

Hi Juniors! Complete this guide while you watch Twig's first aid video. :)

Strokes

What is a Stroke?

Think

F: _____

Question: _____

A: _____

Question: _____

S: _____

Question: _____

T: _____

Heat Stroke, Hypothermia, and Frostbite

What three things should you do to help someone with heat stroke?

1) _____

2) _____

3) _____

Hyper means _____

Hypo means _____

What three things should you do to help someone with hypothermia?

1) _____

2) _____

3) _____

Frostbite occurs when: _____

Nosebleeds

What should you do when you have a nosebleed?

1) _____

2) _____