

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

FIRST AID

COMMON HOUSEHOLD EMERGENCIES



Start your day with a little Sadqa and prayers.

PRAYER FOR SAFETY

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي
الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ

I pray in the name of Allah. With His name nothing in the heavens and earth can do any harm. He is All-Hearing and All-Knowing.

- **Hadrat Abban (ra)** relates this prayer, he heard from his father **Hadrat ‘Uthman Ghani (ra)**. The Holy Prophet(sa) advised that if a person recites this prayer **three times daily at dawn and dusk**, God safeguards him from sudden calamity on that day or on that night.
- Later Hadrat Abban (ra) suffered a stroke and afterwards when he related this tradition, the listener was surprised in view of Hadrat Abban (ra)'s ickness. He replied, "By God, in relating this tradition I have neither lied against my father, Hadrat ‘Uthman(ra), nor has my father lied against the Holy Prophet(sa). One day I was angry and forgot to say this prayer. I suffered this stroke on that day and thus God fulfilled this decree as a result of my not offering this prayer."

First aid is the very **first** and immediate assistance given to any person suffering from either a **minor** or **serious** illness or injury, with care provided to **preserve life**, prevent the condition from **worsening**, or to promote **recovery**.

PREPARATION

Learn 999 and 112

**Complete address and
eircode**

First aid kit with

**a list of underlying conditions, current
medications, and supplements and GP number**

FIRST AID KIT

- Soap and antiseptic wipes
- Soft padded bandages of different size
- Preferred pain reliever
- Gloves
- Thermometer
- Hand sanitizer
- Sterile gauze squares with scissors,tweezers and alcohol wipes
- Antiseptic ointment
- Burn ointment
- Insect bite ointment/ calamine lotion
- Arnica ointment
- Oral antihistamine
- Keep your ice tray always full
- Honey and aloe vera gel
- Optional; Glucometer, blood pressure set, epi pen, aspirin



GENERAL GUIDLINES

- Keep calm!
- If there is **bleeding/ Head injury/ bump**, don't use aspirin, ibuprofen, or other drugs for pain without consulting doctor. Panadol/ paracetamol is safe.
- If there is redness and swelling, use ice in a piece of cloth (do not place ice directly on skin).It helps reducing inflammation and redness.
- Avoid household items on broken or damaged skin. They are loaded with germs and may cause infection.

When to call 999 or 112



- Unconscious
- Breathing difficulty
- Choking
- Poisoning
- Large cut and unable to stop bleeding
- Fit (seizure) for the first time or if it lasts more than 5 min in a seizure patient.

TOPICS FOR TODAY'S PRESENTATION

- Minor burns
- Minor cuts or injury
- Bumps
- Nosebleed
- Insect bite
- Choking
- Stuck fish bone
- Eye injury
- Ear injury
- Loose motion

MINOR BURNS



For 15 min



Cool the burn



Apply aloe vera



Don't use oils



Don't use egg

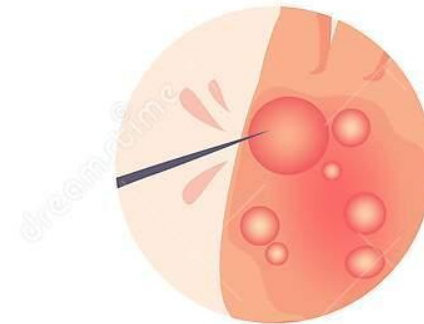
loose



Bandage the burn



Take a pain reliever



Don't pop blisters



Don't use ice

GET HELP IF ER

- Chemical burn e.g bleach or drain cleaner OR
- Burn is bigger than 3 inches OR
- On face, ears, private parts, wrist OR
- It hurts consistently OR
- Its margin keeps getting red.

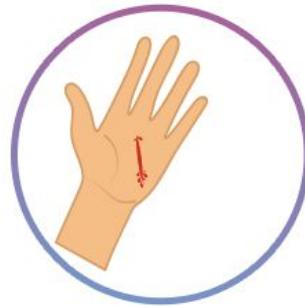
MINOR CUTS OR INJURY



Rinse with water



Control Bleeding



Assess the injury



Apply antibiotic cream



Monitor the cut

Apply pressure for upto 15 minutes and elevate.

Aloe vera gel can be used if ointment is not available.

GET HELP IN ANY OF THEP
FOLLOWING SCENARIOS.



- Large
- Gaping
- Bleeding continues for more than 15 min
- Risk of foreign body
- If on face, private parts, wrist
- Dizziness/ fainting



BUMPS

- Rest
- Wrap an ice pack on the affected area
- Pain killers

GET HELP IN ANY OF THE FOLLOWING SITUATION.

