

## Brownie *First Aid*

If someone was sick or hurt, would you know how to help? In this badge, you'll find out what to do in an emergency, from calling 911 to using first aid to treat minor injuries. When the unexpected happens, you'll be prepared!

### *Steps*

1. Find out how to get help from 911
2. Talk to someone who treats injured people
3. Make a first aid kit
4. Learn how to treat minor injuries
5. Know how to prevent and treat outdoor injuries

### *Purpose*

When I've earned this badge, I'll know how to get help in an emergency and treat minor injuries.

Elves are always prepared to help!

Every step has three choices. Do ONE choice to complete each step. Inspired? Do more.

What should you do in an emergency? Stay calm and make sure the place where the emergency happened is safe. Find an adult to help right away. If there are no adults, call 911. The operator will send police officers, firefighters, and/or an ambulance.

**Call** **911**

## Step 1 Find out how to get help from 911

An emergency is when something serious like a fire or a car accident happens, or someone gets hurt or sick and can't get help for themselves. Find out more about how to handle an emergency.

CHOOSE ONE:

Role-play 911. Ask an adult to write different emergency situation so slips of paper and put them in a jar. With your Brownie friends, take turns pulling a paper from the jar.

Role-play a call to 911 based on the information on the paper.

OR

Practice 911 with a friend or family member. Take turns pretending to make calls to 911. One of you will play the role of the caller and the other the operator.

Never call 911 as a joke. You might prevent other people from getting help.

OR

Get advice from an expert. Invite a police officer or firefighter to talk to your group about the importance of calling 911 in an emergency and what you need to say to get help.

## If you call

You'll be giving information to the person on the other end of the phone so that help – police, firefighters, or an ambulance – can arrive as quickly as possible. It's okay if you don't know everything. Just give as much information as you can.

### What You Need to Know

- Your name
- Your phone number  
Tell the operator the phone number from which you are calling, even if it isn't your home number or your cell number.
- What happened  
Tell the operator what you know. For example, did someone fall off a ladder? Was it a car accident?
- What's wrong  
Is the person who's been hurt bleeding?  
Has someone passed out?  
Is the person feeling dizzy, as if their head is spinning?
- Where you are  
If you don't know the address, give the 911 operator a landmark, such as "next to the grocery store" or "down the road from the high school."
- How many people are hurt
- What's already been done  
If you or someone with you has given first aid, let the operator know.

### Remember:

Don't hang up until the 911 operator tells you it's okay to do so – they may need to ask you more questions.

## Step 2      Talk to someone who treats injured people

Ask for tips about staying safe and find out how they use first aid.

CHOOSE ONE:

Interview a medical professional. Tour a clinic and talk to a doctor or nurse, or interview your school nurse.

OR

Talk to the police. Interview officers at your local police station or at school or invite one to your meeting place.

OR

Visit a fire station. Tour your local fire station and talk to the firefighters.

FOR MORE FUN: If you were to visit a fire station you might see boots and pants ready for the firefighter to step right into. Lay your clothes out the night before and be ready to jump into them just like a firefighter!

### Firefighting Dalmations

Dalmations are white dogs with black spots. In the time of horse-drawn carriages, dalmations were popular with English ladies. The dogs were called "Ladies dogs," and they would ride about town on carriages. The ladies thought the dogs helped them look pretty.

In America, instead of riding with ladies, dalmations rode on fire carriages. The dogs helped keep horses calm in emergencies and they would run ahead of horse-drawn fire engines to clear the roads. Today, these dogs are still the symbol of many firehouses.

## Step 3 Make a first aid kit

It's a good idea to have a first aid kit handy to help anyone who has a minor injury, such as a cut or scrape. First, find out what should go into a first aid kit, and, then, make your own.

### What Doesn't Belong in Your First Aid Kit?

- Watering can
- Bandages
- Thermometer
- Frog
- Antiseptic ointment
- Soda pop
- Carrot

CHOOSE ONE:

Make a first aid kit for your home. Keep it in a place where everyone in your family can find it easily.

OR

Make a kit for your Girl Scout meeting place. Think about what kinds of emergencies might occur during a meeting. Make your kit to be prepared for them!

