

NAME _____
CLUB _____

4H-334

HEALTH-THE FOURTH "H"

UNIT ONE: PROJECT RECORD



FLORIDA COOPERATIVE EXTENSION SERVICE
INSTITUTE OF FOOD AND AGRICULTURAL SCIENCES
UNIVERSITY OF FLORIDA, GAINESVILLE
JOHN T. WOESTE, DEAN FOR EXTENSION

UNIT ONE: PROJECT RECORD

Objectives

This health project will help you in many ways. You will learn—

- how to live a healthy lifestyle
- the meaning of health and happiness
- how you and your family can look and feel better
- many fun things to do in the area of health

What This Project Includes

The following topics and activities can be included in your project and are available from your 4-H Agent. It is designed so you can choose the topics that are of interest to you. Choose two or more of these for your project each year.

Session 1: Health Scoreboard

Session 2: Happiness and Health

Session 3: Winning Smiles

Session 5: First Aid: First Help

How to Plan Your Project and Use This Record Book

Talk with your parents and your leader about your ideas. They can help you get off to a good start. You might also want to ask your 4-H Agent or your family doctor or dentist for help with special projects. Write down your projects and activities as you complete each session in the spaces provided.

Name _____

Address _____

Parent's Name _____

Age _____ Number of years in 4-H _____ County _____

Name of your 4-H Club _____ Grade in School _____

Number of years in health project _____

FIRST PROJECT REPORT 19

PROJECT GOAL:

1. List the health sessions you completed this year _____

2. List 3 things you did to improve your health

3. Did you meet your own goals for better health? yes no

4. How many people did you tell about this project or share it with?

- none
- 5 or less
- 6 - 10
- 11 - 15
- 16 or more

5. Did you learn new things about your health that you hadn't learned in school or at home?

yes, please explain _____

no, please explain _____

6. List any other health related activities that you did (tours, etc.) _____

SECOND PROJECT REPORT 19

PROJECT GOAL:

1. List the health sessions you completed this year _____

2. List 3 things you did to improve your health

3. Did you meet your own goals for better health? yes no

4. How many people did you tell about this project or share it with?

- none
- 5 or less
- 6 - 10
- 11 - 15
- 16 or more

5. Did you learn new things about your health that you hadn't learned in school or at home?

yes, please explain _____

no, please explain _____

6. List any other health related activities that you did (tours, etc.) _____

THE 4-H CLUB PLEDGE

I pledge:

my Head to clearer thinking,
my Heart to greater loyalty,
my Hands to larger service,
my Health to better living,
for my club, my community,
my country, and my world.

Prepared by: Linda E. Moody, Ph.D.
Assistant Professor
Extension Health Education Specialist

Consultant: Ruth Milton
4-H Youth Specialist

This public document was promulgated at a cost of \$71.78, or 4.8 cents per copy, to inform 4-H youth about better health. 8-1.5M-82

COOPERATIVE EXTENSION SERVICE, UNIVERSITY OF FLORIDA, INSTITUTE OF FOOD AND AGRICULTURAL SCIENCES, K. R. Tefertiller, director, in cooperation with the United States Department of Agriculture, publishes this information to further the purpose of the May 8 and June 30, 1914 Acts of Congress; and is authorized to provide research, educational information and other services only to individuals and institutions that function without regard to race, color, sex or national origin. Single copies of Extension publications (excluding 4-H and Youth publications) are available free to Florida residents from County Extension Offices. Information on bulk rates or copies for out-of-state purchasers is available from C. M. Hinton, Publications Distribution Center, IFAS Building 664, University of Florida, Gainesville, Florida 32611. Before publicizing this publication, editors should contact this address to determine availability.





NAME _____

HEALTH SCOREBOARD

HEALTH - The Fourth H - Unit One, Session 1



Florida Cooperative Extension Service/Institute of Food and Agricultural Sciences/University of Florida/J. T. Woeste, Dean

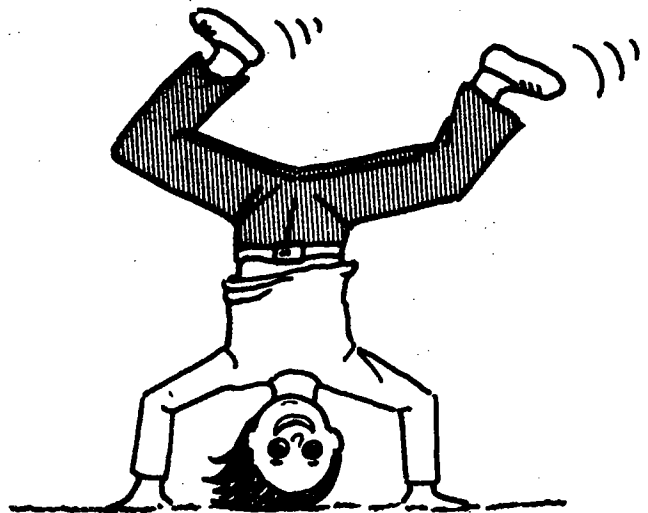


The fourth "H" stands for Health. The 4-H pledge says, "I pledge my HEALTH TO BETTER LIVING." This means that every 4-H'er can start now to build for himself or herself the best health possible.

Boys and girls have lots of good reasons for wanting to keep well. Here are some reasons others have given. Are yours the same? Check the ones that apply to you, or add other reasons if you want.

I WANT TO BE HEALTHY

- _____ So I can have fun.
- _____ So I'll be good at sports.
- _____ So I can grow up strong.
- _____ So I won't have to stay at home when others go out.
- _____ So my parents won't have to worry about me.
- _____ So I can do all the things I want to do.
- _____ So I can help other people be healthy and happy.
- _____ So I can live longer.



I would also like to be healthy because (list your own special reasons): _____

GOALS FOR BETTER HEALTH

Choose a partner and tell each other what signs of health you have and where you think you can improve. Check the ones that describe the way you are.

OUTWARD SIGNS OF GOOD HEALTH	THE WAY I AM	I NEED TO WORK ON
EXPRESSION:	Smiling, alert and happy	
ATTITUDE:	Friendly and willing to take part in activities	
APPETITE:	Eat new foods and willing to try a variety of new foods	
WEIGHT:	Right for age, height and body type	
POSTURE:	Sit and stand straight and tall	
ENERGY:	Plenty of energy for both work and play, do not tire easily	
TEETH:	Clean and any defects or cavities corrected	
SKIN:	Smooth and clean	
EYES:	Bright and clear, no dark circles, not red, glasses if needed	
HAIR:	Clean, shiny and no dandruff	

Did you find some areas that you needed to work on? Select one area that you wish to improve. Tell your family that during the next couple of months you will be trying to improve and ask them to help you. Here are some ways you can begin:

1. Find out all you can about ways to improve.
2. Decide on the improvement you want to make.
3. Make a plan.
4. Take action.

Example:

The Problem	Plan	Action
cavities	see dentist	floss every day, brush teeth after eating/cut down on sweet snacks

The Problem _____

Plan _____

Action _____

CHART YOUR GROWTH PATTERN

Everyone has his own "built in" pattern. Some people are tall for their age, others are short.

Growth doesn't take place evenly. There may be times you seem to "shoot" up like magic, then there may be times when you don't seem to grow at all.

Girls usually grow in size more rapidly than boys during the age period from 10 to 12. Boys grow more rapidly than girls from 12 to 16.

It is important to remember that even though others may be shorter or taller, if healthy, their size is normal. This is the reason that your height and weight should be compared with your previous growth record and not with the heights and growths of others.

Regular growth is one sign of being healthy. You may be fast-growing, average or slow-growing. Whichever you are, a steady gain in height and weight is one sign that you are healthy.

With the help of your leader or parents weigh and measure yourself each month. Record it on the chart.

