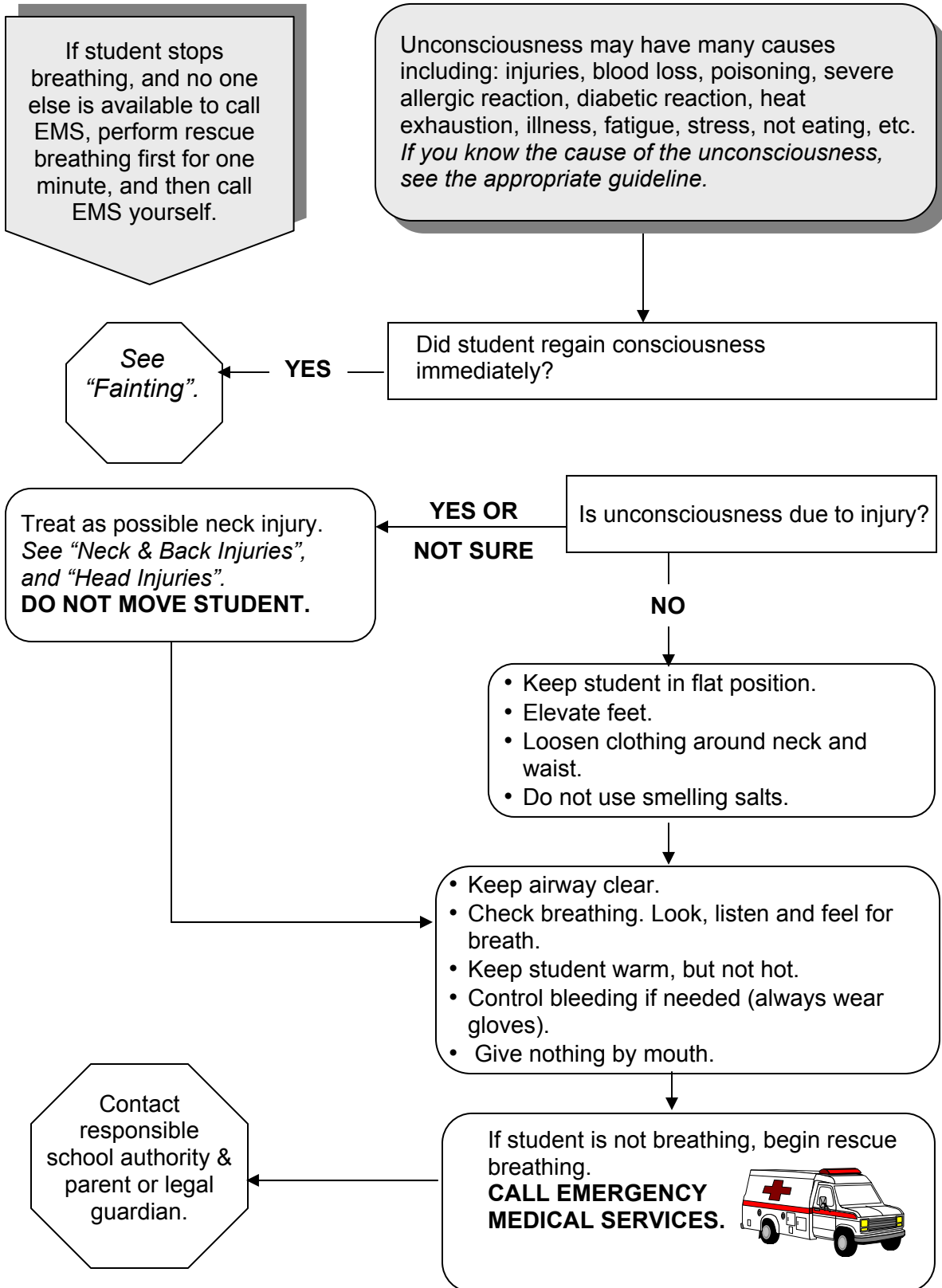
If tooth is dirty, clean gently by rinsing with water.  
*DO NOT SCRUB THE KNOCKED-OUT TOOTH.*

- If permanent tooth:
- place gently back in socket and have student hold it in place; *or*
  - place in glass of milk.

**ALL TOOTH TRAUMA  
SHOULD BE SEEN  
BY A DENTIST  
WITHIN 60  
MINUTES!**

**TAKE STUDENT  
AND TOOTH  
TO DENTIST  
IMMEDIATELY.  
TIME IS  
CRITICAL.**

# UNCONSCIOUSNESS



# VOMITING

