



# First Aid for Children



## POISONING

Harmful substances and poisons include alcohol, drugs (prescription or non prescription), chemicals (including household cleaning products) and some plants.

- 1** Establish what they have taken, when and how much
- 2** Call 999/112 for an ambulance
- 3** Don't encourage the child to get sick

Useful Number: (01) 809 2166 National Poisons Information Centre



## FEBRILE SEIZURE

The baby or child may arch their back, stiffen their body and have clenched fists. They look red-faced, are hot to touch and sweating.

- 1** Protect the baby or child from injury. Do not restrain them.
- 2** Cool the child by removing outer clothing and ensure there is a flow of fresh air in the room
- 3** When the seizure is over, help the baby or child to rest on their side with their head tilted back.
- 4** If the symptoms continue or it is their first seizure, seek medical advice.



## MINOR BURNS

- 1** Cool the burn under cold running water for at least 10 minutes
- 2** Leave any blisters intact
- 3** Cover with a sterile dressing
- 4** Call 999/112 if necessary



## MENINGITIS

Meningitis is an inflammation of the protective membranes covering the brain and spinal cord and may be caused by infection by a virus or bacteria. It is potentially life threatening and is a medical emergency.

Look out for these symptoms:

Stiff Neck	Soft part of a
Muscle & Joint Pain	baby's head may
Headache	become hard or
High Temperature	bulging
Sensitivity to Light	Rash that does not
Drowsiness	disappear when
High Pitched Cry in babies	pressed with a
	finger/glass

- 1** Seek urgent medical aid by calling 999/112
- 2** Monitor the child closely and reassure