



First Aid

It can be scary if someone is sick or hurt, especially during an emergency. It's even scarier if there are no adults around to help. But when you've learned and practiced what to do, it's easier to stay calm. Find out how to help people when they're ill or injured, if you need to, and how to respond during an emergency by earning this badge.

Steps

1. Learn the first steps to take in an emergency
2. Find out how to handle urgent health situations
3. Talk to first responders
4. Make a portable first aid kit
5. Know how to take care of someone who's sick

Purpose

When I've earned this badge, I'll know how to help people who are sick or hurt.



Step 1: Learn the first steps to take in an emergency

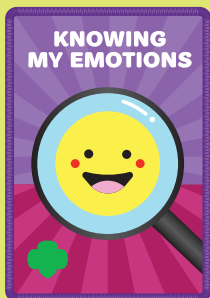
If you're near the scene of an accident or disaster, there are certain steps to follow. The steps are **CHECK-CALL-CARE**. Talk with an adult about how you would follow those steps in an emergency. Then do one of the activities.

Choices—do one:

Make posters. Explain why it's important to use **CHECK-CALL-CARE** in an emergency. Offer to put up the posters at your school, community center, or place of worship.

Create a skit. Make a skit about using **CHECK-CALL-CARE** in an emergency. Perform it for your family, school, or friends.

Make a short video. Create a video with your Junior friends that tells people how to use **CHECK-CALL-CARE** in an emergency. Show it at your school, community center, or place of worship.



Not all wounds are visible. Check out the Girl Scouts Mental Wellness patch program and learn to take care of your mind as well as your body.



One of the most common symbols for medicine is a snake twisted around a rod. The symbol is called the Rod of Asclepius. It is named for the ancient Greek god of medicine and healing.



CHECK-CALL-CARE

It's easier to stay calm in an emergency if you know the clear steps to follow:

CHECK

Before rushing to someone's aid, make sure the area is safe. This means there are no nearby hazards like heavy traffic, fire, or downed power lines. If the area is safe, get consent if possible (make sure the person is okay with you helping them) and check the injured person to see what's wrong.



CALL

Call 911 or ask an adult for help, and find an AED or first aid kit.



CARE

Once you've called for help, you can offer to help the injured person by giving first aid. **ONLY** perform first aid that you're trained to provide.

Remember:

Never put yourself in danger when you're trying to help someone. For example, don't walk onto a highway, go into the ocean, or run into a burning building. You don't want emergency responders to have to rescue you, too.



AED stands for **automated external defibrillator**. An AED is a machine that analyzes someone's heartbeat. It can give the heart an electric shock to restart it if needed.

Step 2: Find out how to handle urgent health situations

Severe, life-threatening allergic reactions (anaphylaxis), asthma attacks, choking, and diabetic emergencies can occur among young people. These situations require quick action. Learn to handle them in this step.

Choices—do one:

.....
Research situations that require fast action. Learn about anaphylaxis, asthma attacks, choking, and diabetic emergencies. Then interview a medical professional. Ask questions about what you've learned and what you should know in order to get help.
.....

Create an informational poster. Research one common health emergency (anaphylaxis, asthma attacks, choking, or diabetic emergencies) and make an informational poster about it. Share your findings with friends or family.
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Tour an emergency room, hospital, or urgent care facility. Take an in-person or virtual tour. Ask about situations that require fast action, how the staff deals with these issues, and how you can be prepared to help others.

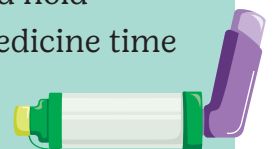
Emergency Treatment for Severe Allergic Reactions



An epinephrine autoinjector—also called EpiPen®, Anapen™, or Jext®—is a medical device usually used to treat severe, life-threatening allergic reactions (anaphylaxis). This device contains medicine that helps to decrease a reaction. If used immediately, its effects can be life-saving. A person may carry one of these injectors because they are allergic to something common, such as nuts or bee stings. In an emergency, they can inject themselves, or someone else can do it for them.

Inhaler

An inhaler is a medical device used to quickly get medicine into the lungs. It's often used by people with asthma, which is a chronic lung condition. Someone with asthma may have their lungs suddenly constrict, or tighten, and feel like they can't breathe. When this happens, the person may breathe deeply from an inhaler and hold their breath, giving the medicine time to settle into the walls of their airways.



Step 3: Talk to first responders

Sick and injured people often get help from a chain of people. First, someone might provide first aid at the scene. Then, first responders show up. After that, sick or injured people are often taken to hospital emergency rooms, where doctors and nurses take over. Find out more about what these people do.

Choices—do one:

Talk to an EMT. Ask an emergency medical technician (EMT) to talk to your troop and show how the equipment in an ambulance works. Find out what you can do to help a sick or injured person until professionals arrive.

First Responders

The first professionals called to the scene of an emergency are called “first responders.” They might be police officers, firefighters, or paramedics. Sometimes other medical professionals, including doctors and nurses, also serve as first responders.



