



First Aid & Safety Tips 4 Kids



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FIRST AID & SAFETY TIPS 4 KIDS :

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FIRST AID & SAFETY TIPS 4 KIDS :



We all know that the best solution for sunburn is prevention:

- **Slip** on a shirt
- **Slop** on sunscreen
- **Slap** on a hat



But when sunburn occurs the following treatments are helpful....

❖ A Natural Treatment for Sunburn

By Jane Sheppard

Although moderate sunshine is healthy, children can easily get too much sun. A safe sunscreen or protective clothing should be used if spending long periods of time in the sun. If your child does get sunburn:

Aloe Vera rubbed on the skin is very healing and soothing. **Use raw aloe Vera gel cut from the whole leaf or aloe products made from a substantial amount of real aloe.**

Give your child a cool (not cold) bath with a few drops of lavender or chamomile essential oils, or gently apply cool, wet compresses to the skin.

To rehydrate the skin, apply a gentle * moisturizing cream. Do not use petroleum-based products since they prevent excess heat and sweat from escaping. Avoid any products that contain benzocaine, which may cause skin irritation or allergy.

Keep your child out of the sun until completely healed. If blisters develop, do not let him or her scratch, pop, or squeeze the blisters. They can easily become infected and cause scarring. However, scarring can be prevented / remedied by squeezing the contents of a vitamin E capsule directly onto the affected area.

Heat exhaustion or heat stroke can be accompanied by sunburn and can happen when kids become very overheated and dehydrated. These conditions are serious. Call the doctor if along with the sunburn, there is an unexplained fever higher than 102 degrees, the skin looks infected, or your child has trouble looking at light. Also call the doctor if your child experiences nausea, vomiting, fainting, delirium, or diarrhea when overheated.

[*Caution: If a moisturizer is used, make sure it does not contain propylene glycol or any form of sodium laurel sulphate. These chemicals are carcinogens and can accumulate in the body and cause cancer.]

❖ Natural First Aid for Summer conditions

Summer brings great opportunity for kids to be outdoors with fun activities. More time outdoors is healthy, but can make children more vulnerable to some hazards – extensive sun exposure, insect bites, poison oak or ivy, and skin exposed to more cuts, abrasions and other injuries. Fortunately, you can protect your child from most dangers without exposing them to more toxic drugs or chemicals.

The most important remedies to have on hand include activated charcoal, aloe vera gel, lavender, tea tree oil, calendula, and black salve.



Activated Charcoal for Insect bites



Activated charcoal is a general detoxifier, and applied to an insect bite, is capable of absorbing large amounts of the offending poison if it can get to it. Activated charcoal is an absorbing agent that comes in capsules or bulk powder.

Externally - wet powder and apply as a poultice for itching, bites, stings, etc. This helps draw out toxins and reduces swelling. **Internally** - use 1-2 capsules (or one teaspoon in a cup of water) every hour or two for problems like diarrhea, intestinal flu, food and chemical poisoning, etc. Charcoal absorbs the poisons that are irritating the bowel. Too much, however, may cause constipation. NOTE: If chemical poisoning is suspected, contact your doctor and poison center hotline immediately.

Aloe Vera



Aloe vera is soothing and healing. It is anti-inflammatory and has an anesthetizing effect on the tissues. Apply generously *externally for poison oak or poison ivy reaction, all types of burns, cuts, abrasions and other injuries. It can be applied directly from the plant by slicing the outer skin of the leaf off and applying the pulp within, to the affected area.*

Aloe vera is also available in the form of jell and cream for external use and liquid form for internal (drinking) use.



Jel inside the leaf

Black Salve – also known as Petro-carbo salve



The historic healer for cuts, burns, and more.

Petro-Carbo Salve is still a must for every home medicine cabinet and first-aid kit. It's safe and effective for healing cuts and burns and relieving sore, irritated skin. Also works well for drawing out splinters.

Black Salve is also called drawing salve. It's used externally to [draw infection, splinters \(splinters\), acne, boils and warts](#). Apply generously and cover with a bandage.

