BURNS – For extensive burns call 9-911 immediately
1. Immediately immerse burned area in cold water for 15 minutes as long as there is no open skin and/or blisters.
2. For severe or deep burns with open skin and/or blisters, cover with sterile (if possible) gauze dressing. Do not open blisters.
3. Chemical burns: With gloves on or using paper towels, brush away powder. Do not rub skin.
4. Flush immediately with large quantities of water for 15-20 minutes - longer if substance is alkaline.
5. Refer to Health Services X 4270 for evaluation, treatment and referral, as necessary.

CUTS
1. Do not come into contact with blood unless you are protected.
2. Clean superficial cuts with soap, and water and apply Band-Aid.
3. Deep cuts should be treated as follows:
   • Apply pressure over wound with clean cloth or sterile gauze until bleeding stops. At least 5-10 minutes.
   • Apply additional dressing and bandage snugly if bleeding through
   • Elevate injured area and do not remove dressing.
4. Refer to Health Center X 4270 for assessment, additional treatment and medical referral if necessary.

NOSEBLEEDS
1. Do not come into contact with blood unless you are protected.
2. Keep person quiet and sitting upright with head bent slightly forward.
3. Assist person to pinch nostrils just below the bridge of the nose, maintain pressure until bleeding stops
4. Cold compresses may be applied to face, nose or neck.
5. Refer to Health Center if bleeding does not stop in 10 minutes, or is injury related.

PUNCTURE WOUNDS
1. Do not come into contact with blood unless you are protected
2. Allow wound to bleed freely.
3. Wash wound with soap and water.
4. Apply sterile gauze dressing.
5. If object is embedded, do not remove.
6. Animal bites are treated as puncture wounds but must be reported to animal control.
7. Attempt to identify location, owner, and vaccination status of the animal.
8. Refer to Health Center X 4270 for further evaluation, treatment and referral.

INSECT BITES
1. If bee sting, remove stinger, if possible, by flicking off with finger, or object like a credit card.
2. Apply cold compresses.
3. Observe person and accompany to Health Center for evaluation. X 4270.
4. If hives, rapid swelling around eyes or mouth, or difficulty breathing occurs:
   • Administer medication for allergic reactions if prescribed for that individual.
   • Call 9-911. Follow directions for REPORTING OF EMERGENCIES.
   • Administer CPR if indicated.
   • Keep affected area below level of the heart.

BURNS / CUTS / PUNCTURE WOUNDS / INSECT BITES