Talk to a firefighter. When someone calls 911, firefighters often arrive first. They don't just fight fires; they also provide first aid when necessary. Interview firefighters about their first aid training and learn how you can help a sick or injured person until professionals arrive.



Tour an emergency room, hospital, or urgent care facility. Take an in-person or virtual tour. Ask staff how they help sick or injured people. Find out what you can do to help a sick or injured person in an emergency.



Step 4: Make a portable first aid kit

A portable first aid kit allows you to treat minor injuries no matter where you are. Make a small kit that you can use away from home.

Choices—do one:

.....
Make a first aid kit that fits in a backpack. Include items that would help you deal with injuries that might happen on a hike, bike ride, or on your way to school.
.....

Make a first aid kit that fits in a car's glove box. Give it to a family member who drives a car or another adult who could use it.
.....

Make an “away from home” first aid kit. Keep it in a sports locker, at a relative's home, or anywhere else you visit regularly.

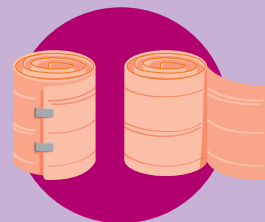
What Goes in a First Aid Kit

Antiseptic wipes for cleaning wounds if soap and running water are not available



Antibiotic ointment: apply a small amount to the bandage if the person is not allergic to the ingredients

Assorted bandages for cuts, scrapes, and wounds



What else would you include?



Step 5: Know how to take care of someone who's sick

When somebody doesn't feel well, you can make them more comfortable by using basic first aid. Find out how to care for people who have common illnesses such as a cold, a fever, or the flu and how to keep yourself safe while doing so.

Choices—do one:

Learn about illnesses and how to treat them safely. Get familiar with the symptoms of common illnesses and learn how to help someone who's sick while keeping yourself safe by wearing a mask and gloves, washing your hands, and taking other safety precautions. Role-play with your friends or family. Assign someone to be the patient and then practice caring for them.

Visit a medical clinic. Talk to a doctor or nurse about simple things you can safely do to help people who are sick.

Talk to family members or people in your community. Find out what makes them feel better when they're sick. Maybe they like to put a wet cloth over their eyes to soothe a headache or sip flat soda when they have an upset stomach. Make a list of what you learn and share it with your Junior friends.



Fever

The normal human body temperature is around 98.6 degrees Fahrenheit. A part of your brain called the hypothalamus sends messages to the rest of your body to keep your temperature normal.

Body temperature can shift slightly during the day—it's often a little lower in the morning and higher at night. But if it goes much higher than normal, it's usually a sign that you're sick. A body temperature over 100.4 degrees Fahrenheit is called a fever. Fever sometimes goes along with other symptoms of illness, such as a runny nose, sore throat, cough, nausea, or vomiting. Scientists believe that fever is the hypothalamus's way of "turning up the heat" to try to get rid of germs.

In most cases, a low fever will go away if you rest and drink plenty of fluids. A high fever in an infant or child, though, is a medical emergency. Call the doctor if:

- An infant under three months old has a fever over 100.4 degrees Fahrenheit
- A child under two years old has a fever over 102.5 degrees Fahrenheit
- An infant or child's fever occurs along with a change in behavior or activity, neck pain, poor feeding/lack of appetite, decreased urination, trouble breathing, abdominal pain, pain with urination, back pain, or a rash



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Volunteer's Guide to the Junior First Aid Badge*

Find tips and ideas to help guide your troop through this badge.

NOTE: Some choices involve visiting facilities or talking to professionals. One facility visit can cover several steps. Also consider combining activities (for instance, tour a facility and then interview someone who works there to satisfy two steps).

Step 1: Learn the first steps to take in an emergency • 30–40 minutes

Ask: What are the first steps you should take to help in an emergency?

Share: In any emergency, the first three steps are CHECK-CALL-CARE. Today we're going to learn about this process—what it means and how it works. Then we'll do an activity to teach others this important information.

Choices—do one:

- **Make posters.** Have each Junior make a poster illustrating and explaining the steps of CHECK-CALL-CARE. Talk about how they can request permission to display the posters at their school, community center, or place of worship.

Materials: poster-size paper (one piece for each Junior); crayons, markers, paints, and other items to decorate posters

- **Create a skit.** Split Juniors into groups of three or four. Have each group come up with a skit about using CHECK-CALL-CARE in an emergency. Ask the groups to perform their skits for the troop.

Materials: none

- **Make a short video.** Have the troop develop a short script for a video about how to use CHECK-CALL-CARE in an emergency. Help Juniors to practice and film the video. Then help them arrange to show it at their school, community center, or place of worship.

Materials: pencils/pens and paper for jotting down script ideas; smartphone, tablet, or other device for recording video

Step 2: Find out how to handle urgent health situations • 30–40 minutes

Ask: Would you know what to do in urgent health situations that sometimes affect young people?

