



# First Aid



## Lesson 4 Blisters



A blister can come from you touching something hot (like a stove or candle) or from something hot touching you (like when you get a sunburn!) It can also happen to your skin if you rub on something too long (maybe this boy's shoe was too loose while he walked or he forgot to wear his socks! Ouch!!)

A blister can even happen quickly just by rubbing against something hard, like falling on a street or down the stairs. Look again at Lesson 1. In these pictures who may get a blister?

Whatever way a blister comes, you must be careful with it, and take care of it, or it will break open and start really hurting!



### DO THIS FIRST:

► Don't let anything rub a blister. Take off (or move back) shoe and sock, glove, hat, or whatever may be touching it.

► Be sure that the area around the hurt is clean and that the blister has not already broken (should not look wet.)

### DO THIS NEXT:

► If the blister is on a place that may get rubbed (like a toe or heel, elbow or hand) you need to protect it. A Band-Aid is ok, but don't let it stick to the sore (the soft pad should only touch it.)

► Sometimes a blister may need to be 'popped'. But don't do that yourself! Ask an adult or older friend to look at it first and then help you with it. Serious harm can be caused if not done with a clean pin or blade, and if not properly covered afterwards. This is why you NEVER just POP a blister!! You want it to heal quickly - not be sore for a long time and maybe even leave a scar.



Recite your new Bible memory verse, **Psalms 147:3** “**He healeth the broken in heart, and bindeth up their wounds.**” Try to learn it completely this week. (Also, you should know very well by now **Proverbs 3:23**) And when is “Wipe - Height - Ice” used as a First Aid response?