

Community First Aid Reference



Purpose

This guide provides simple, immediate actions for common emergencies before professional medical care is available. It is designed for community use, where quick response can reduce harm and save lives.

First Response Principles

When an emergency occurs:

1. Stay calm
2. Ensure the area is safe
3. Check if the person is responsive
4. Check breathing
5. Call for help or arrange referral
6. Provide basic care

Do not take unnecessary risks.

Emergency Contacts

Fill in for your local area:

- Nearest Health Facility: _____
- Emergency Contact: _____
- Community Health Worker: _____

Bleeding and Wounds

What to Do

- Apply direct pressure using a clean cloth or bandage
- Elevate the injured area if possible
- Keep applying pressure until bleeding stops

What to Avoid

- Do not use dirty materials
- Do not remove objects stuck in wounds

Seek Urgent Care If

- Bleeding does not stop
- Wound is deep or large
- Signs of infection appear

Burns and Scalds

What to Do

- Cool the burn with clean running water for 10–20 minutes
- Cover with a clean, non-stick cloth

What to Avoid

- Do not apply oil, toothpaste, or raw substances
- Do not break blisters

Seek Urgent Care If

- Burn is large or deep
- Face, hands, or joints are affected

Choking

What to Do

- Encourage coughing if the person can breathe
- If severe, give firm back blows between the shoulder blades

What to Avoid

- Do not give food or water
- Do not panic

Seek Urgent Care If

- Person cannot breathe or speak
- Person becomes unconscious

Fainting and Unconsciousness

What to Do

- Lay the person flat
- Raise legs slightly
- Ensure fresh air

What to Avoid

- Do not give food or drink immediately

Seek Urgent Care If

- Person does not regain consciousness quickly
- Breathing is irregular

Fractures and Sprains

What to Do

- Keep the injured area still
- Support with a splint or cloth
- Apply a cold compress if available

What to Avoid

- Do not try to straighten bones

Seek Urgent Care If

- Severe pain or swelling
- Deformity is visible

Fever and Basic Illness

What to Do

- Keep the person hydrated
- Use light clothing
- Allow rest

What to Avoid

- Do not ignore persistent symptoms

Seek Urgent Care If

- Fever is very high
- Lasts more than 2–3 days
- Accompanied by weakness or confusion

Hygiene and Safety

- Wash hands before and after providing care
- Use clean materials whenever possible
- Dispose of waste safely
- Avoid contact with bodily fluids without protection

Notes and Observations

Record:

- What happened

- Actions taken
- Time of response
- Changes in condition

Caregiver Reminder

First aid is about immediate support, not complete treatment. The goal is to stabilize the person and seek further care when needed.

Simple, correct actions make a significant difference.



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