**An Online First Aid Guide for Scouts**

Knowledge is the first line of defense when a family member or child suffers an injury or develops symptoms of an illness. Those initial moments of care can make all the difference between a full recovery and long-term damage. If you have a family, the first responder in most situations will be yourself, your spouse, or even one of your children. Educating your family on basic first aid skills is a great way to bond and make sure that in an emergency, your loved ones will know what steps to take to keep each other safe. We've compiled a list of first aid categories and well-respected sources to help educate your family on basic first aid for nearly every emergency situation.

**Choking**

[First Aid for a Choking Conscious Adult](http://depts.washington.edu/learncpr/chokeconscious.html)

[Choking Prevention and First Aid for Infants and Children](http://www.pspa.md/files/cpr.pdf) (PDF)

**Cuts and Wounds**

[Cuts and Scrapes: First Aid](http://www.mayoclinic.org/first-aid/first-aid-cuts/basics/art-20056711)

[Cuts and Puncture Wounds](http://www.nlm.nih.gov/medlineplus/ency/article/000043.htm)

**Burns**

[First Aid: Burns](http://www.otcguide.net/patient-guides/First-Aid-Minor-Burns)

[Burns Management Guidelines](http://www.vicburns.org.au/initial-management/chemical-burns.html)

[Sunburn Treatment and Prevention](http://stonybrookmedicine.edu/patientcare/sunburn)

**Bruises, Sprains, and Broken Bones**

[OrthoInfo: Wrist Sprains](http://orthoinfo.aaos.org/topic.cfm?topic=a00023)

[M.I.C.E: Treatment for Ankle Sprains](https://www.marshfieldclinic.org/sports-wrap/treating-ankle-sprains)

[First Aid for Sprains and Strains](http://www.healthy.net/scr/article.aspx?Id=1323)

[Broken Bones, Sprains, and Strains](https://www.akronchildrens.org/cms/kidshealth/7f2e5cbddeecf8d6/)

**Bee, Wasp, and Insect Stings**

[U Maine: First Aid for Bee and Insect Stings](http://umaine.edu/publications/2345e/)

[Bug Bites and Stings](http://dermnetnz.org/arthropods/bites.html)

**Animal Bites**

[KidsHealth: Animal Bites](http://kidshealth.org/PageManager.jsp?lic=1&article_set=34029&cat_id=20221#cat20182)

[Bites: Human and Animal](http://www.nhsdirect.wales.nhs.uk/encyclopaedia/b/article/bites%2Chumanandanimal/)

**Food Poisoning**

[Food Poisoning](http://umm.edu/Health/Medical/Ency/Articles/Food-poisoning)

[UNL Food: Food Poisoning](http://food.unl.edu/safety/poisoning)

**Allergic Reactions**

[First Aid for Anaphylaxis](https://www.allergyuk.org/severe-allergy-and-anaphylaxis/first-aid-for-anaphylaxis)

[Poison Ivy, Oak, and Sumac](http://www.firstaidguide.net/poison-ivy-oak-and-sumac/)

[Skin Rashes: Home Treatment](https://myhealth.alberta.ca/health/Pages/conditions.aspx?hwid=tw6850)

[Pet Allergy Treatment & Management](http://www.aaaai.org/conditions-and-treatments/allergies/pet-allergy.aspx)

**Frostbite**

[Frostbite: First Aid and Emergency Treatment](http://www.medindia.net/patients/firstaid_frost_bite.htm)

[Better Health Channel: Frost Bite](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Frostbite)

**Heat Stroke/Exhaustion**

[Heat Exhaustion and Heatstroke](http://familydoctor.org/familydoctor/en/prevention-wellness/staying-healthy/first-aid/heat-exhaustion-an-heatstroke.html)

[HealthyHorns: Heat Exhaustions and Heat Stroke](http://www.healthyhorns.utexas.edu/ht_heatstroke.html)

**Nosebleeds**

[First Aid for Nosebleeds](http://patients.dartmouth-hitchcock.org/anticoagulation/first_aid_nosebleeds.html)

[HealthyChildren: Chronic Nosebleeds: What to Do?](http://www.healthychildren.org/English/health-issues/conditions/ear-nose-throat/pages/Chronic-Nosebleeds-What-To-Do.aspx)

**Splinters**

[Children's Hospital of Philadelphia: Splinters](http://www.chop.edu/healthinfo/splinters.html)

[First Aid: Removing a Splinter](http://www.allkids.org/pediatricsymptomchecker/housecalls3tab_english/healthimages/fa_splinterremoval.htm)

**How to Make a First Aid Kit at Home**

[Red Cross: Anatomy of a First Aid Kit](http://www.redcross.org/prepare/location/home-family/get-kit/anatomy)

[UTMB Health: Build Your Own First Aid Kit](http://www.utmb.edu/pedi/Keeping_Kids_Healthy/BuiildFastFirstAidKit.asp)

[Be Prepared: Create the Kit](http://createthegood.org/firstaid?campaign=firstaid)