HEIGHT WEIGHT

SEP.

OCT.

NOV.

DEC.

JAN.

FEB.

MARCH

APRIL

MAY

JUNE

JULY

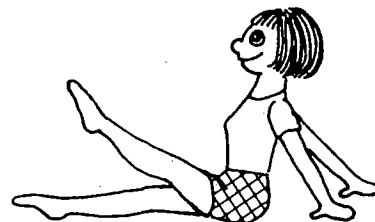
AUG.

EXERCISE FOR FITNESS

Exercise ranks among food, water and sleep as an important factor to healthy living.

Your body contains more than 600 muscles. By the time you are 12 years old, your body is more than one-third muscle. If your muscles are never required to exert themselves other than by sitting, walking, standing and playing occasionally, they will never grow strong. You need lots of exercise like running, jumping, throwing, bending, hiking, riding the bike, and swimming.

Find several games which you enjoy and which have a lot of activity to them. Many of these you can enjoy by yourself. A lot of games you will enjoy playing with your family or friends.



LIST EXERCISES THAT YOU ENJOY

HOW OFTEN DO YOU DO THESE EXERCISES?

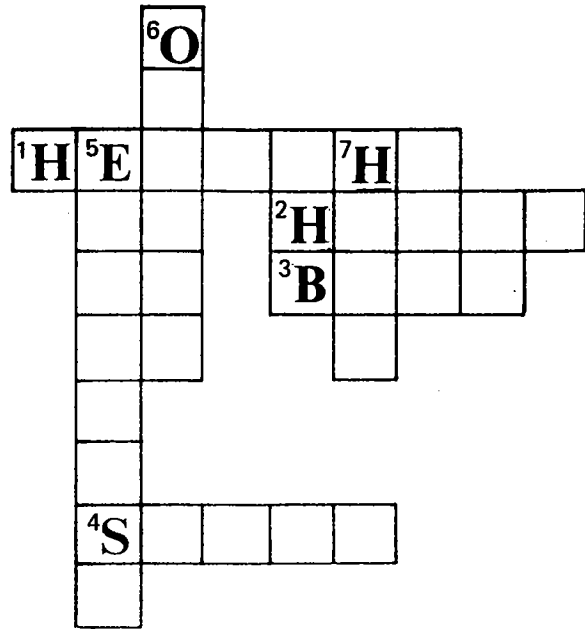
JUST FOR FUN!

ACROSS

1. Good food, exercise and plenty of sleep will help keep you _____.
2. Opposite of sad.
3. Many people ride a _____ for exercise.
4. Good teeth help you have a pretty _____.

DOWN

5. This keeps muscles strong and healthy.
6. A nutritious snack that begins with O.
7. It's on your head and needs regular shampooing.



ANSWERS: (1) healthy; (2) happy; (3) bike; (4) smile; (5) exercise; (6) orange; (7) hair

Adapted by: Linda E. Moody, Ph.D.
 Extension Health Education Specialist, from:
 Gaynelle Hogan, Extension Specialist,
 Consumer Health
 VPI & SU Cooperative Extension Service

4-8M-79

This public document was printed at a cost of \$400.41 or 5 cents per copy to inform 4-H youth about good health.



NAME _____

Happiness and Health

UNIT ONE: (SESSION II)

Be the health spark plug for your family. Healthy people can help themselves and their families to have so much more fun!

Your emotional health depends upon how you feel about yourself as well as others. Three important guides to good emotional or mental health are:

1. Know yourself
2. Accept yourself, and
3. Be yourself

KNOW YOURSELF

To help you to begin to understand how you feel about yourself, complete the following sentences:

I feel happy when _____.

I feel sad when _____.

I feel lonely when _____.

I feel angry when _____.

You may have different ideas as to what it takes to make you happy. Your idea of happiness will keep changing as you grow older or as the situation changes. For example: You may think that to own a horse would bring you all the happiness you could want. But, if the next day you fell and hurt yourself and had to stay in bed, then your idea of happiness could be to play outside.

List three things that would make you happy:

1. _____.

2. _____.

3. _____.

ACCEPT YOURSELF

Do you have a friend who is better in sports or some other activity than you? Has your brother or sister ever brought home a better report card than yours?

Sometimes it is easy to feel hurt when others can do things better than you. Few people can do everything equally well, but there are some things which one person can do better than another. We all have different skills, different looks, different personalities, different strengths and different weaknesses.

Take pride in the things you can do, and in the way you look. List three things that you can do well:

1. _____.

2. _____.

3. _____.

There are times when everything isn't perfect. But, the way you react to a situation can make a difference as to how happy or unhappy the experience will be. For example, if you fall and cut yourself, it does hurt; but if you complain about it constantly, then you may feel worse than if you become involved in another activity.

To help you understand your feelings about health and illness, complete the following sentences.

1. When I am well, I feel _____.

2. When I am well, I act _____.

3. When I am sick, I feel _____.

4. When I am sick, I act _____.

5. When I have to go to the dentist, I feel _____

6. When I leave the dentist, I feel _____

7. If the doctor told me I had an allergy and I could not eat my favorite food I would feel _____

8. If I get sick in school, I feel _____

9. If I had to wear braces on my teeth, I would feel _____

10. If one of my friends were injured, I would feel _____

BE YOURSELF

Some people seem to be born with the knack for making friends, but most of us have to work at it.

Being liked begins with YOU. You do things with and for your friends, and they do many things for you. Be yourself at all times, but keep trying to be a better person than you were yesterday.

Your personality means the total you. The way you look and act, what you believe, what you think is important and what you say.

A healthy personality is made up of certain personal traits.

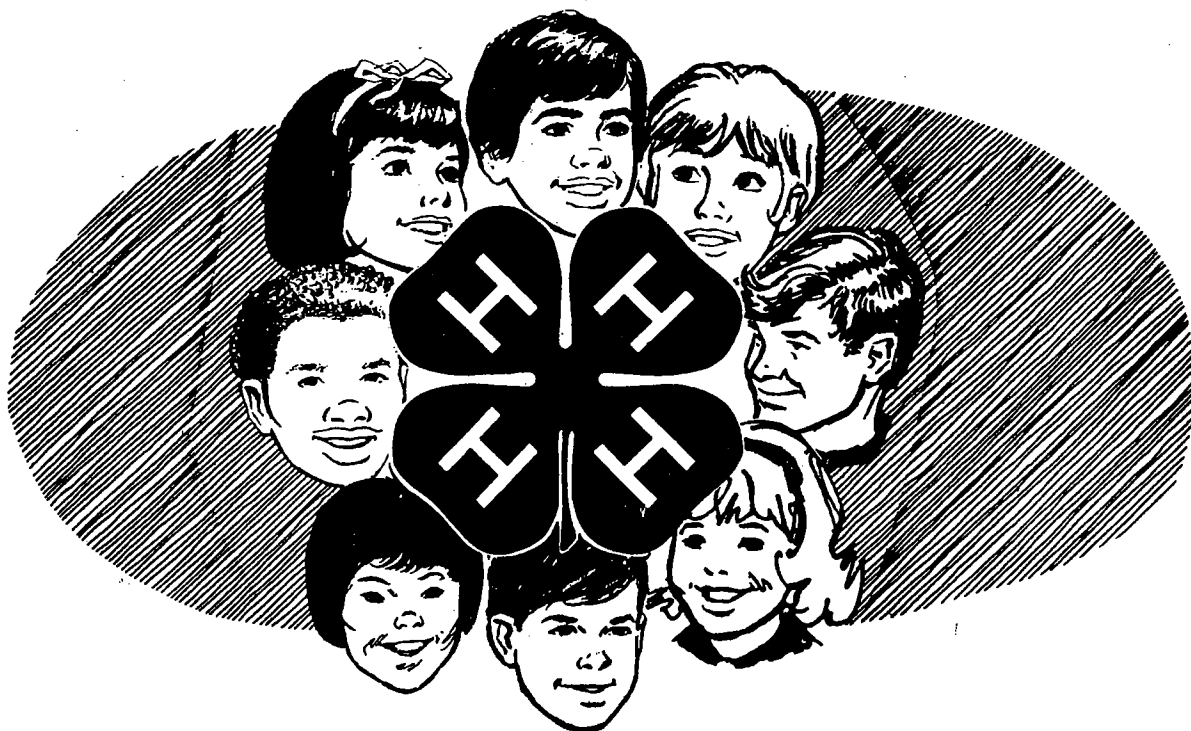
How healthy is your personality? (Check yourself on the following items. Answer always, sometimes, never).

