

Junior *First Aid*

It can be scary if someone is sick or hurt, especially during an emergency. But, when you've had practice and learned what to do, it's easier to stay calm! Find out how to help people when they're ill or injured and how to respond during an emergency in this badge.

Steps

1. Learn the first steps to take in an emergency
2. Talk to first responders
3. Make a portable first aid kit
4. Find out how to handle urgent first aid issues
5. Know how to take care of someone who's sick

Purpose

When I've earned this badge, I'll know how to help people who are sick or hurt.

Girl Scouts have often helped people because they were prepared to act in case of an accident. They have even saved lives.

*-Junior Girl Scout Handbook,
1963*

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

Fun FACT

One of the most common symbols for medicine is a snake twisted around a rod.

The symbol is called the **Rod of Asclepius**. It is named for the ancient Greek god of medicine and healing

Step 1 Learn the first steps to take in an emergency

If you're near the scene of an accident or disaster, there are certain steps to follow. The steps are **Check**, **Call**, and **Care**. Talk with an adult about how you would follow those steps in an emergency. Then do one of the activities.

CHOOSE ONE:

Make posters. Explain why it's important to use **Check**, **Call**, **Care** in an emergency. Offer to put up the posters at your school, community center, or place of worship.

OR

Create a skit. Make the skit about using **Check**, **Call**, **Care** in an emergency. Perform it for your family, your school, or friends.

OR

Make a short video. Create a video with your Junior friends that tells people how to use **Check**, **Call**, **Care** in an emergency. Show it at your school, community center, or place of worship.

Check, Call, Care

It's easier to stay calm in an emergency if you know the clear steps to follow.

Here they are:

Check

Before rushing to someone's aid, make sure the area is safe. That means there's no heavy traffic, fire, downed power lines, or other dangerous situations nearby.

Call

If the area is safe, check the injured person to see what's wrong. Then, call

911

or ask an adult for help.

Care

Once you've called for help, you can offer to help the injured person by giving first aid.

REMEMBER:

Never put yourself in danger when you're trying to help someone else. For example, don't walk onto a highway, go into the ocean, or run into a burning building. You don't want emergency responders to have to rescue you, too.

Also, if there is an adult who has first aid training on the scene, let them help first and **ASK** what you can do to help. Explain that you have first aid training, also.

First Responders

The first people called to the scene of an emergency are often called "first responders." They might be police officers, firefighters, or paramedics.

Step 2 Talk to first responders

Injured people often get help from a chain of people. First, someone might provide first aid at the scene. Then, first responders show up. After that, the injured are often taken to hospital emergency rooms where doctors and nurses take over. Find out more about what these people do.

CHOOSE ONE:

Talk to an EMT or firefighter. Ask an emergency medical technician (EMT) or firefighter to talk to your group and show how the equipment on an ambulance works. Find out what you can do to help someone who is sick or injured until professionals arrive.

OR

Talk to police officers. When someone calls 911, the police often arrive first. Interview police officers about their first aid training and how you can help someone who is sick or injured until help arrives.

OR

Tour an emergency room or hospital. Ask doctors or nurses how they help people who are injured in an emergency. Find out what you can do to help an injured person in an emergency.

Step 3 Make a portable first aid kit

Portable first aid kits help you be prepared to treat a minor injury no matter where you are. Make a small kit that you can use away from home.

CHOOSE ONE:

Make a first aid kit that fits in your backpack. Include items that would help you deal with injuries that might happen on a hike or on your way to school.

OR

Make a kit that fits in a car's glove box. Give it to a family member who drives a car or another adult who could use it!

OR

Make a personal kit. Keep it in your locker or desk at school.

What goes in a First Aid Kit:

- antiseptic wipes for cleaning wounds if soap and running water are not available
- antibiotic ointment: apply a small amount to the bandage if the person is not allergic to the ingredients
- assorted bandages for cuts, scrapes, and wounds

What else would you include?

Epi Pen

An epinephrine autoinjector – also, called EpiPen, Anapen, Twinject, or Jext – is a medical device usually used to treat allergic emergencies. A person may carry one of these injectors because they are allergic to something like nuts or bee stings.

Inhaler

An inhaler – sometimes called a puffer – is a medical device used for quickly getting medicine into the lungs. It is often used by people with asthma, which is a chronic lung condition. Someone with asthma may have their lungs suddenly constrict, or tighten, and feel like they can't breathe. When a person with asthma is feeling uncomfortable, they may inhale deeply from one of these inhalers and hold their breath, giving the medicine time to settle in to the walls of their airways.

Step 4 Find out how to handle urgent first aid issues

Allergic reactions, asthma attacks, snakebites, and accidental poisonings are situations that require quick action. So is choking, one of the most common ways young children are seriously injured. Learn to handle these issues in this step.

CHOOSE ONE:

With your Junior friends, organize a panel discussion. Invite a variety of people, such as doctors, nurses, EMTs, a Red Cross representative, and someone from your local poison control center.

OR

Research situations that require fast action. Then, interview a medical professional, asking questions about what you've learned and what you should know in order to get help.

OR

Go on a field trip to an emergency room. Ask about situations that require fast action, how the ER staff deals with these issues, and how you can be prepared to help others.

Step 5 Know how to take care of someone who's sick

When somebody doesn't feel well, you can make them more comfortable by using basic first aid. Find out how to care for people who have common illnesses (cold, fever; flu).

CHOOSE ONE:

Read about illnesses and how to treat them. Get familiar with the symptoms of common illnesses and how to help someone who's sick. Role-play with your friends or family. Assign someone to be the patient and then practice caring for them.

OR

Visit a medical clinic. Talk to a doctor or nurse about simple things you can do to help people who are sick.

OR

Talk to family members and neighbors. Find out what made them feel better when they were sick. Maybe they wanted a wet cloth over their eyes to soothe a headache, or perhaps sipping FLAT soda calmed their upset stomach. Make a list of what you learned and share it with your Junior friends.

FEVERS A fever is an increase in the body's temperature, usually caused by an infection or illness. A part of your brain called the HYPOTHALAMUS knows that your body temperature should be around 98.6°Fahrenheit (37°Celsius). It sends messages to the rest of your body to keep your temperature normal.

Body temperature can shift slightly during the day – it's often a little lower in the morning and higher at night. But, if it goes much higher, it is usually a sign that you're sick. Scientists believe that the hypothalamus tells the body "to turn up the heat" to try and get rid of the germs.

In most cases a fever will go away if you rest and drink plenty of fluids. Still, it's important to let family know whenever you think you might have a fever!

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 will help you live the Girl Scout motto as you Take Action to make the world a better place.

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

- Making portable first aid kits to be used on hikes and giving them to a Girl Scout camp
- Caring for family or friends who are sick
- Getting help quickly and calmly in an emergency

I'm inspired to: