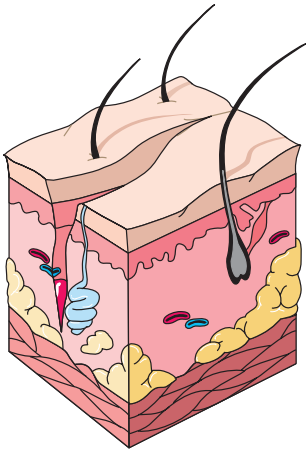


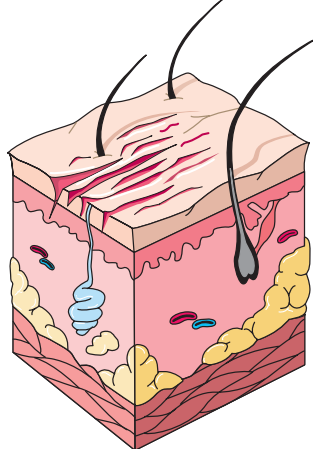


Children cuts, scrapes & punctures



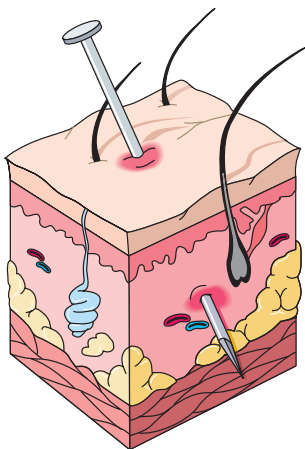
CUTS SLICE THE SKIN OPEN.

Close a cut so it won't get infected.



SCRAPES HURT ONLY THE TOP PART OF THE SKIN.

They can hurt more than cuts, but they heal quicker.



PUNCTURES STAB DEEP.

Leave punctures open so they won't get infected.

TREATMENT

You can treat most cuts, scrapes, and punctures yourself. But you should take your child to the emergency room if he or she is bleeding a lot or is hurt very badly.

After bleeding for a few minutes, blood gets thicker. This is called clotting. Clotting slows down bleeding. Press on the cut to help slow down the bleeding. You may have to apply pressure for 10 minutes for a bad cut. Sometimes a cut needs stitches. Stitches help the cut heal.

TRIAGE QUESTIONS



Is the bleeding very bad?

- Has your child passed out and/or do they look pale, feel cold, and have a weak, fast pulse?
- Has the child lost a lot of blood or does blood spurt from the wound? (Put pressure on the wound while you seek medical care.)
- Does the cut still bleed a lot after putting pressure on it for 10 minutes?

NO
↓

YES ► GET EMERGENCY MEDICAL CARE



Does the cut need stitches? Does it go down to the muscle or bone? And/or is it on the head or face? Is it longer than an inch and on a body part that bends, like an elbow, knee, or finger? Do the edges of the cut skin hang open?

NO
↓

YES ► GET EMERGENCY MEDICAL CARE



Is the cut from an animal or did a human bite your child?

NO
↓

YES ► GET EMERGENCY MEDICAL CARE



Has your child not had his or her tetanus shots? If not, is the cut or puncture from a rusty nail or dirty object from the soil? Or does the puncture go through a shoe, especially one with a rubber sole?

NO
↓

YES ► SEE DOCTOR



Are there signs of infection a day or more after your child got the wound?

- Fever. Sick feeling. Pain that gets worse instead of better.
- Redness, swelling, tenderness at or around the wound.

NO
↓

YES ► SEE DOCTOR



USE SELF-CARE



SELF-CARE

Cuts and Scrapes

1. Wash your hands. This helps prevent infection.
2. Press on the cut to stop the bleeding. Do this for up to 10 minutes if you need to. Use sterile, wet gauze, or a clean cloth. Use a clean hand if you don't have gauze or a cloth. (Dry gauze can stick to the wound, so try not to use it.)
3. Rinse the wound with water. Then, clean in and around the wound with soap and water.
4. Remove any dirt or debris with tweezers cleaned with alcohol.
5. Press on the cut again if it keeps bleeding. Get help if it is still bleeding after 20 minutes. Keep pressing on it while you wait for help.
6. Lift the cut higher than the child's heart. This slows down blood flow to that spot.
7. Apply an antibiotic ointment or petroleum jelly. Apply it with a sterile cloth or cotton swab. Don't use mercurchrome, hydrogen peroxide, merthiolate, iodine, or Campho-Phenique®. All of these can slow down healing.
8. Put one or more bandages on the cut.
 - Put the bandage across the cut so it can help hold the cut together.
 - The sides of the cut should touch, but not too tightly.
 - Don't touch the cut with your hand.
 - You can use a butterfly bandage if you have one.
 - Use more than one bandage for a long cut.
 - For scrapes, make a bandage from gauze and first-aid tape.
9. Leave the bandage on for 24 hours. Change the bandage once a day. Change it more often if you need to. Be careful when you take the bandage off. You don't want to make the cut bleed again. Wet the gauze before you pull it off.
10. Give your child acetaminophen or ibuprofen for pain, if he or she needs it. Make sure you give the right kind and dose for your child's weight. (Note: Do not give aspirin. Aspirin and other medicines that have salicylates have been linked to Reye's Syndrome.)
11. Has your child had all of his or her shots? Call the doctor right away if your child's tetanus shot is not up to date. Ask the doctor if your child needs a shot. If your child doesn't have a doctor, call your local health department.

Punctures That Bleed a Little

1. Let the cut bleed to clean itself out.
2. Take out anything stuck in the cut. Use clean tweezers. Hold a lit match to the ends of the tweezers to make them sterile. Let them cool and wipe the ends with sterile gauze. (**Note:** Don't pull anything out of the cut if it has been bleeding badly or if it is near a big blood vessel. Call 9-1-1.)
3. Clean the wound area with warm, soapy water 2 to 4 times a day. Dry it well.
4. When the wound is clean and dry, put a first-aid cream or ointment on it. Use one that says "antibacterial."