_____ 1. Do you have a sense of humor? Try to see the funny side of things. It is one of the greatest assets to your personality.

_____ 2. Are you open-minded? You have your opinions; others have theirs. An open-minded person respects another person's opinion. Getting along with others means that you give as well as take.

_____ 3. Are you tactful? Think how the other person may feel before you say unkind things. It's hard to take back unkind remarks, and you may lose a friend.

_____ 4. Do you control your temper? If you do not control your temper then you may fly off the handle and say things you'll regret later. A happy person knows how to control his temper.



- _____ 5. Are you dependable? If you are dependable, people can count on you to finish a job.
- _____ 6. Can you adjust to changes and be happy? There are many ways to do things, your way may not be the only way or the best way. A happy person does not "pout" when he does not get his way.
- _____ 7. Are you a loyal friend? "To have a friend, be a friend."
- _____ 8. Are you a good sport? A good sport is a good winner and a good loser.
- _____ 9. Are you unselfish? If so, you think of others and their needs before your own pleasures.

What's your score?

- Allow 10 points for each always _____
 8 points for each sometimes _____
 6 points for each never _____

If you have answered several questions with never, work toward improving these traits. Mentally healthy people don't worry about their personality problems. Rather they learn to accept what can't be changed and get busy changing what they can and should change.

HAPPINESS IS HELPING OTHERS AND UNDERSTANDING OTHERS

Sometimes people act different because they may have poor eyesight, poor hearing, or are crippled. This may make them shy, hard to know, and perhaps lonely or afraid.

It is important to remember that people having a physical or mental disability have the same needs; plus some, as persons who are not handicapped.

Also, no two individuals are the same!

To help you be more aware of your own feelings about the handicapped and understand the adjustments that they must make, carry out one or more of the following activities.

(Observe safety precautions when performing any of these activities.)

1. Arthritis or Stiff Joints:

To feel what it's like to have arthritis in the hands, put on a pair of bulky gloves. Then, try to button your shirt, blouse or tie your shoes.

2. Loss of Touch:

Cover your hand with a sandwich bag. Try threading a needle and see how long it takes. Or try tying your shoes.

Cover your fingers with rubber cement. Let it dry and then try to thread a needle.

3. Hearing Loss:

Place a cotton ball in the exterior part of your ears. For greater effect, you may put on a pair of earmuffs. Listen to TV or radio at a low level, or try to carry on a conversation with someone who has no hearing loss. Do you feel that you have to shout at them to be heard?

4. Visual Problems:

Take a pair of swim goggles or old glasses and cover them with wrinkled cellophane wrap. Or, you may want to smear vaseline on them until you get the desired visual loss. Or, you might like to put a patch over one eye. Read the newspaper for a few minutes, watch TV, or try looking up a telephone number. Hard work, isn't it?

5. Broken Leg or Paralysis:

Hold a yardstick against the outside of one leg and secure it with pieces of heavy rope at 6-inch distances. Walk around the room. Feel awkward?

6. Happiness is **CARING** about other people.

Do some good deed for a handicapped or older person. It could be as simple as holding the door open for someone who is on crutches. Or it could involve doing something special for an older person:

Describe your experiences with one or two of the above activities:

Adapted by: **Linda E. Moody, Ph.D.**
Extension Health Education Specialist

From: **Gaynelle Hogan, Extension Specialist, Consumer Health and Kathleen Wampler, Extension Specialist**
Family Life, VPI & SU

This public document was promulgated at a cost of \$83.90, or 5.5 cents per copy, to help 4-H and other youth learn about first aid. 8-1.5M-83

COOPERATIVE EXTENSION SERVICE, UNIVERSITY OF FLORIDA, INSTITUTE OF FOOD AND AGRICULTURAL SCIENCES, K. R. Tefertiller, director, in cooperation with the United States Department of Agriculture, publishes this information to further the purpose of the May 8 and June 30, 1914 Acts of Congress; and is authorized to provide research, educational information and other services only to individuals and institutions that function without regard to race, color, sex or national origin. Single copies of Extension publications (excluding 4-H and Youth publications) are available free to Florida residents from County Extension Offices. Information on bulk rates or copies for out-of-state purchasers is available from C. M. Hinton, Publications Distribution Center, IFAS Building 664, University of Florida, Gainesville, Florida 32611. Before publicizing this publication, editors should contact this address to determine availability.





NAME _____

Winning Smiles

HEALTH - The Fourth H - Unit One, Session 3



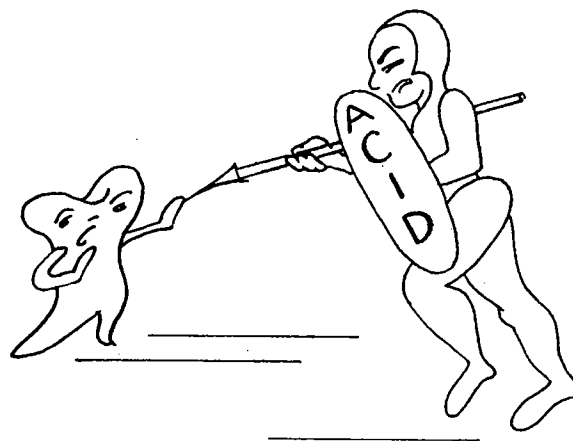
Florida Cooperative Extension Service/Institute of Food and Agricultural Sciences/University of Florida/John T. Woeste, Dean

We all would like to make our smiles as healthy and attractive as possible. A "winning smile" depends on good healthy teeth.

Having healthy teeth really isn't so hard, it just takes a little effort. You can keep your teeth healthy and looking good by:



The bacteria in plaque react with the foods you eat (especially sugars) to form acid. These acids attack tooth enamel and cause decay.



So break the chain by keeping your teeth clean, using fluoride and seeing your dentist for regular check-ups.

"Be True To Your Teeth
and They Won't Be False To You!"

FOOD AND YOUR TEETH

The same foods you need to stay healthy, you need for healthy teeth. However, there is one thing about your eating habits that you should consider from the aspect of dental health—eating foods loaded with sugar.

Studies have shown that tooth decay is related to how often you eat sugar-rich foods, the length of time the sugar stays in your mouth, and the form of sweets you eat. Sweets that stick to the surface of the teeth are especially harmful.

So, when you eat sweets, brush your teeth immediately to remove as much sugar as possible. If brushing is not possible, rinse your mouth thoroughly with clear water.

KEEPING TEETH CLEAN . . . brush after eating
. . . brush and floss before bedtime.

EATING A WELL BALANCED DIET . . . limit sweets to times when you can brush or at least rinse mouth immediately.

USING FLUORIDE . . . in drinking water, dentists' application, in toothpaste.

SEEING YOUR DENTIST REGULARLY.

Break the Tooth Decay Chain

By keeping your teeth clean, you are removing something called plaque. What is plaque? It is a sticky, colorless film that is forming all the time on everyone's teeth. The bacteria in plaque are recognized to be the primary cause of tooth decay and gum disease.