OR

Make a first aid kit and donate it. You might give the kit to a local organization, such as a homeless shelter or food pantry.

### Why Do We Wear Bandages?

Adhesive bandages (like Band-Aids) can help heal wounds that are not deep enough to need stitches. Putting a bandage over a minor cut helps keep out germs. The bandage, also, keeps a scab from forming. Scabs can break open and let in germs. Band-Aids do the work of a scab, but they don't break open!

Band-Aids are often used along with antiseptic. An antiseptic is a spray or cream that kills germs and keeps them from spreading.

## Step 4 Learn how to treat minor injuries

If you know how to treat an injury like a cut, scrape, bruise, or insect bite, you can take care of yourself and help others. Find out how to prevent common injuries and how to use first aid to treat them.

CHOOSE ONE:

Get tips from a medical professional. Ask a doctor or nurse to talk to your group.

OR

Learn with the Red Cross. Take a first aid course or ask someone from your local Red Cross to talk to your group about first aid for girls your age.

OR

Talk to an EMT. Ask an emergency medical technician (also known as an EMT) to talk to your group.

### More to EXPLORE

Go Inside! See if the EMT will show you the inside of an ambulance and how injured people are treated.

## Step 5 Know how to prevent and treat outdoor injuries

Enjoying the outdoors at camp, at the beach, or at a park is great fun. What's not so fun? Bug bites, bee stings, sunburn, and poison oak or ivy. Find out how to avoid and treat common outdoor injuries.

### CHOOSE ONE:

Take a hike. Ask a park ranger or camp director to take you on a nature walk. Identify plants, animals, and insects to avoid, and discuss how to protect yourself from sunburn.

Talk about what to do if you have a bug bite, bee sting, sunburn, or poison oak or ivy rash.

OR

Read all about it. Go to the library (or ask an adult to go online with you) and make a list of local plants, animals, and insects to avoid and how to protect yourself from sunburn.

Get information about treating a bug bite, bee sting, sunburn, or poison oak or ivy rash, and, then, discuss what you find with friends and family.

OR

Talk to an outdoor expert. Ask an older Girl Scout, an experienced hiker, or a member of an outdoor society about local plants, animals, and insects to avoid and how to protect yourself from sunburn. Talk about how to treat a bug bite, bee sting, sunburn, or poison oak or ivy rash.

## Poison Ivy and Poison Oak

Poison ivy and poison oak can both cause an itchy rash.

Poison ivy and poison oak leaves both grow in sets of three, so a good rhyme to remember is "Leaves of three, let it be!" (They are not the only plants with leaves like this, but better to be safe than sorry.)

You can get a rash from the plant any time of year, even if there are no leaves - and even if the plant is dead!

<http://www.ivillage.com/poison-ivy-oak-and-sumac-leaves/popup/4-y-90054>

**Poison oak** has leaves that look like oak leaves, usually with three leaflets but sometimes up to seven leaflets per leaf group. It grows as a vine or a shrub. Poison oak is more common in the western United States, but it is also found in the eastern United States and, rarely, in the Midwest.

**Poison sumac** has 7 to 13 leaflets per leaf stem. The leaves have smooth edges and pointed tips. Poison sumac grows as a shrub or small tree. It is found in wooded, swampy areas, such as Florida and parts of other southeastern states, and in wet, wooded areas in the northern United States.

**Poison ivy** usually has three broad, spoon-shaped leaves or leaflets ("Leaves of three? Let it be!"), but it can have more. It may grow as a climbing or low, spreading vine that sprawls through grass (more common in the eastern United States) or as a shrub (more common in the northern United States, Canada, and the Great Lakes region).

## Add the Badge to Your Journey

Becoming a leader is full of adventures, and it's always best to be prepared for anything that could happen along the way. Your first aid skills help you live the Girl Scout motto as you have all sorts of Brownie fun in your world, your planet, or by telling your story!

Now that I've earned this badge, I can give service by:

- Getting help for injured people by calling 911
- Telling my friends how to play outside without getting hurt
- Helping others by treating minor injuries

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*I'm inspired to:*