

## **FIRST AID NOTES**

### **SOME SUGGESTIONS TO ASSIST OUR OVERWORKED FIRST AID STAFF:**

Please re-read page #8 of the Chaperones Instructions. Be absolutely sure you have a valid medical release (permission slip) for every Daughter. See that it states clearly any allergies and medical problems. **Reduce a copy of each daughter's permission slip and put it in her registration badge holder.** If a Daughter is taking prescription medication, make sure she brings an adequate supply.

A quick scan of the First Aid roster reveals a very high percentage of cases of headache, menstrual discomfort, skinned knees and hands, stomach upset, dehydration, blisters, sunburns and exhaustion. The best measures are **preventative!** Try to ensure adequate rest and fluids, proper nutrition and limited sun bathing. **DO A LITTLE MOTHERING**. Be prepared for the minor problems and mishaps. You wouldn't consider an office visit to a physician for these problems at home.

May we suggest that you bring along: Tylenol, ibuprofen, and antiseptic spray (Bactine), mild antacids (Maalox or Pepto Bismol), adequate sun screen, band aids, sanitary protections, cough drops, safety pins, needle and thread. Although some brand names are used in this list, they are used as examples only. Comparable item can be used just as effectively.

Another suggestion from the **First Aid Staff**: if a Daughter is not feeling well before leaving home **don't bring her**. She will more than likely get worse rather than better.