- Persistent nausea or vomiting
- Double or blur vision
- Tingling or numb hand or foot
- Problem maintaining balance
- Abnormal behavior
- If risk of fracture, immobilize and call immediately
- Confusion or dizziness



NOSEBLEED

NOSE BLEED



- 1 Sit the person down and lean forward.
- 2 Pinch the soft part of the nose and breathe through the mouth.
- 3 Release the pinch after 10 minutes and repeat if bleeding persists.

Note: Do not remove any clot, blow nose, or insert any object into the nose.

FIRST AID AS EASY AS 1-2-3!

Ask to breath through mouth



- Lie down or tilt head backwards
- Stuff tissue or cotton
- Blow your nose, or try to cough or swallow
- Take aspirin

GET HELP IF



- Get help if the bleeding doesn't stop within 30 minutes or if your kid's nose looks out of place

INSECT BITE



Apply ice on the affected area to provide relief from pain.

1



2



Wash the affected area thoroughly with soap and water.

3



Apply ice on the affected area to provide relief from pain.

4



Apply an antiseptic cream to prevent itching.

Honey, aloe vera gel, calamine lotion, or cool used teabags can be used to sooth the area.

GET HELP IF 

- If itching or redness persists after few days. OR
- Develop fever/ rash or pain around the bitten area.



If there is difficulty breathing or swollen lips immediately get emergency help.

CHOKING

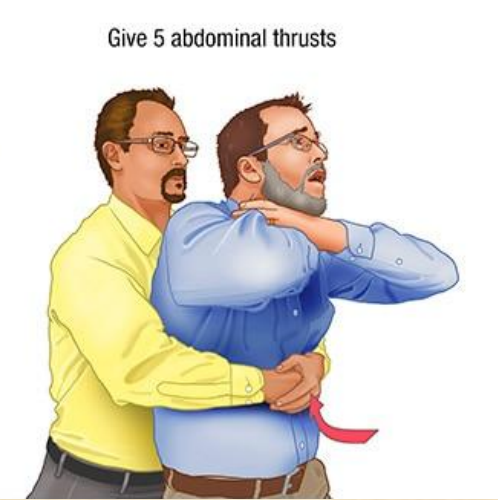
Keep calm and assess the situation.

- If the person can speak, airway is clear. Encourage to cough up and observe. Coughing is a natural response of the body to remove obstruction.
- If an infant shows mild choking, let him cough and do not do anything aggressive.
- If he/she can't speak, call 999 and do Heimlich maneuver under instructions.

1. Upto 5 Back blows
2. Upto 5 Abdominal thrusts
3. Finger sweep (only if it can be seen clear in the back of the mouth)



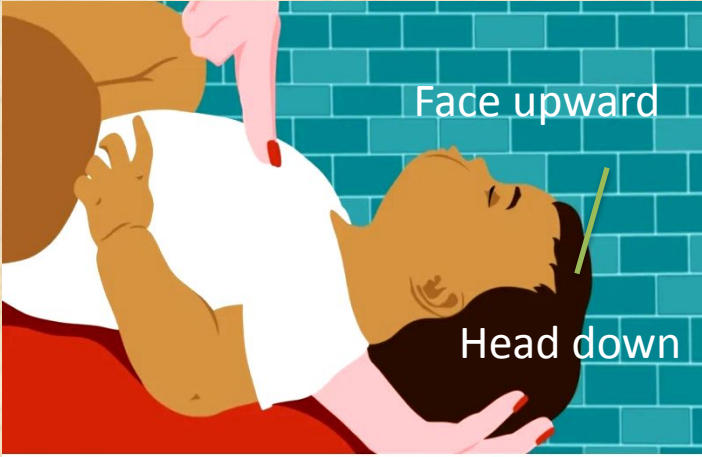
Adults and children > 1 yr



BABY < 1 YEAR



5 blows between the shoulder bones



5 chest thrusts with two fingers below the nipple line

STUCK FISH BONE

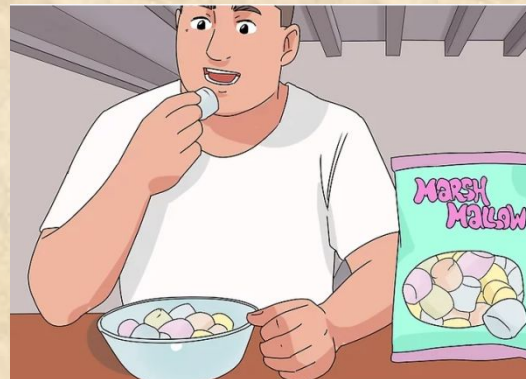
- **Cough hard**
- If you can feel the bone in your throat with your finger, use the tip to try to pull it out
- Drink thick fluid
- Try peanut butter sandwich
- Try swallowing a large marshmallow



