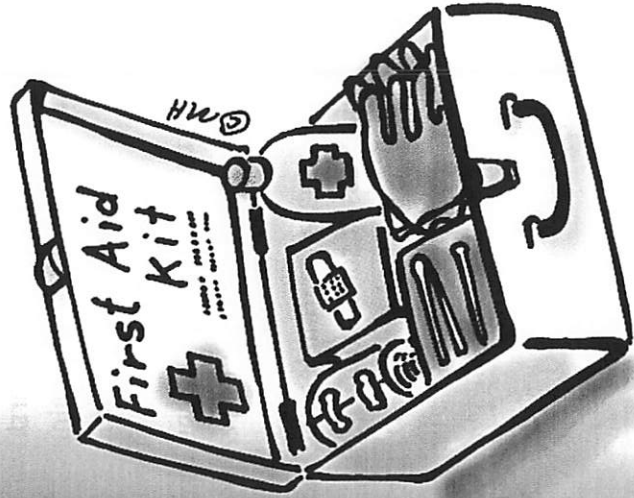




First Aid

Minor Cuts and Wounds



First Aid

First aid is instant assistance provided to an immediately sick or injured person. The doctor and the hospital may not be always conveniently accessible.

First aid consists of a series of simple, easy, and life-saving actions and techniques that anyone can learn to perform. It should, however, not replace proper medical care.

Minor Cuts and Wounds

Most minor wounds can be treated in the home without further medical attention. However, further medical advice should be sought if: there is a foreign body embedded in the wound; the wound shows sign of infection; and the wound has the potential for tetanus.

Treatment

Follow these steps to treat minor cuts and wounds:

- Wash your hands before treating the wound.
- Check that there is nothing in the wound. If the wound is dirty, clean it under running water.
- Pat dry with clean, non-fluffy material.
- Clean the wound from the center out with gauze swabs or antiseptic wipes, using a fresh piece for each wipe.
- Cover the wound with an adhesive dressing to apply pressure and protect it from infection.
- Elevate the wound, if necessary, to help control bleeding.

Reference

FirstAid.ph. (2011). Minor Wounds. Retrieved from <http://www.firstaid.ph/everyday-first-aid/minor-wounds.html>

Image from <http://school.discoveryeducation.com/clipart/clipart/firstaidkit4c.html>