



**Girl Scouts  
have often  
helped people  
because they  
were prepared  
to act in case  
of an accident.  
They have even  
saved lives.**

—*Junior Girl Scout Handbook,*  
1963

## Junior

# First Aid

**I**t can be scary if someone is sick or hurt, especially during an emergency. But when you've had practice and learned what to do, it's easier to stay calm! Find out how to help people when they're ill or injured and how to respond during an emergency in this badge.

### Steps

1. Learn the first steps to take in an emergency
2. Talk to first responders
3. Make a portable first aid kit
4. Find out how to handle urgent first aid issues
5. Know how to take care of someone who's sick

### Purpose

When I've earned this badge, I'll know how to help people who are sick or hurt.



# Check, Call, Care

It's easier to stay calm in an emergency if you know the clear steps to follow. Here they are:



## Check.

Before rushing to someone's aid, make sure the area is safe. That means there's no heavy traffic, fire, downed power lines, or other dangerous situations nearby.

## Call.

If the area is safe, check the injured person to see what's wrong. Then call

**9 1 1**

or ask an adult for help.

## Care.

Once you've called for help, you can offer to help the injured person by giving first aid.

### *Remember:*

Never put yourself in danger when you're trying to help someone else. For example, don't walk onto a highway, go into the ocean, or run into a burning building. You don't want emergency responders to have to rescue you, too.





## *Epi Pen*

An epinephrine autoinjector—also called EpiPen, Anapen, Twinject, or Jext—is a medical device usually used to treat allergic emergencies. A person may carry one of these injectors because they are allergic to something like nuts or bee stings.

## *Inhaler*

An inhaler—sometimes called a puffer—is a medical device used for quickly getting medicine into the lungs. It is often used by people with asthma, which is a chronic lung condition. Someone with asthma may have their lungs suddenly constrict, or tighten, and feel like they can't breathe. When a person with asthma is feeling uncomfortable, they may inhale deeply from one of these inhalers and hold their breath, giving the medicine time to settle in to the walls of their airways.



**STEP**

# **4** Find out how to handle urgent first aid issues

**Allergic reactions, asthma attacks, snakebites, and accidental poisonings are situations that require quick action. So is choking, one of the most common ways young children are seriously injured. Learn to handle these issues in this step.**

### **CHOICES – DO ONE:**

**With your Junior friends, organize a panel discussion.**

Invite a variety of people, such as doctors, nurses, EMTs, a Red Cross representative, and someone from your local poison control center.

**OR**

**Research situations that require fast action.** Then interview a medical professional, asking questions about what you've learned and what you should know in order to get help.

**OR**

**Go on a field trip to an emergency room.** Ask about situations that require fast action, how the ER staff deals with these issues, and how you can be prepared to help others.

STEP

# 5 Know how to take care of someone who's sick

**When somebody doesn't feel well, you can make them more comfortable by using basic first aid. Find out how to care for people who have common illnesses (cold, fever, flu).**