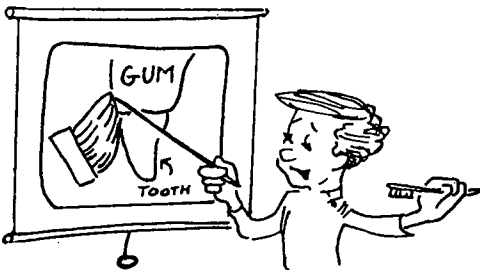
Here are some foods that are often eaten for snacks. Can you find the foods that contain added sugar? Circle these sweets. See page 6.

jam	candy	chocolate milk shake
peanuts	bananas	carrots
bread	celery	soft drinks
cookies	chocolate cake	apples

BRUSHING TEETH

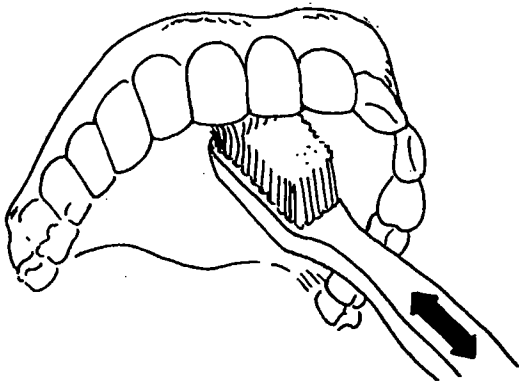
Toothbrushing helps you to head off dental problems by removing the plaque that forms every day. A number of different tooth brushing methods are acceptable. One method is:

Brush where your teeth meet your gums.



Brush the outside surfaces with short back-and-forth strokes.

Brush the inside of the front teeth with an up-and-down motion.



Brush the inside of the back teeth and the chewing surfaces with short back-and-forth strokes.

Toothbrushing Tips

1. Most dentists prescribe a toothbrush with soft, end-rounded bristles. Soft bristles are less likely to injure your gums.
2. Choose a toothbrush with a head small enough to let you reach every tooth.
3. A worn-out brush cleans poorly and its bent bristles can hurt your gums.
4. While it's best to brush several times a day, be sure to clean teeth thoroughly before going to bed.
5. Toothpastes and powders which contain fluoride help teeth resist decay.

IT'S FUN TO FLOSS

Sometimes plaque hides between teeth, where you can't get to it with a toothbrush. Many dentists now recommend the use of dental floss. Dental floss is a very thin string made especially to clean spaces between teeth. If your dentist thinks you should use dental floss he will demonstrate to you how to use it. Used incorrectly, floss can injure your gums.

Are Your Teeth Clean?

A good way to see how well you have brushed your teeth is to use a disclosing agent. These are small red tablets or liquid made of a vegetable dye. When they are dissolved in the mouth they will leave a reddish stain where there is plaque. By staining plaque after you have cleaned your teeth, you will see what areas you have missed. To remove stain, simply brush.

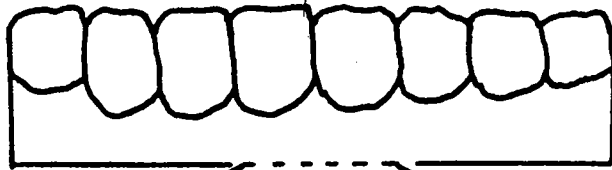
SEE YOUR DENTIST TWICE A YEAR!
(or as often as your dentist says)

YOUR DENTIST WILL:

- check your teeth to see if they are healthy and normal.
- treat decay, gum diseases, and other diseases.
- clean your teeth to remove plaque and stains.
- teach you how to care for your teeth.
- check to see if you need to wear braces to correct a bad bite, crooked, or badly spaced teeth.



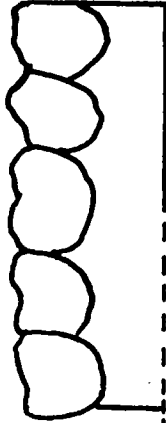
CUT - OUT TOOTH MODEL



Teeth Cleaning Instructions

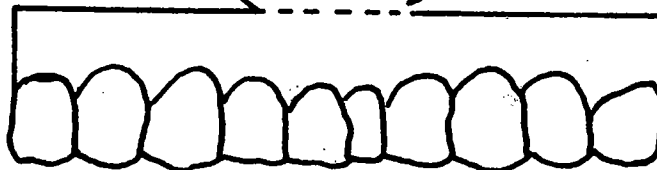
1. Brush up on your lower teeth.
2. Brush down on your upper teeth.
3. Brush back and forth on the chewing surfaces.
4. Brush the sides next to your tongue as well as the sides next to your cheek.

BRUSH 6 TIMES IN EACH PLACE



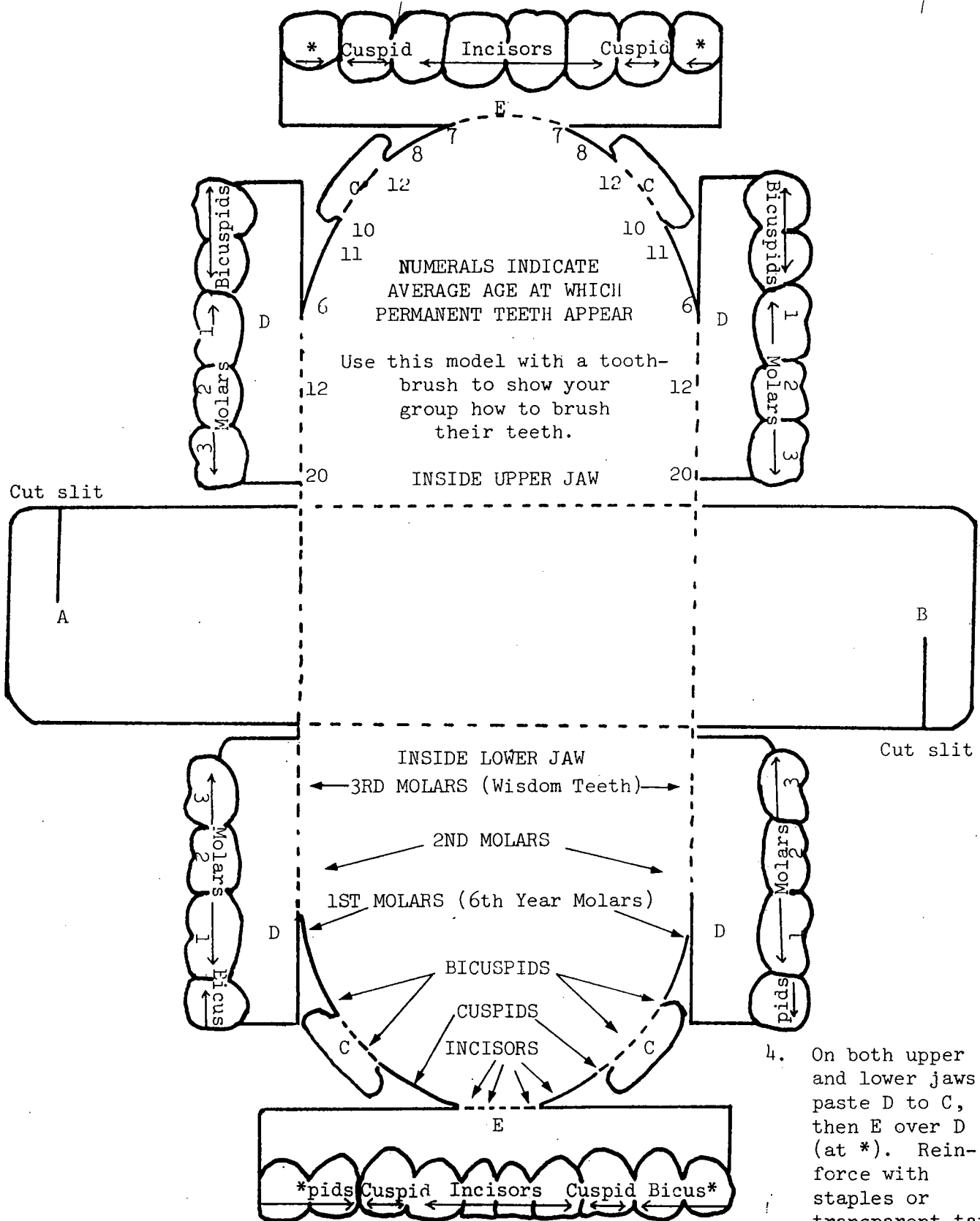
DON'T SKIP
A
SINGLE
TOOTH!

