



Summer Safety

Illness or Injury	Signs / Symptoms	First Aid
Severe Allergic Reaction (anaphylactic shock)	Difficulty breathing, nausea, swelling around the eyes, face and neck	Seek medical help immediately. If the person becomes unconscious, keep the airway open and begin cardiopulmonary resuscitation (CPR) if necessary.
Bleeding	Blood may be lost from arteries, veins or capillaries	Stop bleeding by applying direct pressure over wound with a sterile dressing, clean cloth or the victim's hand. If bleeding continues more than five minutes, seek medical treatment.
Fractures / Dislocations	Pain, swelling, deformity of the bone, bruising	Do not forcefully move or straighten the limb. Immobilize area with padded splint made from a board, rolled magazine, etc. Seek medical treatment.
Heat Exhaustion	Moist skin, cramps, headache or light-headedness, body temperature normal or subnormal	Place person in cool room or shade and remove clothing. Have them lie down and cool off with fans or moist cloths. If conscious, give ½ glass of water every 15 minutes as tolerated.
Heat Stroke	An extremely high body temperature and flushed, dry skin	Heat Stroke is a serious medical condition. If the person loses consciousness, monitor breathing and seek medical treatment immediately.

Illness or Injury	Signs / Symptoms	First Aid
<i>Insect Bites and Stings</i>	<i>Welts, swelling and irritation</i>	<i>Scrape off stinger with fingernail or credit card. Don't squeeze. Wash with soap and water. Apply cool compress or cloth. (For severe reaction, see first aid for "severe allergic reaction.")</i>
<i>Sunburn</i>	<i>Persistent mild to moderate pain and redness in affected areas</i>	<i>Get out of the sun. Cover affected area with cool compress, or take a cool shower or bath.</i>
<i>Ticks</i>	<i>May be visible on skin as dark spot</i>	<i>Use tweezers to firmly grasp tick as close to skin as possible. Gently pull it straight out. Avoid squeezing the tick's body. Wash area with soap and water.</i>

**For First Aid or CPR classes visit cpr.heart.org
Poison Control 1-800-222-1222.**

*If a summertime accident or illness happens in your family, visit or call **St. Luke's Urgent Care Centers:***

Arnold

832 Arnold Commons Dr.
636-685-7899

Chesterfield

17421 Chesterfield Airport Rd.
636-685-7720

Creve Coeur

11550 Olive Blvd.
314-542-7690

Des Peres

12304 Manchester Rd.
Des Peres, MO 63131
314-965-6871

Ellisville

233 Clarkson Rd.
636-256-8644

Fenton

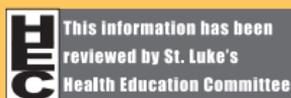
774 Gravois Bluffs Blvd.
Suite A
636-343-5223

Ladue

8857 Ladue Rd.
314-576-8189

O'Fallon

5551 WingHaven® Blvd.
Suite 100
636-695-2500



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