[Insert:] Black Salve Recipe

2 Tablespoons of [Bees Wax](#)

3 Tablespoons [Cocoa Butter](#)

3 Tablespoons [Shea Butter](#) 2 Tablespoons [Jojoba Oil](#)

1 Tablespoon [Vitamin E](#)

1 Tablespoon [Honey Powder](#)

2 Tablespoons Activated Charcoal Powder

3 Tablespoons [Rhassoul Clay](#)

Optional : Herbal Extracts, Essential Oils - depending on what you're using the salve for.

8 [1/2 ounce clear jars](#)

This is the old fashioned salve everyone used to have in the house. What it does best is absorb toxins. The common use for it is to put a glob of it on a bee sting, slivers or a cut. It sucks out the poisons! No home should be without it.

First Step:

Put Bees wax, cocoa butter and shea butter in a small pot and heat. You want to keep it at

180 degree for at least 15 minutes. This is easier than it sounds. Just heat it on medium high until it is melted. Turn off the burner and let it sit. It should still be over 180 in 15 minutes. :)

Second Step:

Add the rest of the ingredients and stir until well blended. The easy place to buy Activated Charcoal is in your local health food store or herbal medicine store. You'll probably have to open a lot of capsules, but it is the stuff you need for this.

Third Step:

Feel free to add any relevant herbal extracts to the formula just before you spoon it in. You want to make sure it is very cooled off before adding any extracts, essential oils, or fragrance.

Lavender Oil



Lavender has strong [antibiotic](#), [analgesic](#), [antiviral](#), [antifungal](#), [antispasmodic](#), and [sedative](#) properties. It is a non-toxic antiseptic and [works well on cuts, wounds, dermatitis, eczema, diaper rash, pimples and burns](#). Lavender repels [mosquitoes](#) and can give relief to bug bites. Apply lavender oil to a minor burn

after plunging it into cold water. Lavender or chamomile essential oils can be added to a bath to soothe a minor sunburn.

Calendula



Calendula

Calendula (*Calendula officinalis*) Marigold, Pot Marigold. Do not confuse calendula with the common garden marigold “*Tagetes Patula*”, sometimes referred to as French or African marigold. Calendula is used externally to promote wound healing and reduce inflammation. It has antiseptic, antibacterial, and antiviral properties. It has a healing effect on cuts, scrapes, bites, stings, bruises, and burns. For a wound-healing compress that is also excellent for burns and stings, use two teaspoonfuls of tincture in one cup of water. Calendula ointment or calendula oil is very versatile and great for scrapes, wounds, skin problems, and burns. It quickly soothes the pain and prevents infection. It relieves the itching and irritation of skin eruptions and diaper rash. It is gentle enough to use on a baby.

Tea Tree Oil



Tea tree oil is renowned for its antifungal and antiseptic qualities. It speeds healing and has a mild analgesic effect, reducing pain and inflammation. Tea tree oil can be used for burns, cuts, rashes, including diaper rash, psoriasis,

eczema, fungal infections, poison ivy, and insect bites. It kills germs that cause acne, warts, and boils and inhibits infection.

Mix 1 teaspoon of tea tree oil with 1/8 cup of a cold-pressed “carrier” oil (sweet almond or similar oil). Apply with a cotton ball directly to the affected area. Apply 1 to 2 drops of tea tree oil undiluted directly to ringworm, athlete’s foot, warts and boils. Do not apply undiluted to the face.



❖ NON TOXIC BUG REPELLANTS

If you find that bugs or insects are feeding on your children, be careful that the toxic “solution” does not put your children at greater health risk than the problem. Many of the bug or insect repellent sprays, lotions or liquids that are used on children to repel ticks, mosquitos or other insects contain Permethrin and/or N,Ndiethyl-m-toluamide, commonly called DEET.

DEET is a toxic compound, partially absorbed into the bloodstream, and associated with dermal and neurological reactions. Several cases of toxic encephalopathy (brain damage) associated with the use of DEET in children have been reported in the medical literature. Generalized seizures have also been temporally associated with the use of DEET.

The Environmental Protection Agency (EPA) made a Re-registration Eligibility Decision (RED) for DEET in late 1998, but with this decision, the EPA will not re-register DEET products marketed specifically at children, claiming them to be misleading. Due to their alcohol base, these low percentage DEET formulas may actually increase absorption into the bloodstream, especially when reapplied frequently to increase effectiveness. The EPA expressed concern about the fact that DEET is widely used, is one of the few registered pesticides applied directly to human skin and is potentially related to seizure incidents. As

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