This is easy read information on basic first aid so you know what to do if you hurt yourself.

If you have hurt yourself always call someone for help.

This could be a family member, friend, support worker or doctor

Or Telephone 111 for advice
999 for an ambulance.

There are lots of people who could help you.

It is really important that people with learning disabilities who live alone or in supported living without 24 hr care, are able to understand some basic first aid for use in their home.

This easy read first aid tool is aimed to help people learn what to do when they injure themselves at home. It can be used as an educating and training tool so that people with learning disabilities know, in advance, what actions they should take if they are injured and then also printed and kept in their home so that they can follow the instructions at a time of injury too.

This and other useful health information is available at
www.hertfordshire.gov.uk/ldmyhealth

All information within this document was sourced from: NHS Choices, NICE, and St John's ambulance Service.

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What information is in this guide?

Animal bites

Blisters

Burns / Scalds

Finger or toe injury

Banged your head

Nose bleeds

Cuts

My last Tetanus injection was on _____

What is covered in this section?

Animal bites

Page 4 – What to do if you get an animal bite

Page 5 – When to see a doctor

Page 6 – What to look out for

What you should do if you get an animal bite

Wash the bite with soapy and warm water

Pat dry with clean cloth

Cover the bite with a clean plaster

When you should see the doctor

If the bite is bleeding a lot

If the bite becomes swollen and hot to touch

If the bite is dirty.

You might need another Tetanus injection so call NHS 111.

When you should see the doctor

If there are signs of infection:

Redness
Itchy
Swollen
Yellow pus
Warm to touch

The bite isn't getting better

What is covered in this section?

Blisters

Page 8 – What to do if you get a blister

Page 9 – When to see a doctor

What you should do if you get a blister

Run your blister under cool water

Don’t burst the blister

Pat the blister dry with a clean cloth or paper towel and put on a plaster

When you should see the doctor

If the blister is very painful

The blister keeps coming back

The blister may be infected

Signs of infection:

Redness
Itchy
Swollen
Yellow pus
Warm to touch

What is covered in this section?

Burns

Page 12 – Things that could burn you

Page 13 – Call 999

Page 14 & 15 – What should you do if you burn yourself

Things that could burn or scald you in your home

An open flame

The hob or oven

Iron

Boiling water

Hot water from your taps.

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If you burn yourself always call NHS 111

What should you do if you burn or scald yourself?

Move away from the what has burnt you and switch it off

Run the burn under cool water for 20 minutes

Remove jewellery and clothing near the burn, unless it is stuck to your skin

What should you do if you burn or scald yourself?

Wrap cling film around the burn after it has been under cool water for at least 20 mins.

Make sure you keep yourself warm. Cover yourself in a blanket, but make sure if does not touch the burn.

You might have to go to hospital, Make sure you let someone know where you are going! This could be a family member, support worker, friend or neighbour.

What is covered in this section?

Finger or toe injury

Page 18 – What you should do

Page 19 & 20 – When to see the doctor

What you should do if you injure your fingers or toes

Run your finger or toe under cold water

Hold a cold compress such as a bag of frozen peas to your finger or toe (make sure you wrap the peas in something like a thin tea towel first)

Raise your finger or foot above your head for 10 minutes

When you should see the doctor or call for help

If blood is under your nail and this is making it more painful

If you can't straighten or bend your finger or toe. If your finger or toe looks bent or different from how it normally looks

If there is an large cut that might need stitches

When you should see the doctor

Signs of infection:

Redness
Itchy
Swollen
Yellow pus
Warm to touch

If your nail falls off. This is normal and it will usually grow back.

If you cannot feel your finger or toe. If your finger or toe becomes cold or turns a blue colour or becomes numb.

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What is covered in this section?

Banged your head

Page 22 – What should you do

Page 23 – When to call NHS 111

Page 24 – When to call 999

What should you do if you have banged your head?

Sit down and rest

Tell someone you banged your head. See if they can stay with you for the next 48 hours (2 days). This could be a family member, support worker, friend or neighbour.

Hold a cold compress such as a bag of frozen peas to your head (make sure you wrap the peas in something like a thin tea towel first)

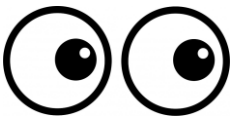
When you should call NHS 111

If you get a headache

If you feel dizzy

If you feel a bit confused

If you feel sick or you are sick



If your vision becomes different. Things might look blurred or you can see double

You must call 999 if:

You went unconscious or are struggling to stay awake

Clear fluid is coming out of your mouth or nose

You are bleeding from your ears or have a bruise behind your ears

You are taking blood thinning tablets such as Warfarin

You have a seizure (fit) and you haven’t had one before

You have a headache which isn’t going away or is getting worse

What is covered in this section?

Nose bleeds

Page 26 & 27 – What should you do

Page 28 – When my nose stops bleeding

Page 29 – When to call 111

What should you do if you get a nose bleed?

Sit down

Don’t lie down!

Pinch your nose above your nostrils for 10 minutes

Lean forward and breath through your mouth

What should you do if you get a nose bleed?

Hold a cold compress such as a bag of peas to your nose (make sure the peas are wrapped up in something like a thin tea towel first)

Let your family or carers know you have a nose bleed.

When your nose stops bleeding you should

Try not to blow it

Try not to pick it

Try not to drink hot drinks or alcohol for a day

Call 111 if you have had a nose bleed and…

You take medications such as Warfarin or blood thinning tablets

You have broken or injured your nose

You have high blood pressure

What is covered in this section?

Cuts

Page 32 – What should you do

Page 33 – How to clean a cut

Page 34 – What should I do next

Page 35 – When to call NHS 111

What should you do if you have a cut?

Try to stop the bleeding by putting pressure on the cut for 10 minutes.
If blood is spitting out fast call 999

Put a clean and dry dressing on the cut

Lie down and raise the part the body that has been cut

How to clean a cut once the bleeding has stopped or slowed down.

Wash your hands

Run the cut under clean running water

Pat the cut dry with a clean dry towel and apply a plaster that is bigger than the cut.

What should you do next?

Take a painkiller if you need to.
Or ask someone to help you with this

Signs of infection:
Redness
Itchy
Swollen
Yellow pus
Hot to touch

Go to the GP if you see signs of infection

When should you call NHS 111?

If you cannot stop the bleeding

If the cut is very big

If there is something stuck in the cut. Don’t pull anything out of the cut before you’ve spoken to NHS 111.