

DOs

As the first-aider for Girl Scout events and activities, remember that most minor incidents can be cared for through the following steps:

- **CLEAN** - You can clean the wound with soap and water. (NO antiseptic wipes)
- **ICE** - You can ice a bump, bruise, swelling, headache, etc.
- **ELEVATE** - You can elevate the swelling, bleeding, sprained or strained area.
- **COVER** - You can cover the wound with a bandage; wrap the ankle, elbow, wrist, arm, etc.

More specific cases may include the following:

- Removing ticks – follow removal procedures as outlined in first-aid training and tape the tick to an index card with transparent tape, enclose it in a self-closing plastic bag, and give it to the parent/guardian or medical professional.
- Removing splinters – do so only if easily removed with tweezers.

When giving medication, remember the following:

- **Over the counter or prescription medications must be in the original container with instructions and written permission from the parent or guardian.**
- **Each girl must provide her own medication.**

DON'Ts

- DO NOT give out ANY medications to a girl without written permission.
- DO NOT share medications between girls or use “troop” medications. This includes Tylenol, antibiotic creams, hydrocortisone ointment, etc. as well as sunscreen, insect repellent, etc.

These precautions are for the protection of both the girl and the first aider. Many people have allergies or sensitivities that they may not be aware of.

Now, you are probably asking yourself, “Then why did I have to take first aid training?”

Answer: Because the above is for MOST CASES. There may be “emergencies” where your training will be very important. In a true emergency—life threatening—you are expected to use your training to provide care to the best of your ability.

If you ever have any questions as to what should be in a first aid kit, when you need a first-aider, or what level first-aider is needed, contact your local Girl Scouts of Northern Illinois service center.

