

Myth 1:

“If your child is choking, put your fingers in their mouth or hang them upside down by their feet.”

- This is what most parents do with children under eight. However, putting fingers in the mouth will cause vomiting or injure the child's throat.
- Hanging a child upside down is not an efficient method for treating choking. It can cause head trauma if the child falls down.

Fact 1:

- Stand behind your child and give up to five back blows. Check the mouth after each one and remove any obstruction. If the obstruction is not clear give up to five abdominal thrusts.
- If the obstruction is still present after three cycles of back blows and abdominal thrusts, dial 140 for Red Cross and resuscitate, if necessary.

Myth 2:

“The best thing to put on a burn is butter”

- Some parents treat burns by applying butter or ice.
- Butter on a burn is completely ineffective, and ice can make a cold burn on top of the hot one.

Fact 2:

- Put the burned part under cold running water for ten minutes to decrease pain then cover it with a clean cloth or tissue to decrease the risk of infection and allow cooling.
- Seek Medical advice for medication or a burn ointment prescription.

Myth 3:

“Treat a nosebleed by tilting the head back and pinching the nose”

- Tilting the head back will push the blood into the throat and probably into the stomach which can cause vomiting.

Fact 3:

- Let the person sit down and pinch the tip of the nose.
- Discourage him/her from coughing and swallowing until the bleeding stops.
- Provide a basin to catch any blood.

Myth 4:

“Remove an object embedded in a wound as soon as possible”

- The object in the wound can obstruct extra blood seepage from the wound, so pulling it out can cause a major hemorrhage.

Fact 4:

- Your main purpose is to make a 'bridge' over the object while keeping pressure on the wound
- Cover both sides of the object, and then apply a bandage without pressing on the object.
- Call the Red Cross for help.