3-Introduction to public health

* Discuss what public health is and the importance of it.
* Public health is an important topic that concerns people of all ages
* Benefits of public health and healthy living
* Better health, low risk of disease, longer life span, more energized

Medicine

* Antibiotics
* When are antibiotics needed and what do they do to help treat infections
* Antibiotics will kill the bacteria in an infection so the body can heal.
* Need to make sure to finish the treatment otherwise some of the resistant bacteria that survived can make you sick and begin the infection again
* Vaccines
* Ask if they know about vaccines and let them know what vaccines do.
* Vaccines give a weak version of the disease so the body’s white blood cells can make antibodies for the disease and be ready if you ever catch the actual disease
* Don’t express an opinion on this as parent’s may view a certain way about vaccines
* Flu
* What is the flu and how to prevent it

Disease prevention

* Be sure to clean and cover open wounds
* Wash hands to avoid spreading germs
* Don’t cough onto others or onto a wound
* Avoid sharing food and drinks with others

First Aid

* Why is First Aid Important - Knowing about first aid is important because it gives you the skills and tools to be able to handle situations where medical help may be necessary and prevent the situation from worsening before a professional can take a look at the situation.
* We will do an activity on first aid for minor injuries, but be sure no matter how small or large an injury may be that you let your parent’s know and they can take you to a doctor if needed. Be sure to understand that first aid is important, but making sure you call for help is the MOST important step to handling the emerge

First Aid Scenarios Activity

* Have one volunteer from the kids act as a doctor and the other as someone who has suffered an injury. The “doctor” will show us what they think they should do in the situation to the patient with the first aid kit. Then we will show them the correct first aid procedure.
* Injuries – Cuts, burns, splinters, bug bites/allergic reactions, choking, nosebleed, sun burn
* The number of scenarios done will depend on time and may vary, but cuts and burns are the main emphasis and will be done in each presentation

First aid activity

1. Cuts
   1. rinse w/ water, remove any debris inside, and apply pressure w/ gauze
   2. if blood soaks through the band aid replace
   3. raise the injured part to slow bleeding
   4. when bleeding stops apply new band-aid
   5. change band aid daily
   6. Let an adult know especially if the cut is deep.
2. Burns
   1. Run cool water through burn until the pain eases. NO ICE
   2. lightly apply a gauze band-aid
   3. remove clothing from burn area
   4. after while apply burn ointment
   5. DO NOT BREAK ANY BLISTERS THAT FORM
   6. IF STARTS PUSSING OR REDNESS INCREASES GET ADULT MAY BE INFECTED
   7. change gauze/ band aid daily
3. Splinters
   1. Clean the area with soap and water.
   2. Using a magnifying glass if needed and a tweezer remove the foreign object
   3. squeeze the wound gently  to remove any germs in the blood
   4. Clean again with soap and water and apply an antibiotic ointment such as neosporin
4. Bug bites/ Allergic Reactions (optional)
   1. Symptoms: itchiness/ red skin/ swelling/ red bumps/etc
   2. What to do: Get an Adult/ Cream
   3. WHAT CAUSES THESE? bug bites/ food/ etc
   4. WHAT TO DO WHEN BIT BY BUG
      1. if stinger is still in get an adult to remove it using a credit card edge/ wash in water and soap/ apply ice to relieve pain and swelling
      2. Try to avoid scratching as it will make the skin more irritated and can cause breaks in the skin which can bleed.
5. Choke (optional)
   1. Universal sign:
   2. DO NOT reach into the mouth and try to get the object out WORST THING TO DO WILL MAKE IT WORSE
   3. What is typically done… What they should do: heimlich, but they should just get an adult/ doctor/ HELP
6. Nose bleed
   1. Who has had a nosebleed before?
   2. If a nosebleed cannot be stopped or is recurrent let an adult know as medical help may be needed
   3. How to prevent?
      1. Avoid nose picking
   4. what to do
      1. sit up lean head slightly forward
      2. pinch soft part of the nose for ~10 min.

1. sun burn (optional)
   1. wh likes the sun?
   2. DANGEROUS BECAUSE OF SKIN CANCER
   3. wear sunscreen when going outside!
   4. when have sunburn drink extra water
   5. apply moistuirzing cream daily
   6. when going outside make sure all sunburn area is covered
   7. get into a cool shower ASAP to help relieve