

# Injuries and illness... what do we do?

This quick virtual workshop will cover Injuries and Illnesses and how to help. It will meet some of the requirements for First Aid badges. Please check the full Badge requirements in your Girl Guide or in Volunteer Tool Kit.

**Supplies needed:** None! But if you want to practice you'll need your First Aid kit or First Aid supplies.

## **Brownie First Aid Step 1: How to get help from 911.**



Can you answer emergency questions from a trusted grown up?

## **Brownie First Aid Step : 4 Learn how to treat minor injuries.**

Can you show your trusted grown-up how to stop bleeding, treat a sunburn, or other minor injuries?

## **Junior First Aid Step 1: Learn the first steps to take in an emergency.**

Can you explain to your trusted grown-up how to check if it is safe to help someone?



## **Junior First Aid Step 4: How to handle urgent first aid issues.**

Can you explain to or show your trusted grown-up how to treat an allergic reaction, severe bleeding, or what to do if someone is choking?

## **Junior First Aid Step 5: How to take care of someone who is sick.**

Can you explain to your trusted grown-up how to care for someone who is not feeling well?



## **Cadette First Aid Step 4: Know the signs of shock and how to treat it.**

Can you explain what it is and how to treat it?

Questions? Feel free to post questions in our Facebook Live First Aid Event!