ONCE-A-DAY
BRUSHING
IS NOT
ENOUGH!



USE OF TOOTH MODEL

This tooth model may be used to help you learn about tooth location. You may also use it to demonstrate proper teeth cleaning methods. Follow cutting and assembling instructions carefully.



NUMERALS INDICATE
AVERAGE AGE AT WHICH
PERMANENT TEETH APPEAR

Use this model with a tooth-
brush to show your
group how to brush
their teeth.

INSIDE UPPER JAW

INSIDE LOWER JAW

← 3RD MOLARS (Wisdom Teeth) →
← 2ND MOLARS →
← 1ST MOLARS (6th Year Molars) →
D
BICUSPIDS
CUSPIDS
INCISORS
C

4. On both upper and lower jaws paste D to C, then E over D (at *). Reinforce with staples or transparent tape.

1. Cut carefully around outside edge. Cut slit on lines A and B.
2. Fold in on all dotted lines. (Note: Small tabs marked C will fold on a slight curve.)
3. Interlock at slits A and B.

THINGS TO DO

1. Keep a record of each time you clean your teeth, for 1 week.

S M T W TH F SAT

After Breakfast _____

After Noon Meal _____

After Last Food At Night _____

Other Times _____

2. Think about your dental habits and list improvements you plan to make. List:

3. Write the date you last saw a dentist _____

What did he do? _____

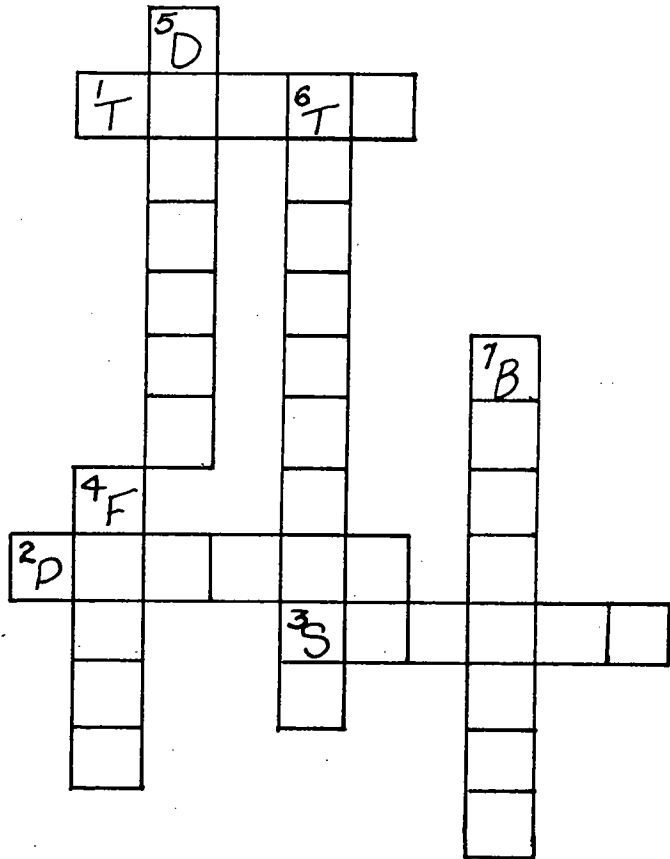
4. Tell someone else what you have learned about dental health.

ACROSS

1. A good diet is needed for healthy _____.
2. A colorless film found on teeth.
3. Foods loaded with sugar, especially sticky _____ can lead to tooth decay.

DOWN

4. Cleans the sides of teeth a toothbrush can't reach.
5. See your _____ twice a year.
6. Use it right after eating.
7. Plaque contains _____.



Words used:

toothbrush, floss, sweets, teeth, dentist, plaque, bacteria

Answer to Sweet Quiz: (jam, cookies, candy, chocolate cake, chocolate milk shakes, soft drinks).

Resources: *Tooth Care*, HEW, National Institute of Health, Bethesda, Maryland.
Learning About Oral Health, American Dental Association, 211 East Chicago Avenue, Chicago, Illinois 60611.
Save Your Teeth, Division of Dental Health, National Institute of Health, HEW, Bethesda, Maryland.

Adapted by Linda E. Moody, Ph.D., Extension Health Education Specialist, from: Gaynelle Hogan, Extension Specialist, Consumer Health, VPI & SU.



6-8M-79

This public document was printed at a cost of \$425.00, or .5 cents per copy to inform 4-H youth about proper tooth care.

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COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS
(Acts of May 8 and June 30, 1914)
Cooperative Extension Service, IFAS, University of Florida
and United States Department of Agriculture, Cooperating
K. R. Tefertiller, Director



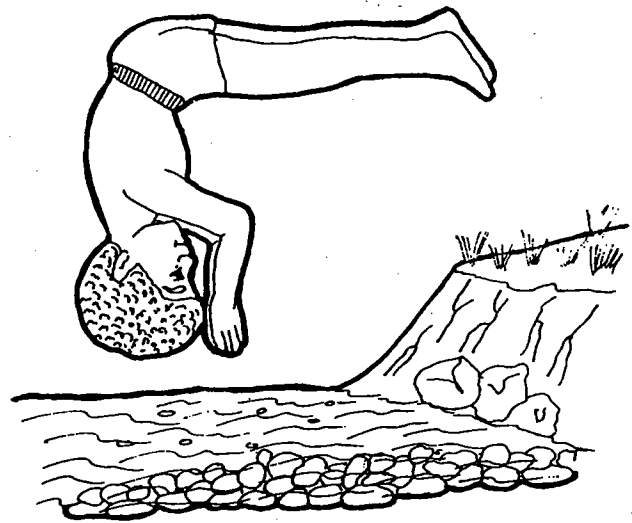
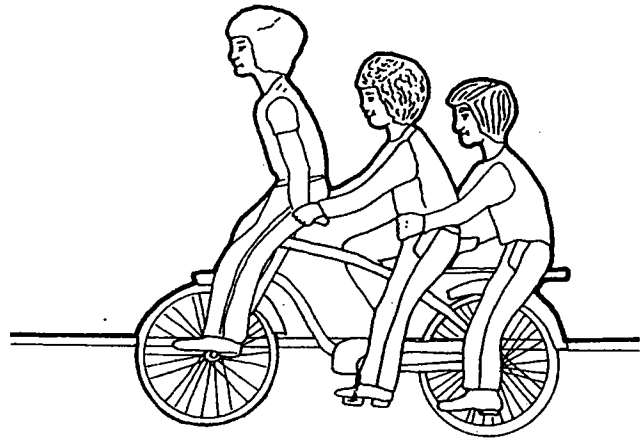
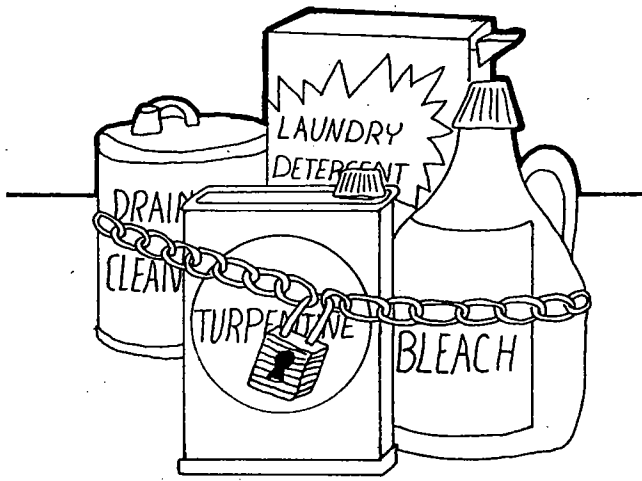
NAME _____

