



The Great Cascadia Zombie Survival Challenge

COVID-19 Edition: First Aid

Step

1 Germs

Our bodies are pretty amazing. Day after day, they work hard—digesting food, pumping blood and oxygen, sending signals from our brains and much more. But there is a group of tiny invaders that can make our bodies sick—they are called germs.

The four major kinds of germs are: bacteria, fungi (FUN-GUY), protozoa, and viruses.

Bacteria are tiny, one-celled creatures that get nutrients from their environments in order to live. In some cases that environment is a human body. Bacteria can reproduce outside of the body or within the body as they cause infections. *Note: not all bacteria are bad, some are necessary for our bodies to function properly.*

Fungi are multi-celled (made of many cells), plant-like organisms. Unlike other plants, fungi cannot

make their own food from soil, water, and air. Instead, fungi get their nutrition from plants, people, and animals. They love to live in damp, warm places, and many fungi are not dangerous in for most people.

Protozoa are one-cell organisms that love moisture and often spread diseases through water. Some protozoa cause intestinal infections that lead to diarrhea, nausea, and belly pain.

Viruses need to be inside living cells to grow and reproduce. Most viruses can't survive very long if they're not inside a living thing like a plant, animal, or person. Whatever a virus lives in is called its host.

Which do you think is causing the COVID-19 pandemic?

Step

2 Psychological First Aid

Some injuries and illnesses are easy to see, others not so much. Disasters (like the COVID-19 pandemic) often cause both symptoms that you can see and some you cannot. Even if you are not feeling the physical symptoms of COVID-19, you might be feeling the mental impact of the pandemic.

Think about how you are feeling right now. Jot down five words that describe your feelings about the pandemic, its impact on you and your household.

There are things you can do to help yourself and the other members of your household.

Consider the 5 Components of Psychological First Aid

- Create a Sense of Safety.
- Create Calm.
- Create Self and Collective Help Mechanisms.
- Create Connection.
- Create Hope.

Have a conversation with your household around the dinner table. Talk with your friends about how they are feeling using the physical distancing method that works best for you. Be a Psychological First Aider!



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3 Basic First Aid

Our Girl Scout motto is “Be Prepared.” Throughout history, Girl Scouts have played a role in first aid from rolling bandages during World War I to volunteering at shelters during natural disasters.

Juliette Gordon Low felt so strongly about the importance of these skills that she made first aid one of the original seven badges. Ever since, it has remained in every version of the Girl Scout handbook.

It is important that you become familiar with basic first aid to help those in your household before the need arises. It may be a scraped knee, a bloody nose, or a cut on a finger.

By knowing basic first aid, you can manage small emergencies without needing to go to the emergency room. This is more important now that our medical teams need to focus on medical emergencies. If it is serious, call 911 or the Emergency Room before seeking medical attention.

Print out the attached First Aid Basics sheets and create your very own tiny book of Basic First Aid. You can staple the cards together or you could punch a hole in the corner to add a piece of string or yarn to create your book. Practice some of the skills on a willing family member or stuffed animal.

Step

4 Household First Aid Kit

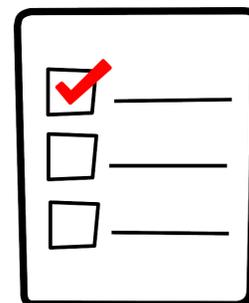
First aid kits are great resources but if you do not check on them on a regular basis, things like over the counter medicines can expire. Make it a practice to check your inventory at least twice a year. Also, if you use supplies in your kit make sure to replace them so you will be ready for the next time.

The Mayo Clinic has a great list of what should be in your household first aid kit.

Compare this list to your household kit. Is anything missing? Do you need to add anything special for a household member

with allergies or other medical conditions? This list is quite extensive and you don't need everything right away. Make a list for your next shopping trip or online supply order. With members of your household, prioritize this list.

Determine dates that you will check your household first aid kit inventory and mark them on your calendar.



First Aid

Sprains and Fractures

If an injured arm or leg begins to swell, roll a magazine or newspaper around it to make a splint. Tie securely using pieces of cloth to keep the limb from moving. You'll also want to make a sling for an injured arm. Tell an adult.

If the limb appears misshapen or bone is showing, call 911, otherwise call an adult to evaluate.

Bee Stings

Use the side of this card to scrape across the area until the stinger comes out. Wash with soap and cold water and apply an ice pack. Tell an adult.

If the person knows that they are allergic or if they are having difficulty breathing, experiencing swelling of the face or tongue, hives, or itching, call 911.

Choking

If the person cannot speak, break, or cough, stand behind them and place the fist of one hand pointing inward just about the bellybutton and place the other hand over the fist to guide it. Thrust inward and upward. Repeat until the object is expelled. This is called the Heimlich Maneuver. Tell an adult.

Call 911 if this does not work or if the person become unresponsive.

Fainting

If a person feels light-headed and looks pale, help them lay down. If possible, elevate their feet and loosen their clothing. Apply a cool cloth to his/her forehead. If the person vomits, roll them on their side to prevent choking. Tell an adult.

Burns (Including Sunburns)

1st degree and 2nd degree burns will cause the skin to redden and possibly blister. Immediately cool the area by running under cool water, then patting dry. Apply a clean bandage without any ointment. Do not pop any blisters. Tell an adult.

Call 911 if the skin appears blackened. That is a sign it is a 3rd degree burn and needs immediate medical attention.

Head Injuries

If the injuring is bleeding, wash and dry the area and apply a clean bandage. For bumps and bangs, sit them down and apply an ice pack for 10 minutes. Tell an adult.

Call 911 if the person is vomiting, loses consciousness, or if the pupils appear uneven, if the person seems confused, or has a severe headache.

Cuts and Abrasions

Wear surgical gloves. If the cut is not deep or just a scrape, wash the area and apply a band-aid. If the cut is deeper, apply direct pressure using a clean cloth or large gauze pad until the bleeding stops, then clean and bandage the area. Tell an adult.

If there is a large amount of blood or you are not able to stop the bleeding, call 911.

Blisters

Never pop a blister. Keep the area clean and protected with a fresh bandage or mole skin. If the area is being rubbed and is raw (from a wearing a new shoe, for example) remove the item touching the blister and cover the blister with a clean bandage or mole skin. Tell an adult.

Keep an eye on the blister for infection. If signs of infection appear, tell an adult.

Nosebleeds

Have the person sit down and lean slightly forward. This keeps the blood from running down his/her throat. Using a tissue, pinch the nose with your thumb and forefinger for five minutes or until the bleeding stops. Tell an adult.