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Or contact your local doctor or visit the emergency department of your nearest hospital.
For non-urgent medical advice, call **13 HEALTH (13 43 25 84)** to speak to a registered nurse 24 hours a day, seven days a week for the cost of a local call.

Ambulance, fire, police **Call Triple Zero (000)**
Deaf or hearing/speech impaired emergency number **106**
Poisons helpline **13 11 26**

 In an emergency, always call 000 immediately.

Would you like more information about snake bites and first aid?
Go to www.childrens.health.qld.gov.au and search:  bites and stings



Snake bites

First aid for infants and children

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Snake bites first aid

Pressure-immobilisation

Aim: Prevent further absorption of venom from the bite or sting site during transport to hospital.

Use pressure-immobilisation ONLY for:

- ✓ All Australian snake bites, including sea snakes
- ✓ Funnel-web spider bites
- ✓ Blue-ringed octopus bites
- ✓ Cone shell stings.

DO NOT use pressure-immobilisation for:

- ✗ Spider bites (other than from a funnel-web spider)
- ✗ Jellyfish stings
- ✗ Stonefish and other fish stings
- ✗ Bites by scorpions, centipedes, beetles.



First call 000 for an ambulance.

Head or neck

1. **Call 000 for an ambulance.**
2. No first aid for bitten or stung area.
3. **Keep the patient still.** Have the patient taken immediately by ambulance to the emergency department of the nearest hospital.

Trunk (torso)

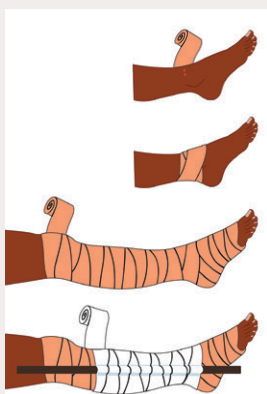
1. **Call 000 for an ambulance.**
2. If possible apply firm pressure over the bitten or stung area. **DO NOT** restrict chest movement.
3. **Keep the patient still.** Have the patient taken immediately by ambulance to the emergency department of the nearest hospital.

Hand or forearm

1. **Call 000 for an ambulance.**
2. Bandage as much of the arm as possible, starting at the fingers.
3. Use a splint to the elbow.
4. Use a sling to immobilise the arm.
5. **Keep the patient still.** Lie the patient down to prevent walking or moving around. Have the patient taken immediately by ambulance to the emergency department of the nearest hospital.

Lower limb

1. **Call 000 for an ambulance.**
2. Apply a broad pressure bandage over the bite site as soon as possible. Crepe bandages are ideal, but any flexible material may be used. Clothing, towels, etc. may be torn into strips. Pantyhose can be used.
3. **DO NOT** take clothing off as the movement of doing so will promote the movement of venom into the bloodstream. Keep the patient (and the bitten or stung limb) still.
4. Bandage upwards from the lower portion of the bitten or stung limb. Even though a little venom may be squeezed upwards, the bandage will be more comfortable, and therefore can be left in place for longer if required.
5. The bandage should be as tight as you would apply to a sprained ankle.
6. Extend the bandage as high as possible up the limb.
7. Apply a splint to the leg. Any rigid object may be used as a splint, e.g. spade, piece of wood or tree branch, rolled up newspapers.
8. Bind it firmly to as much of the leg as possible.
9. **Keep the patient still.** Lie the patient down to prevent walking or moving around. Have the patient taken immediately by ambulance to the emergency department of the nearest hospital.





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Would you like more information about burns prevention and first aid?
Go to www.childrens.health.qld.gov.au and search: **burns first aid**



Burns

First aid for infants and children



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Burns first aid

Every year in Queensland about 1,500 children are hospitalised with a burn injury.

Burns can be caused in many different ways such as hot liquid (tea, coffee, instant noodles), hot objects (ovens and BBQs), chemicals, campfires, electricity, friction and even sunburn. Burns are very painful, and deep burns will heal with scars which require ongoing surgery and rehabilitation therapy for many years.

Providing the right first aid as quickly as possible is vital. It helps to:






- Relieve pain
- Decrease cell and skin damage
- Improve wound healing and scar formation.

Research has proven that placing a burn under **cool running water for 20 minutes** is the most effective first aid for burns. Furthermore, treatment with cool running water is still beneficial up to three hours after a burn injury has occurred.

Tips for preventing burns

- ✓ Use cups with secure lids for hot drinks/soups.
- ✓ Turn the handles of the pots and kettles inwards and away from the edge so they are out of reach.
- ✓ Place cups and dishes of hot foods and drinks away from the edges of tables and benches.
- ✗ **DO NOT** use tablecloths when young children are around.
- ✗ **DO NOT** hug or hold children when having hot food or drinks.
- ✓ Always supervise children around hot objects such as irons, oven doors, BBQs, hair straighteners, heaters and exhaust pipes.
- ✓ Always check the water temperature before children get into the bath or shower.
- ✓ Keep flammable liquids such as petrol locked away.
- ✓ When camping, always extinguish your fire with water, not sand.

