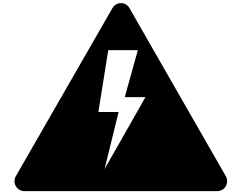


WHAT TO DO IF I AM HURT

1. Check for additional dangers (falling objects, live wires, broken glass)

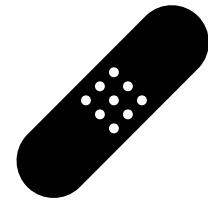


**2. If possible, call an emergency number
OR**

3. Let a nearby adult know that you are injured. If it is a severe injury or you cannot move, call out for help, or repeatedly tap on a nearby object to gain someone's attention



4. If you are bleeding, if possible, find a clean cloth to cover the wound and apply pressure to stop the bleeding



5. If you have a burn, if possible, rinse the burned area with cool water for 15 minutes, then cover with a clean cloth



6. If you have a broken bone, gently place the bone between two non-flexible objects (wood) and tie in place with a clean cloth



7. Find a safe area to wait for help

