

BURNINGS



Cool the skin with cold water or compresses.

If the burn is serious, get medical help.

Apply a moisturising cream.

FRACTURES



Do not move the victim to avoid aggravating the injury.

The fractured area should remain still and not be moved.

Call 112 for immediate help.

DISTENSION



Put the person in a comfortable position.

Apply cold compresses or ice to relieve pain and to reduce swelling.

Seek medical attention to relieve the injury.

ANIMAL BITES

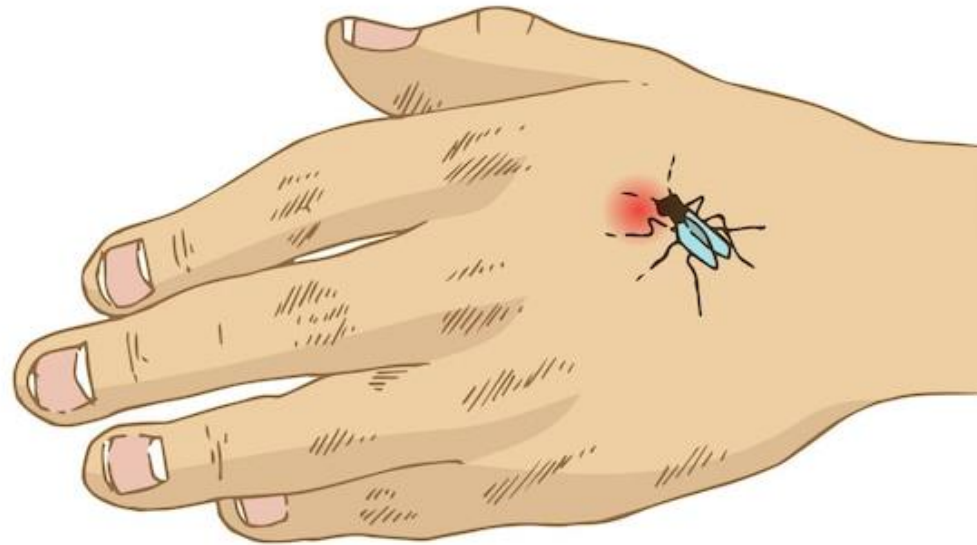


Wash the wound with drinking water or saline solution.

Disinfect the wounded area.

If necessary, apply a dressing to protect the wound.

INSECT BITES



Use tweezers to remove the stinger.

Apply a cold compress or ice to reduce pain and swelling and apply an ointment for allergies.

If the victim has an allergic reaction, call 112.

HAEMORRHAGE (IF MINOR INJURY)



Wash the wound with drinking water or saline solution.

Disinfect the wound with a disinfectant.

If necessary, protect the wound with a bandage.

NOSEBLEED



Press on the upper part of the nose for a while.

If the blood doesn't stop coming out, apply ice to your

Put wet gauze in your nostrils.

HEMATOMA (BLACK NOSE)



Apply cold compresses or ice.

Apply ointment.

If necessary, take anti-inflammatories.