FIRST AID: FIRST HELP

HEALTH - The Fourth H - Unit One, Session 5

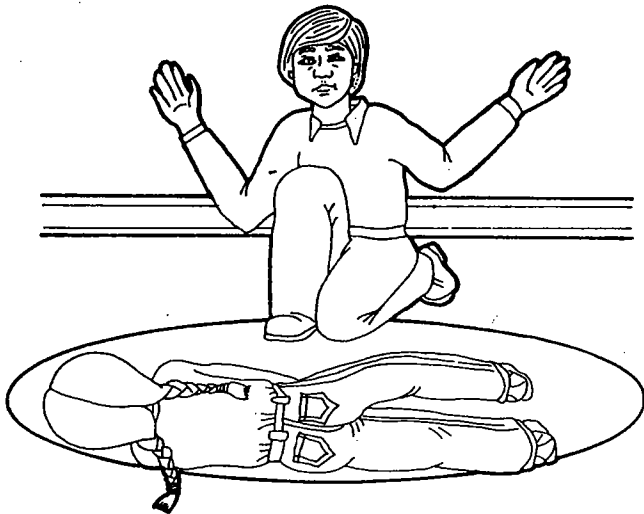
First aid is *first* help. It is the first help given to people after they have been hurt or taken sick. If the injury is slight, first aid may be the only care that is needed.

Although first aid is important, being **CAREFUL** is even more important. Accidents can happen when you are not careful. The four pictures below suggest accident hazards. Write a safety slogan under each picture.



WHEN AN ACCIDENT HAPPENS

If a person is badly hurt, get help as quickly as possible. This could include the rescue squad, family doctor, police, sheriff, or fire department.



What should you do for a hurt person before help arrives?

- Unless you *know* what to do, do not try to give first aid. Doing the wrong thing may be more harmful than doing nothing at all.
- Never *move* a hurt person unless he or she is in a dangerous place like the middle of the street; then, move very carefully.
- Keep a hurt person *warm* by covering them with a blanket or jacket. Do not make the person sweat.
- Keep your *cool*.

If you do not know the telephone number to call, dial "0" for the operator.* Tell *why* you called and *where* you are. Give your name and address. *Do not* hang up until you are told to. Be sure to give *all* of the *facts*. Then, either you or someone else should go out to the road to "wave in" the help you called.

To aid you in getting help in a hurry keep the emergency phone numbers where you can always find them. You may want to write them in the phone book.

Family Doctor _____ Parents at Work:
Mother _____
Fire Department _____ Father _____
Hospital _____ Other _____

Police or Sheriff _____ *CALL 911 if this
Rescue Squad _____ number is used in your
community.

BE PREPARED

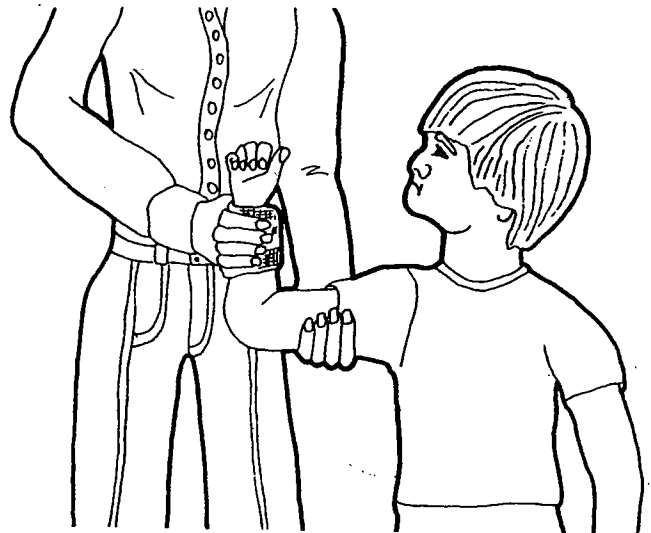
Every boy and girl should have some knowledge of what to do for minor injuries. You must know two things to give first aid.

- You must know what is wrong with the sick or hurt person.
- You must know how to help or how to get help.

BLEEDING

A person who is bleeding needs first aid quickly.

- Bleeding can usually be controlled with *direct pressure* over the cut. Use the cleanest cloth you can find, fold it, place it over the cut, and press firmly with your hands.

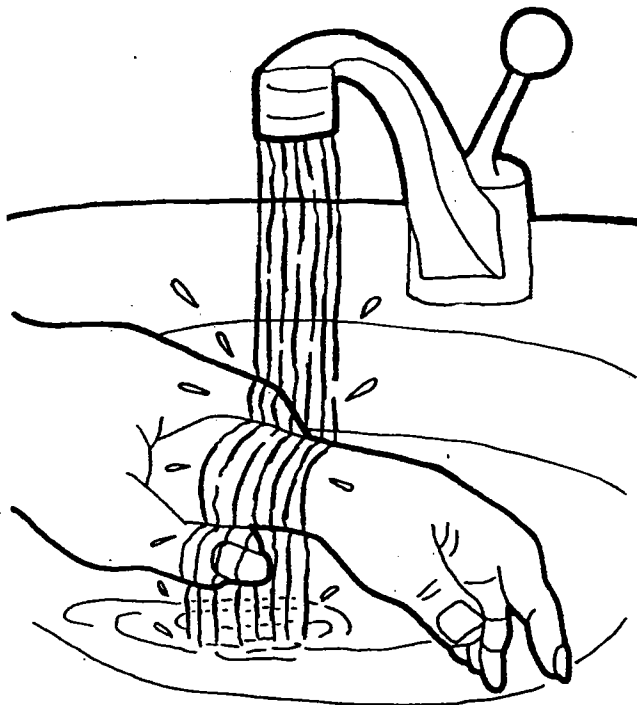


- If the bleeding doesn't stop, get another cloth, and fold it. Put it on top of the first cloth. Keep pressing firmly.
- It may help if you raise the bleeding part higher than the rest of the body, unless there is a bone broken.
- After the bleeding has stopped, bandage firmly, but not too tightly.
- Get help quickly.
- Try to make minor puncture wounds (caused by nails, tacks or other sharp objects) bleed freely. Then, wash with soap and water. See a doctor if you have a deep puncture wound.

BURNS

Burns are treated according to the depth or degree of skin damage.

For a first degree burn (skin only reddened) or a small second degree burn (skin reddened with blisters) put in cold (not ice) water. *Keep it in cold water until the pain stops.* Cold water makes it hurt less, keeps air off, and cools it. If a burn is on an area that cannot be placed in water, wring out clean cloths in ice water and place them lightly on the burned part.



Do not break or open blisters. Bandage them gently so that they won't break and get infected.

For a third degree burn (skin burned away) do *not* put in cold water. It might get infected. *Call a doctor immediately.*

Do not put greasy medicines, butter or margarine on a burn. Butter or margarine will make it sting because there is usually salt in it. A greasy medication on a bad burn will have to be taken off by a doctor.

