

BROWNIE BADGES TO DO AT HOME



Brownie First Aid

If someone was sick or hurt, would you know how to help? In this badge, you'll find out what to do in an emergency, from calling 911 to using first aid to treat minor injuries. When the unexpected happens, you'll be prepared!

Steps

1. Find out how to get help from 911
2. Talk to someone who treats injured people
3. Make a first aid kit
4. Learn how to treat minor injuries
5. Know how to prevent and treat outdoor injuries

Purpose

When I've earned this badge, I'll know how to get help in an emergency and treat minor injuries.

To earn this badge, please complete one option per step.

STEPS	BADGE REQUIREMENTS	OPTION 1	OPTION 2	OPTION 3
Step 1	Find out how to get help from 911.	Role-play 911. Ask an adult to write different emergency situations on slips of paper and put them in a jar. Take turns acting out a call to 911 based on the information on the paper.	Practice 911 with a family member. Take turns pretending to make calls to 911. One of you will play the role of the caller and the other the operator.	Get advice from an expert. Look online for info from a first responder like a police officer or firefighter or EMT.
Step 2	Talk to someone who treats injured people.	Look online for info/advice from a medical professional like a doctor, nurse or EMT.	Look for videos of medical professionals giving advice on how to prevent and treat common injuries with kids.	Take a virtual tour of a fire station.
Step 3	Make a first aid kit.	Make a first aid kit for your home. This should include bandages, thermometer, antiseptic ointment, etc.	Make a kit for your family's car.	Make a first aid kit for your troop's meeting place. Let your troop leader know and save it for the next time you meet there.
Step 4	Learn how to treat minor injuries.	Research tips on how to treat minor injuries.	Learn with the Red Cross. Visit the Red Cross website and look for a basic first aid class online.	Get advice from an expert. Look online for info from a first responder like a police officer or firefighter or EMT.
Step 5	Know how to prevent and treat outdoor injuries.	Take a walk in your backyard to identify plants, animals, and insects to avoid.	Research a list of local plants, animals, and insects to avoid. Also, find out how to protect yourself from sunburn.	Get advice from an outdoors expert. Look online for info regarding how to treat a bug bite, bee sting, sunburn, or poison oak/ivy rash.