**CHOICES – DO ONE:**

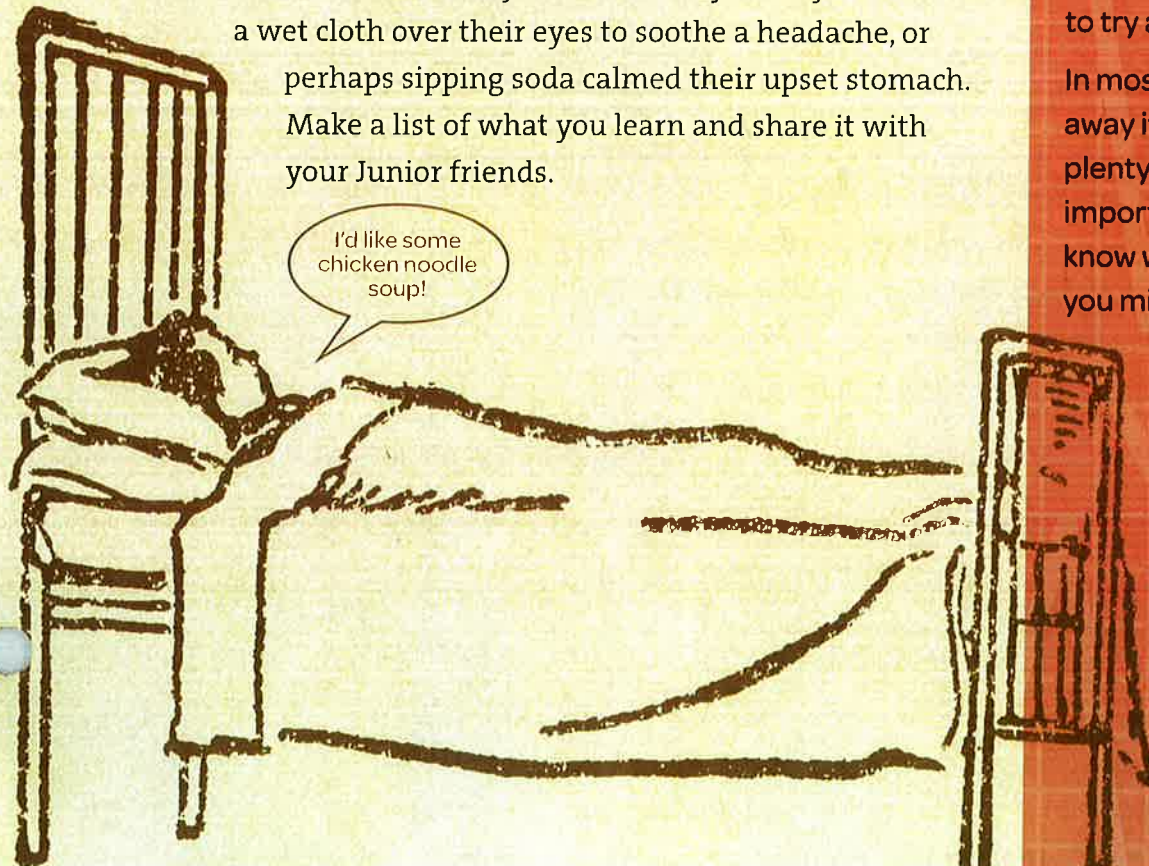
**Read about illnesses and how to treat them.** Get familiar with the symptoms of common illnesses and how to help someone who's sick. Role-play with your friends or family. Assign someone to be the patient and then practice caring for them.

**OR** 

**Visit a medical clinic.** Talk to a doctor or nurse about simple things you can do to help people who are sick.

**OR** 

**Talk to family members and neighbors.** Find out what made them feel better when they were sick. Maybe they wanted a wet cloth over their eyes to soothe a headache, or perhaps sipping soda calmed their upset stomach. Make a list of what you learn and share it with your Junior friends.



## Fevers

A fever is an increase in the body's temperature, usually caused by an infection or illness. A part of your brain called the hypothalamus knows that your body temperature should be around 98.6 degrees Fahrenheit (37° Celsius). It sends messages to the rest of your body to keep your temperature normal.

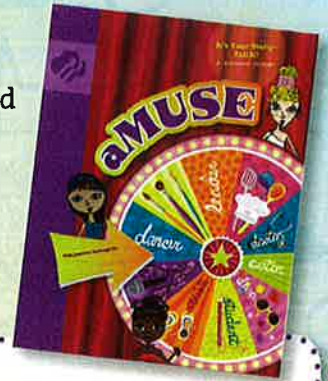
Body temperature can shift slightly during the day—it's often a little lower in the morning and higher at night. But if it goes much higher, it is usually a sign that you're sick. Scientists believe that the hypothalamus tells the body "to turn up the heat" to try and get rid of germs.

In most cases a fever will go away if you rest and drink plenty of fluids. Still, it's important to let your family know whenever you think you might have a fever!



### *Add the Badge to Your Journeys*

Becoming a leader is full of adventures, and it's always best to be prepared for anything that could happen along the way. Your first aid skills will help you live the Girl Scout motto as you Take Action to make the world a better place.



### **Now that I've earned this badge, I can give service by:**

- Making portable first aid kits to be used on hikes and giving them to a Girl Scout camp
- Caring for family or friends who are sick
- Getting help quickly and calmly in an emergency



### *I'm inspired to:*