BROKEN BONES

The most important thing about a broken bone is that **IT MUST NOT MOVE.**



If you cannot tell whether a bone is broken, act as if it were broken.

Get help immediately.

ANIMAL BITES

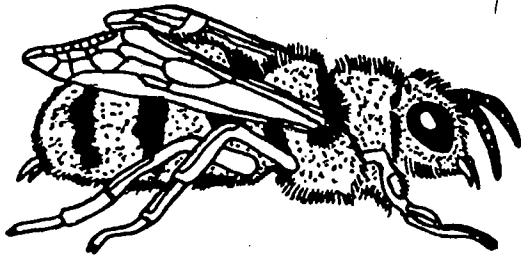
If a dog or other animal bites you,

- Identify the dog or animal. Know where it is.
- Call the police and vet.
- Wash with soap and water. Stop the bleeding and bandage.
- Call the doctor right away.
- Keep in touch with the doctor or the vet.

Try to remember what the animal looks like so you can tell the doctor or police. Sometimes animals get a disease called rabies. If a rabid animal bites a person, they can also get rabies. If a person is bitten by a rabid animal, he must take rabies shots from the doctor.

STINGS AND BITES

Insect bites can sting! In a few people they can also cause allergic reactions such as a rash, or difficulty in breathing. If this happens to you, see



your doctor. Be ready to tell him what type of insect stung you.

If a bee leaves its stinger in you, remove it by scraping gently with your fingernail. Do *not* squeeze. Do *not* pull out. Wash with soap and water. Soothe pain with ice or cold packs.

Always let an adult know if you have had a tick bite. Sometimes tick bites can give people **Rocky Mountain spotted fever**.

If a tick is crawling on you, pick it off. Do not pop it. Wash your hands and any place where the tick crawled on you with soap and water.

If a tick has bitten you, and is holding on, *do not* pull off. Cover it with heavy oil (such as mineral, salad or machine oil, or margarine). When the tick is covered with oil it cannot breathe. The tick may drop off at once; if not allow the oil to remain on for 30 minutes. Then remove with tweezers. Take your time so that all parts will come out. Wash with soap and water.

POISONOUS SNAKE BITES

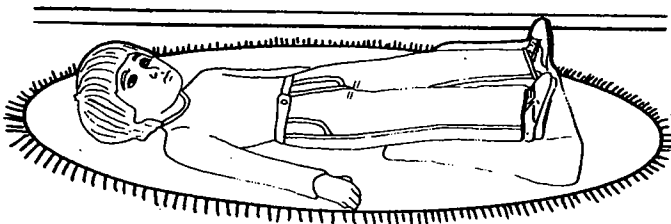
The American Red Cross says: take the victim to an emergency room right away. Keep the victim lying down and as quiet as possible.

DON'T PACK THE BITE IN ICE AS THIS COULD CAUSE TISSUE DAMAGE LATER.

Take the snake to the emergency room too if you're not sure it's poisonous. But, make sure the snake is *dead* first.

FAINTING

Often before a person faints they feel dizzy and weak. They may get very pale. If you feel as if you are going to faint you should either:

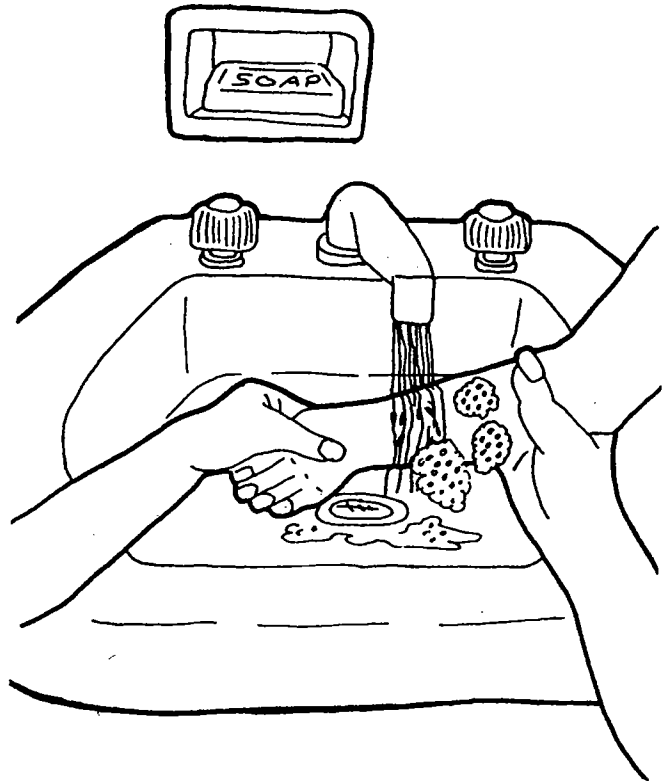


- Lie down and rest for at least 15 minutes, or
 - Bend over with your head at knee level.
- If someone faints, get help.

CUTS AND SCRATCHES

Minor cuts or scratches need first aid too.

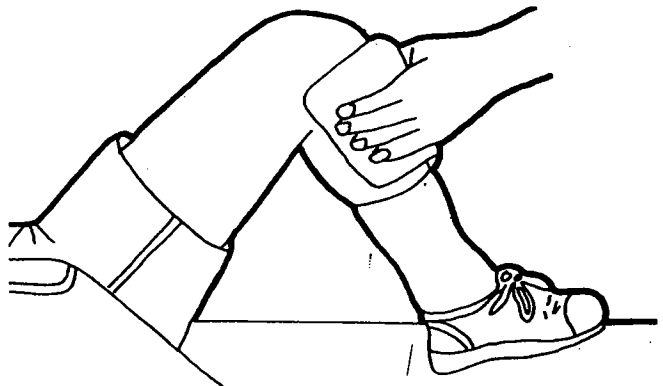
- Wash thoroughly but gently with soap and water. Then cover with a sterile bandage to keep it clean.



- Your doctor may advise home remedies for the care of small wounds.

BRUISES

You can get a bruise when you fall or are hit with something. A bruise is an injury in which the



blood vessels under the skin are broken, causing the area to turn black and blue.

- For minor bruises, immediately apply an ice bag or cloths that have been wrung out in very cold water. *After* a day or so, heat may be applied.

NOSEBLEEDS

Most nosebleeds are easy to stop.

- Squeeze your nose firmly together as though you smelled a skunk; the pressure helps stop the bleeding.



- Sit with your head tilted forward.
- A cold, wet cloth over your nose will help, too.
- After the bleeding has stopped, keep quiet in a sitting position. If the nosebleed does not stop, call a doctor.

POISONINGS

There are many poisons. Small children are often poisoned because they put almost everything they pick up in their mouths. A person who has swallowed poison needs first aid *fast*.



Keep your doctor's number and the Poison Control Center's number (if there is one in your area) so that you can find them in a hurry.

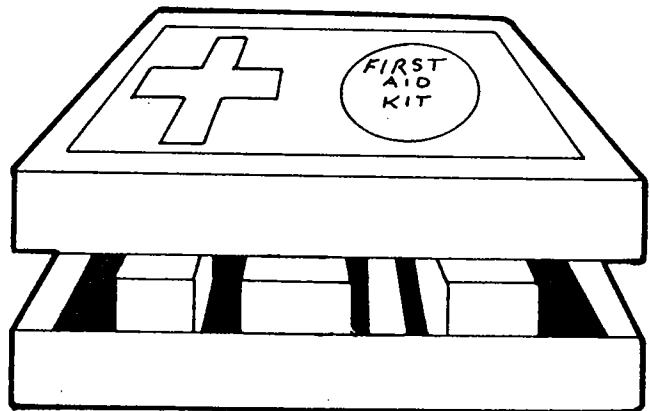
If someone has taken poison, find the box or bottle containing the poison:

- It may help you to tell how much poison was taken.
- The label on the bottle may tell you what to do.
- It can help you to tell the doctor what kind of poison was taken.

