

Health education booklet

Cuts

Bleeding can usually be stopped by applying pressure to the cut for 2 or 3 minutes. The cut can then be carefully inspected. If it has bled freely, any germs will normally have been washed away by the blood.

Apply a plaster dressing firmly, bringing the edges of the cut together so that it knits quickly. Keep dry for 1 to 3 days. If the cut is deep and the edges cannot be pulled together with a dressing, consult the doctor or practice nurse. A tetanus injection may be needed.

Grazes

Dirt will often enter a graze caused by falling on a hard or rough surface. It must be cleaned out carefully.

After cleaning, leave the graze uncovered. Exposure to the air will cause a scab to form. This will gradually dry and fall off. It is not a good idea to apply a dressing. This may stick to the graze or make it infected.

Bruises

Bruises are very common in children. They normally get better in 7 to 10 days. Parents sometimes worry that a bone may be broken. Children's bones are rubbery and rarely break, but if in doubt consult the doctor.

If a child gets up at once after a fall and moves about normally, it is unlikely that a bone has been broken. But the child may be stiff the next day because of the bruising which has occurred.

Severe bruising can be treated by rest for 24 to 48 hours. In the case of a badly bruised leg, the limb should be raised. Lying in bed is the easiest way to do this.

A cold compress may ease a bad bruise if applied at once. This is made by soaking some material in water and applying it to the bruise.

Bruises on the head may cause anxiety. If the patient was not "knocked out" and can remember the accident, it is unlikely that serious injury has resulted.

But if the patient was knocked unconscious and cannot remember what happened, he or she should be taken to a hospital Casualty Department.

Insect Bites

These are common in the summer. They look like spots about 5mm across. They are very itchy and usually appear on exposed parts, e.g. arms and legs.

The itching can be relieved by calamine lotion.

Burns and Scalds

Minor burns and scalds cause redness of the skin. Immediate treatment by pouring cold water over a burn is often helpful. If burns cause severe blistering or break the skin, the doctor should be consulted.

Sunburn should, if possible, be prevented by avoiding long exposure and covering exposed areas adequately. It may be treated by calamine lotion and soluble aspirin to relieve the pain.

Glossary

tetanus n.

calamine lotion n.

Question 1 – 4. Word use

Decide which of the following choices is closest in meaning to the underlined word in the sentence and write down the corresponding letter.

1. Dirt will often enter a graze caused by falling on a hard or rough surface.

- A. soft
- B. uneven
- C. high

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2. But the child may be stiff the next day because of the bruising which has occurred.

- A. difficult to bend
- B. difficult to move
- C. difficult to jump

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3. But if the patient was knocked unconscious and cannot remember what happened, he or she should be taken to a hospital Casualty Department.

- A. a place for people who have died
- B. a place for people who have had an accident
- C. a place for people who need an operation

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4. It may be treated by calamine lotion and soluble aspirin to relieve the pain.

- A. lessen
- B. cure
- C. change

Question 5 – 13. Classification

Look at the following list of injury-treating instructions or symptoms and use the information in the passage to answer the questions. Write

- A. if it is for treating cuts;
 - B. if it is for treating grazes;
 - C. if it is for treating bruises;
 - D. if it is for treating insect bites;
 - E. if it is for treating burns and scalds.
5. The injury needs to be left open and exposed to the air.
 6. You may use some special lotion to ease the itching.
 7. Some pressure on the injury can usually stop the bleeding.
 8. Materials soaked in cold water may help if applied immediately.
 9. Ask the doctor for advice if a dressing does not work.
 10. The skin may appear red because of the injury.
 11. It is unlikely to be a serious problem if the person can remember what happened.
 12. You will have to stop the bleeding before you check the injury.
 13. You'd better rest for one day or two when the injury is serious.

Question 14 – 20. Short-Answer Questions

Refer to the passage and answer the following questions with NO MORE THAN THREE WORDS taken from the passage.

14. What can you do to the cut to stop the bleeding quickly?
15. When the cut bleeds freely, what may be brought out by the blood?
16. What may cause a graze to become infected?
17. What types of people are likely to get bruises?
18. When may a child feel uncomfortable because of a bruise he or she gets after a fall?
19. What is the easy way suggested to treat a badly bruised leg?
20. Where could the injury be if anxiety is a symptom?