FIRST AID

YES Ice wrapped in a towel (do not apply ice directly to the skin).  

FALLS AND BRUISING

NO Do not move the child if he or she is in a lot of pain.

YES Ice wrapped in a towel (do not apply ice directly to the skin). Call your paediatrician.

HEAD INJURY

NO Do not give any medicine.

YES Wash with water and disinfect. Cover with a gauze or plaster.

CUTS AND WOUNDS

NO Do not apply alcohol, cream, or cotton wool.

YES Lean the head forwards. Pinch the nose with your fingers for 10 minutes.

NOSEBLEEDS

NO Do not lean the head backwards. Do not put any cotton wool or cloth in the nose.

YES Cold running water.

BURNS

NO Do not remove clothing or metal items stuck to the skin. Do not use ice, creams or other substances.

YES Call the Poison Prevention Centre (Centro Anti Veleni):  

POISONING

NO Do not give the child any food, water or milk. Do not make the child vomit.

Bergamo Tel. 800883300  

Centro Anti Veleni  

Milan Tel. 02 66101029  

Pavia Tel. 0382 24444

YES Encourage the child to cough. Paediatric procedure to remove airway obstructions.

SUFFOCATION

NO Do not use your fingers to remove the object from the throat. Do not place the child head downwards.

YES Call 118 if the object is larger than 2.5 cm, if it is sharp or toxic (e.g. batteries).

FOREIGN BODY INGESTION

NO Do not make the child vomit.

YES Open the windows, leave the room, call 118.

SMOKE OR GAS INHALATION

NO Do not switch on lights, switches or mobile phones.

YES Disconnect the power supply, use an item made of wood or plastic to remove the child. Call 118.

ELECTRIC SHOCKS

NO Do not touch the child while he or she is still in contact with the power supply, you will also get an electric shock!

YES Call 118. Lay the child on his or her side if still breathing.

DROWNING

NO Do not make the child vomit, do not attempt any procedure to remove airway obstructions.

USEFUL NUMBERS

ACCIDENT AND EMERGENCY 118  

FIRE BRIGADE 115  

CARABINIERI 112  

POLICE 113