GET HELP IF



- Pain persists
- It feel something stuck or fullness deep in the neck.
- Fever
- Difficulty swallowing



FIRST AID TREATMENT OF EYE INJURIES

MINOR BLOW TO THE EYE

- Cold compress
- Pain relief
- Don't put pressure on the eye

GET HELP IN ANY OF THE FOLLOWING SITUATIONS.

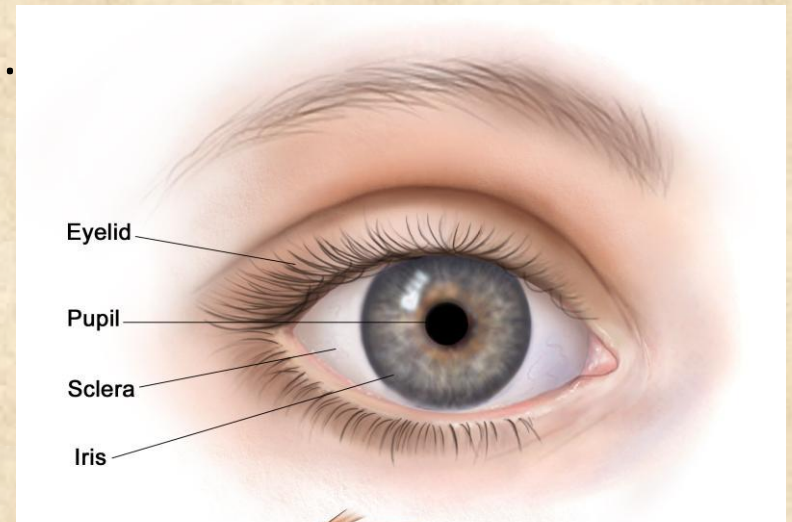
- Vision changes
- Severe blow
- persistent pain
- Any visible abnormalities or bleeding



SOMETHING IN THE EYE

SAND, GRIT, EYE LASH

- Encourage blinking
- Check whether the foreign material is visible on the white part of the eye. Try removing with a clean piece of cloth without applying pressure if its on white part of the eye.
- Eye wash is the best solution.
- If there is still feeling of something stuck, bandage lightly and see doctor.
- Avoid contact lenses until fully healed.



GET MEDICAL HELP IMMEDIATELY IF

- If the foreign object is over the colored part of the eye, DO NOT try to remove it OR
- If foreign body is a sharp object like metal or glass fragment, don't try to remove it. Immediately go to ER OR
- If the object contains chemical.



CHEMICAL IN THE EYE



- First thing to do is flush the eye with clean water, from any source available, for upto 20 minutes, and go straight to your nearest emergency department. Try not to rub the eye.

To wash your eye

- Stand over the sink, cup your hands and put your face in running water.
- OR



- OR



REPEAT SEVERAL TIMES



If you are working outside, you can use a garden hose, but make sure that it is not on power flow.

CUT INSIDE/OUTSIDE THE EYE

GET HELP IMMEDIATELY

ER

- Gently place a shield over the eye and immediately go to ER.
- Do not Press anything on the eye.
- Do not wash.
- Do not try to remove anything stuck in the eye.
- Do not use any eye drops.



EAR INJURY

SOMETHING IN THE EAR

- If the object is visible, use a tweezer to remove it carefully.
- If it's deep or not visible, go directly to the doctor.
- If you suspect a bug, try baby oil.



GET HELP IN ANY OF
THE FOLLOWING
SITUATIONS.



- Pain in the ear
- Ringing sound
- Dizziness
- Problem hearing
- Blood or any fluid coming from ear
- Blow to the ear

LOOSE MOTION

Healthy and light food options include

- Probiotics like yoghurt, cottage cheese, green olives dark chocolate
- Bananas
- Rice
- Soup
- Peeled cooked potatoes

GET HELP IF



- Dizzy or fainting OR
- Blood in stool OR
- Fever is 101 or more

LIE DOWN IN A COMFORTABLE POSITION

If weakness has resulted after frequent trips to the toilet. It is necessary to avoid further strain so that recovery can be hastened.



