

GLSS Open house

March 29, 2006

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INJURIES AND MEDICAL EMERGENCIES

Contusions (bruises): remember **ICE** Ice Compression Elevation

Abrasions: cleanse, betadine, hydrogen peroxide (H₂O₂), topical antibiotic, non-stick telfa, **ICE**

Avulsions or Deep Lacerations: control bleeding, pressure, betadine (not H₂O₂- retards healing), **ICE**

Burns: 1 st degree and 2 nd degree: cold water, aspirin, silvadene cream, dressing

Chest pain: regard as cardiac if history of heart disease, aspirin, rest, stop racing, call for evacuation if crushing pain

Appendicitis: low grade temp, decreased appetite, right lower quadrant abdominal pain and tenderness for 24 hrs or more

MEDICATIONS & FIRST AID KIT

(underlined ones are by prescription)

First aid book

Pain: aspirin (also reduces heart attack mortality by 50%), motrin(ibuprofen), aleve (naprosen), tylenol, Tylenol #3, Vicodin, Demerol

Anxiety: Xanax

Heartburn and diarrhea: tums, maalox, peptobismol, zantac, milk of mag, imodium

Motion sickness: dramamine, bonine, marzine, Scopolomine skin patch (CAUTION all cause sleepiness)

Allergies and colds: benadryl, sudafed, Allegra, Zyrtec (CAUTION all cause sleepiness)

Infection: Ampicillin, Keflex, Augmentin, Bactrim DS

Skin: Sun block, calamine lotion, hydrocortisone cream, bacitracin ointment, betadine, H₂O₂, Silvadine cream

Band-aids, gauze pads, burn dressings, tape, tourniquet