FIRST AID KIT

Every home should have a first aid kit with basic supplies for treating emergencies. You should also have first aid kits for your car and for hiking and camping trips. Some of the items you may want to include are:

- Adhesive bandages—various sizes and shapes to cover small cuts and bruises.
- Antiseptics—to clean and disinfect cuts and scratches.
- Sterile cotton—various sizes and shapes—to cover cuts and large skin breaks.
- Adhesive tape—to hold gauze or dressing in place.



You may also include:

- Tweezers
- Thermometer, oral or rectal
- Soap
- Ice-bag
- Tongue Depressors
- Hot water bottle
- Blunt scissors
- Petroleum jelly
- Rubbing alcohol
- Aspirin or equivalent
- Calamine lotion
- Emergency first-aid book

ACTIVITIES OR THINGS TO DO

A. What would you do?

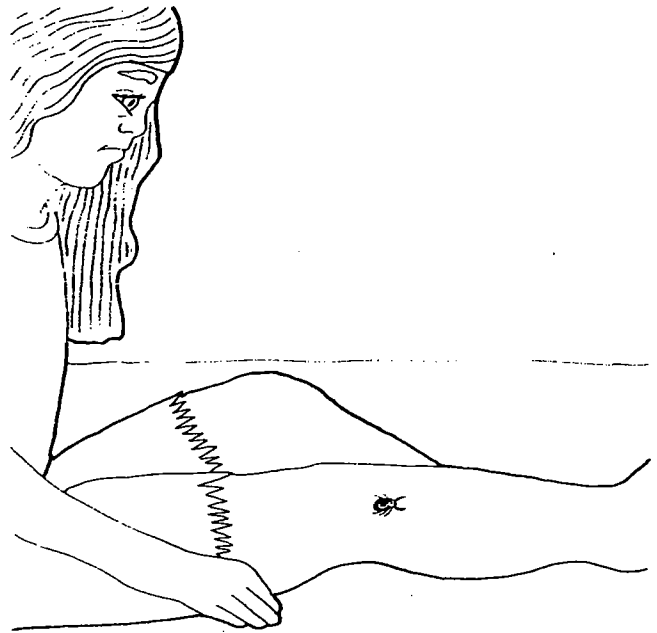
Given the following situations, what first-aid help would you give? Two club members may want to work together and develop the story as they think it might have happened. After the skit the group should decide if the proper first-aid help was given.

- (1) While on your way home from school, you and your friend stop to play with a stray dog. The dog bites you on the leg.
- (2) While cleaning weeds off a vacant lot you step on an old rake. It hits your leg, making a bad bruise.
- (3) You spill hot grease on your finger while helping your mother cook.
- (4) You fall off your bicycle. You think your arm may be broken. Your friend is with you.
- (5) While playing in a field, you step on a rusty nail. Your foot hurts.



- (6) A friend is at your house and develops a nosebleed.
- (7) When taking a pizza out of the oven, you burn your fingers.
- (8) Your grandmother has fallen, and appears to have broken her hip. You are alone with her.

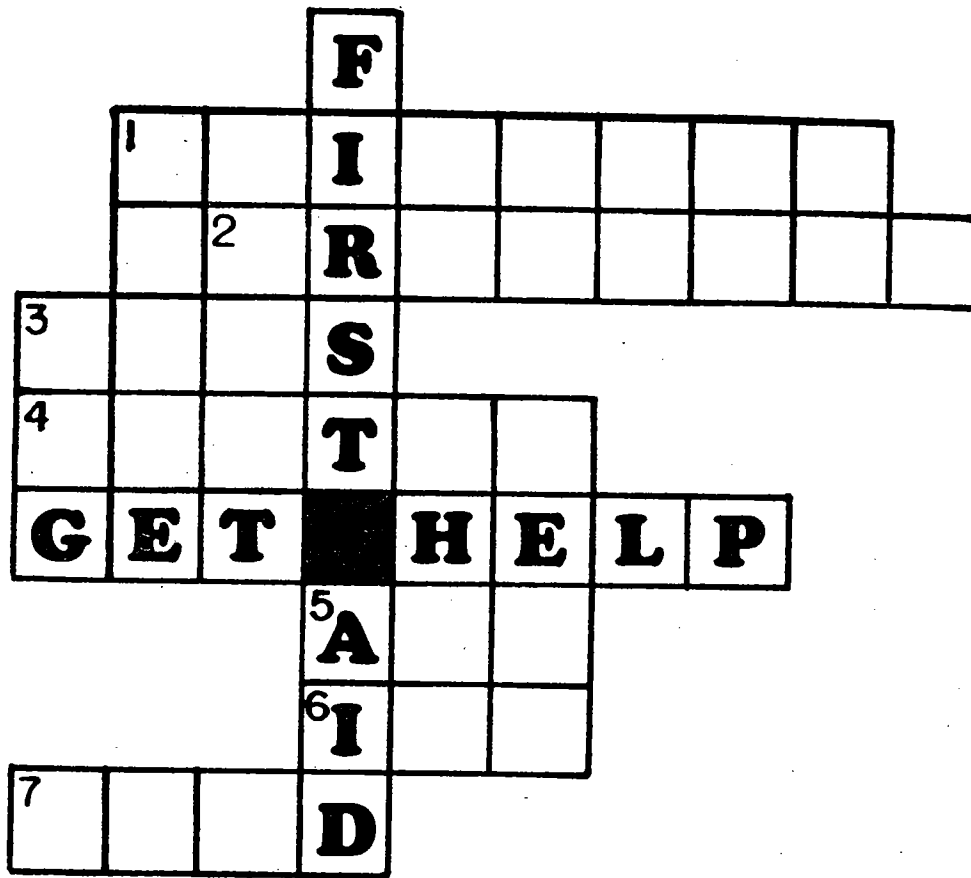
- (9) You find a tick on your leg. You do not know how long it has been there.



- (10) You feel as though you are going to faint.
- (11) Your little sister is stung by a bee. She is crying.
- (12) You are washing dishes when a glass slips out of your soapy hands and breaks into pieces. When you start to pick up the pieces, you cut your thumb.
- (13) You fall off your bicycle and cut your arm. Your arm is bleeding.
- (14) Your little sister is playing in the bedroom. You are talking on the telephone. After you hang up, you discover that she has been eating the pills that your mother takes.

- B. Invite someone who is trained in first aid to come to your 4-H club meeting and discuss any first aid area that your club wants to know more about.
- C. Invite a veterinarian to your club or interview a veterinarian to learn more about immunization for pets and how you should act around strange animals.
- D. Update your first aid kit.
- E. List 2 accidents that have occurred in your home, school or community during the past year.

F. First Aid Puzzle



1. _____ can be lots of fun, but never swim alone.
2. To stop bleeding, apply _____ on the cut or wound.
3. First aid is the _____ help.
4. Do not put _____ on a burn.
5. Accidents can happen when you _____ not careful
6. Put _____ on a bruise.
7. Put a small burn in _____ water. Keep it there until the pain stops.

RESOURCES:

1. American National Red Cross, *Standard First Aid and Emergency Care*, Garden City, N.Y., Doubleday and Company, Inc., 1973.
2. American National Red Cross, *Basic First Aid*, Books 1, 2, 3, 4, Garden City, N.Y., Doubleday and Company, Inc. 1975.
3. Green, Martin, *A Sigh of Relief*, 666 Fifth Avenue, New York, Bantam Books, 1977.
4. *First Aid For Little People*, Consumer Services Johnson and Johnson, Health Care Division, 501 George Street, New Brunswick, N.J. 1976.

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