DRINK LOT OF CLEAR FLUIDS

Such as sports drinks, soda, fruit juices (especially pomegranate and carrot juice) and clear broth.

TAKE ORAL REHYDRATION SOLUTION

To replace lost electrolytes and salts, in case of moderate to severe suffering.



DRINK MORE THAN YOU'RE LOSING

Make sure that you drink more fluids than you're losing through diarrhea.

EAT SEMI-SOLID, LOW-FIBER FOODS OR PLAIN YOGURT

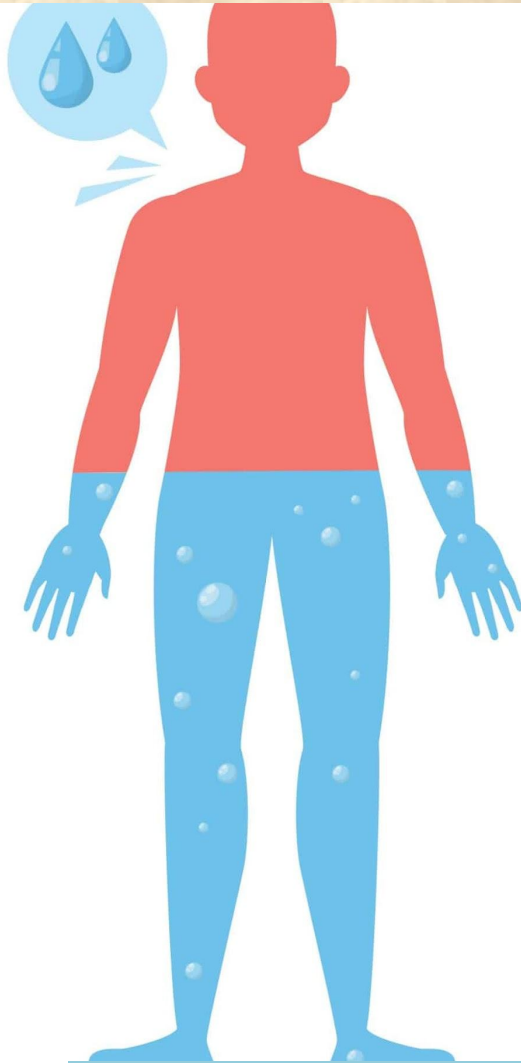
Gradually to restore the normal bowel functions.



AVOID CERTAIN FOODS

Such as milk or milk-based products, alcohol, caffeine, apple juice, fatty, greasy, or highly seasoned foods for 4 to 6 days. They may make the situation worse.

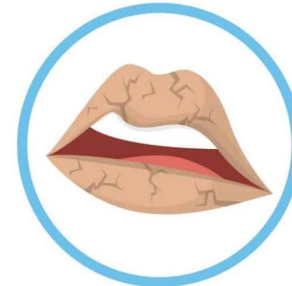
SIGNS OF DEHYDRATION



Feeling tired and dizzy



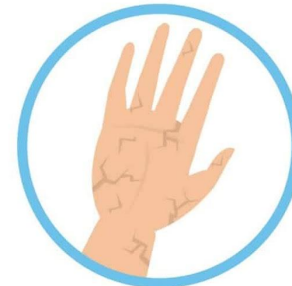
THIRST



DRY MOUTH



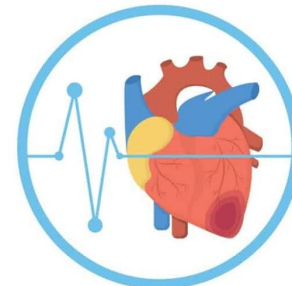
**LESS FREQUENT
URINATION**



DRY SKIN



HEADACHE



RAPID HEARTBEAT

HOMEOPATHY AND FIRST AID

Homoeopathic medicines can help like miracle in common household injuries. A few are mentioned here. Take one dose immediately after the first aid and consult a specialist for further dosing.

- Injury/ bumps; Arnica 1M and Belladonna 1M
- Insect bite; Apis 30
- Burns; cantharis 30
- Abdominal pain, bloating, mild loose stool
magnesium phosphoricum 6x
- Fever combination for children in water (3-4 times a day)

1. calcarea fluorica 6x
2. kalium muriaticum 6x
3. kalium phosphoricum 6x
4. Ferum phosphoricum 6x
5. Silicea 6x

UPCOMING TOPICS

- Twisted ankle
- Muscle sprain
- Chest pain
- Fainting
- Unconsciousness
- Stroke
- Seizure
- Diabetic emergency
- Fever

جزاک اللہ