Share: Severe, life-threatening allergic reactions (anaphylaxis), asthma attacks, choking, and diabetic emergencies can occur among young people. They could happen to your friends or schoolmates. It is important to know how to help during these urgent health situations.

Choices—do one:

- **Research situations that require fast action.** Assist Juniors in researching anaphylaxis, asthma attacks, choking, and diabetic emergencies. Guide them to think about where and how they might encounter these emergencies. Then help them to find and interview a medical professional, asking questions about what they've learned and how to help in an emergency.

Materials: computers, smartphones, or tablets for research

- **Create an informational poster.** Split Juniors into four groups. Have each group research one common health emergency (anaphylaxis, asthma attacks, choking, or diabetic emergencies) and create an informational poster about it. Instruct Juniors to share their posters with friends or family.

Materials: computers, smartphones, or tablets for research; poster-size paper (one piece per group); crayons, markers, paints, and other items to decorate posters

- **Tour an emergency room, hospital, or urgent care facility.** Arrange an in-person or virtual visit, depending on what your local healthcare facilities allow, where Juniors can learn about emergency care for injured people. Have them prepare questions in advance about how they can help in an emergency.

Materials: none

Step 3: Talk to first responders • 20–30 minutes

*Detailed choice activities, meeting tools, and additional resources and materials can be found within the Volunteer Toolkit on my.girlscouts.org.

Ask: Do you know what a first responder is? What professionals are considered first responders?

Share: Firefighters, emergency medical technicians, police officers, and sometimes doctors and nurses are called “first responders” because they’re the first professionals called to emergency scenes. What kinds of injuries do they deal with, and how do they do it? Let’s find out!

Choices—do one:

● **Talk to an EMT.** Invite an EMT to a meeting (in person or virtually) to talk about their job and how they help injured people, and to explain how bystanders can help until professionals arrive on the scene.

Materials: none

● **Talk to a firefighter.** Invite a firefighter to a meeting to describe their first aid training and experiences and to discuss how bystanders can help in an emergency.

Materials: none

● **Tour an emergency room, hospital, or urgent care facility in person or virtually.** Arrange an in-person or virtual visit, depending on what your local healthcare facilities allow, where Juniors can learn about emergency care for injured people.

Materials: none

Step 4: Make a portable first aid kit • 20–30 minutes

Ask: Would you have the supplies you need to help if you encountered a medical emergency away from home?

Share: A first aid kit includes the basic supplies to treat minor injuries and health problems. In this activity, you’ll make an on-the-go first aid kit to keep with you at all times.

Choices—do one:

● **Make a first aid kit that fits in a backpack.** Research the basic contents of a first aid kit. Get enough supplies for each Junior to have at least one of each. Have each Junior decorate a small box to use as their first aid kit, making sure to clearly label it with the words “First Aid Kit.” Then, let each Junior gather the appropriate items and arrange them in their box. Instruct them to keep the box in their backpack in case of emergency.

Materials: one small box per Junior; colored pencils, markers, stickers, and other items to decorate boxes; first aid items of your choice

● **Make a kit that fits in a car’s glove box.** Follow the instructions in the first choice to decorate and fill first aid kits, one for each Junior. Instruct Juniors to keep their

kits in a car’s glove box. If they don’t have access to a car, they can donate their first aid kit to someone who does.

Materials: one small box per Junior; colored pencils, markers, stickers, and other items to decorate boxes; first aid items of your choice

● **Make an “away from home” kit.** Follow the instructions in the first choice to decorate and fill first aid kits, one for each Junior. Instruct Juniors to keep the box in a sports locker, at a relative’s home, or anywhere else they visit regularly.

Materials: one small box per Junior; colored pencils, markers, stickers, and other items to decorate boxes; first aid items of your choice

Step 5: Know how to take care of someone who’s sick • 20–30 minutes

Ask: When you feel sick, does someone help you? Would you know how to help someone else who was sick?

Share: When someone doesn’t feel well, you can use basic first aid to help them. Let’s find out how to care for people who have common illnesses such as a cold, a fever, or the flu, and how to keep yourself safe while doing so.

Choices—do one:

● **Learn about illnesses and how to treat them safely.** Help Juniors brainstorm a list of common illnesses, their symptoms, and how they spread, as well as how to keep themselves safe. Show them how to correctly use face masks, medical gloves, and proper hand-washing techniques. Then, have them role-play how they would safely help a sick friend or family member.

Materials: computers, smartphones, or tablets for research; optional safety equipment such as masks and gloves

● **Visit a medical clinic.** Contact a local medical clinic to arrange a visit. Have Juniors talk to a doctor or nurse about simple things they can do to help sick people while keeping themselves safe.

Materials: none

● **Talk to family members or people in your community.** Have each Junior talk to at least one person and find out what makes them feel better when they’re sick. Have them make a list of the things they learn. Then, have each Junior share their list with the troop. Encourage the troop to talk about similarities and differences between the lists, and discuss how they might care for a sick person.

Materials: paper; pens and pencils

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