The steps to follow when someone is burned:

1. Stop	If clothing is on fire, remember to STOP, DROP and ROLL the person to put the fire out.	
2. Remove	Quickly remove any clothing and jewellery from the burned area. If the clothes are stuck to the skin, DO NOT remove them and DO NOT pop any blisters. It's important to remove clothing and jewellery because they can trap heat onto the skin and can restrict blood flow to the area if it starts to swell.	
3. Cool	Immediately treat the area with cool running water (e.g. from a cold tap) for 20 minutes . During this time, only apply the water to the burned area. Keep the patient warm with a blanket or by holding the child so that only the burned area is under the water and your body heat is keeping the rest of them warm.	 
4. Cover	Use cling wrap or a clean cloth to cover and protect the burned area. ✗ DO NOT use ice, creams, oil or other substances. They will not help the wound to heal and they may cause infection or more damage. They will also interfere with examination by the doctor.	



Seek medical attention for all children's burns by calling 000 for an ambulance or going to your nearest hospital.



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Would you like more information about seizures and first aid?
Go to www.childrens.health.qld.gov.au and search: **seizures first aid**  **infant seizures** 



Seizures

First aid for infants and children

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Seizures first aid

Seizures, fits or convulsions in children can be caused by a range of conditions including fever, head injuries and epilepsy.

Whatever the cause, there are some steps you can follow to care for your child during and immediately after the seizure.

Seeing your child have a seizure can be a very distressing experience for parents/carers, but you must try to remain calm.

Common signs and symptoms

One or more of the following:

- Confusion
- Loss of consciousness (blackout)
- Trouble breathing
- Stiffness or jerking of arms and legs
- Eyes rolling back
- Head arching back.



Call an ambulance on 000 as soon as a seizure starts.

During the seizure

Do:

- ✓ Remain calm.
- ✓ Stay with your child.
- ✓ Move your child to a safe position on the floor/ground and take away any sharp objects that could hurt them.
- ✓ If your child is on the ground, put something soft under their head and loosen anything that is tight around their neck.
- ✓ Note the time the seizure starts and what happens to your child during the seizure, so you can tell the ambulance officers and doctors.

Do NOT:

- ✗ Restrain your child.
- ✗ Put anything in your child's mouth.
- ✗ Give your child any food or drink.

Care immediately after a seizure

Do:

- ✓ Roll your child onto their side when the convulsion is over.
- ✓ Talk to your child calmly until they have fully recovered or help arrives.

Seizure care is taught in first aid courses.

Completing a first aid course may help you feel more comfortable with knowing what to do if you witness another convulsion in the future.



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Would you like more information about poisoning prevention and first aid?
Go to www.poisonsinfo.health.qld.gov.au or call the poisons helpline on **13 11 26**.



Poisons

First aid for infants and children

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Poisons first aid

Signs and symptoms of poisoning

- Burns, redness or blisters around the mouth and lips, from drinking certain poisons
- Burns, stains and odours on the child or their clothing, or on furniture, the floor, rugs or other objects in the surrounding area
- Empty medication bottles or evidence of pills
- Vomiting, difficulty breathing, sleepiness, confusion or other unusual signs.

Poisoning prevention

- ✓ Store all medicines and chemicals out of reach and out of sight of children (at least 1.5m high), in a locked or child-resistant cupboard.
- ✓ Keep poisons in their original containers. Never transfer poison to drink or food containers.
- ✗ **DO NOT** leave medications on a bedside table.
- ✓ Always store medicines separately from household cleaning products.
- ✓ Only buy household products and medicines in child-resistant packaging. Check that the child-resistant closure is working correctly. You may need to clean around the neck of the container.
- ✓ Place empty medicine or cleaning bottles into an outside bin immediately – many poisonings occur when children access containers from the kitchen bin.
- ✓ Take extra care to supervise children when visiting other households and businesses – they may not have medicines or other poisons stored safely.
- ✓ Be aware of the plants in your garden and remove any that are known to be poisonous. Look out for mushrooms and other fungi, especially after rain.



If a child has collapsed or is not breathing, always call 000 first.

Only ring the Queensland Poisons Information Centre (on **13 11 26**) once the ambulance is on the way.

If you think a child has been poisoned, call 13 11 26 immediately.

DO NOT wait for symptoms to occur. Immediate first aid is very important in a poisoning emergency.

Swallowed poison

1. Wipe or rinse the child's mouth and face.
2. **DO NOT** try to make the child vomit.
3. **Call 13 11 26**

Poison in the eye

1. Gently flood the child's eye with water from a slowly running tap, or a cup or jug.
2. Continue to flush their eye for 10–15 minutes, holding their eyelid open.
3. **Call 13 11 26**

Poison on skin

1. Remove the child's contaminated clothing, taking care to avoid contact with the poison.
2. Flood skin with cool running water.
3. Wash gently with soap and water and rinse well.
4. **Call 13 11 26**

Inhaled poison

1. Immediately get the child to fresh air, without placing yourself at risk.
2. Avoid breathing fumes.
3. If it is safe to do so, open doors and windows wide.
4. **Call 13 11 26**



13 11 26

Poisons Information Centre – 24-hour helpline

IMPORTANT: If it is safe to do so, it helps to have the container with you when you call the Poisons Information Centre. You may be asked for the name and any ingredients.

Calls to the Queensland Poisons Information Centre are answered by pharmacists specially trained in toxicology and the provision of poisons information. Centre staff can determine whether medical attention is needed and provide first aid advice, as well as offer poisoning prevention information.