



First aid for children

Instructions for the health and well-being of immigrants



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Maahanmuuttajien kotoutumisen
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First aid

- First aid means helping a person who has fallen ill or injured themselves immediately after it happened.
- First aid sustains the person's vital functions and prevents the illness or injury from getting worse.

Febrile seizure

- If a child has suffered from a high fever for a long time or the fever suddenly rises above 38 degrees, they may experience a febrile seizure.
- The cause is unknown. It may be partially hereditary.
- The child has a convulsion, their limbs twitch, their eyes turn upwards.
- Some children may be limp instead of convulsing.
- A febrile seizure usually lasts about 1–2 minutes. The child is not responsive during this time.
- The seizure is not life-threatening and there is no need to resuscitate the child.
- The seizure will not affect the later health of the child.
- Stay calm!
- Prevent the child from injuring themselves during the convulsions.
- Turn the unconscious child on their side.
- Keep them at room temperature.
- Contact the emergency services, tel. 112.

WHEN TO GO TO THE EMERGENCY ROOM:

- When the child does not stop convulsing.
- The child is pale and grey.
- The child's neck is stiff.
- The fever is higher than 38.5 degrees and cannot be lowered.

Place something cold, such as an ice bag, on the preventive injury area of the febrile seizure. Regular fever medication during fever according to the instructions on the package (Panadol, Burana, Pronaxen).

Accidental injuries

Wounds and cuts

A wound or a cut means breaking of the skin due to external force or an illness

Making a tourniquet

- Wash your hands before handling the wound. Stop the bleeding by using a protective dressing on the wound.
- Weigh the dressing down with a gauze roll or similar object. Attach the two together using an elastic bandage.
- Apply pressure on the wound when making the tourniquet.



Sprained ankle

- An ankle can be sprained in any type of situation. The ligaments surrounding the ankle are strained or torn.
- Usually, the ankle twists outwards.

SYMPTOMS

- Pain, swelling and bruising
- The injured ankle may be in a wrong position.

FIRST AID FOR A SPRAIN

- ICE: Place something cold, such as an ice bag, on the injured area.
- The cold contracts blood vessels, alleviates pain and reduces bleeding and the secretion of tissue fluid.
- ELEVATION: Hold the ankle elevated above the heart.
- COMPRESSION: Compression reduces bleeding.



Burns

Most common causes of burns: sunburn, hot liquids, flame (more common in older children).

First-degree burn

- Usually caused by sunburn; redness on the skin, pain, burning sensation and swelling.
- No treatment needed.

Second-degree burn

- Usually caused by hot liquid; the injured skin blisters after about one day. The skin feels painful and damp. The skin is red and swollen. Do not pop the blisters.

Third-degree burn

- Usually permeates the layers of the skin. The skin turns pale or black. No pain.
- Always requires hospital treatment.

FIRST AID FOR BURNS

- sunburns can be treated with hydrocortisone cream available in pharmacies. Anti-inflammatory painkillers can ease the pain.
- Keep the burn in lukewarm water for about 20 minutes.

- If the burn later secretes fluids, it can be covered with a dressing that should be kept dry.
- First aid prevents the burn from spreading and eases the pain.

Poisoning

Most common caused in children:

- Detergents and cleaning agents, medicines and alcohol
- If you suspect poisoning, call the Poison Information Centre +358 (0)9 471 977 or the emergency number 112.
- Find out: What did the child put in his or her mouth? Did they swallow the substance and how much? Is the substance toxic?

FIRST AID FOR POISONING

- Empty the child's mouth using your fingers. Do not make them vomit!
- Do not give the child anything to drink!

TREATMENT

Activated charcoal according to instructions. Do not give activated charcoal if the child has swallowed corrosive or petrol substances.

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