

Reading

Do the first-aid quiz. As you read the options, try to work out the meaning of the **highlighted** words and phrases.

MEDICAL MYTHS OR FIRST-AID FACTS?

First aid can help treat a minor injury, or even save a life in a medical emergency. However, it's important to know what **NOT** to do. Sometimes, incorrect first aid can actually be more harmful than helpful. So how useful is the advice you've heard? Do our quiz to find out.

For each question, decide which answers are myths (M) and which are facts (F).



- 1 What's the first thing you should put on a burn?
- a ☐ butter
 - b ☐ cool **running water**
 - c ☐ an ice pack



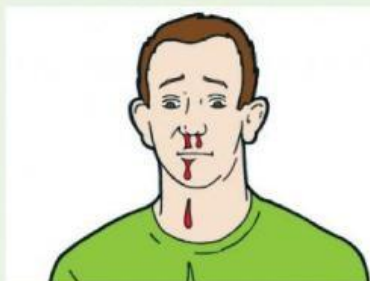
- 2 How should you treat a sprained ankle?
- a ☐ put a hot, **damp cloth** on the ankle
 - b ☐ put an ice pack on the ankle
 - c ☐ put the leg up, e.g. on a chair



- 3 What's the best thing to do for someone with hypothermia?
- a ☐ **rub** their arms and legs to warm them up
 - b ☐ give them a brandy or a hot coffee
 - c ☐ cover them in something warm, e.g. a coat or a blanket



- 4 What's the first thing to do if someone is choking?
- a ☐ stand behind them and **press** their stomach inwards
 - b ☐ make them continue to cough hard
 - c ☐ hit them hard on the back



- 5 What's the best way to stop a nosebleed?
- a ☐ **tip** your head forwards
 - b ☐ **pinch** the soft part of your nose
 - c ☐ tip your head backwards



- 6 After you have cleaned a bad cut, what should you do...?
- a ☐ put on a **bandage**
 - b ☐ put on antiseptic cream
 - c ☐ leave it open to the air