

JUNIOR BADGES TO DO AT HOME



Junior First Aid

It can be scary if someone is sick or hurt, especially during an emergency. But when you've had practice and learned what to do, it's easier to stay calm! Find out how to help people when they're ill or injured and how to respond during an emergency in this badge.

Steps

1. Learn the first steps to take in an emergency
2. Talk to first responders
3. Make a portable first aid kit
4. Find out how to handle urgent first aid issues
5. Know how to take care of someone who's sick

Purpose

When I've earned this badge, I'll know how to help people who are sick or hurt.

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

STEPS	BADGE REQUIREMENTS	OPTION 1	OPTION 2	OPTION 3
Step 1	Learn the first steps to take in an emergency. If you are near the scene of an accident or disaster, there are certain steps to follow. The steps are Check, Call, and Care. Talk with an adult about how you would follow those steps in an emergency. Then do one of the activities.	Make a poster. Explain why it is important to use Check, Call, Care in an emergency. Share your poster with your family and place on the refrigerator or in your bathroom.	Create a skit. Make a skit about using Check, Call, Care in an emergency. Enlist a sibling or a stuffed animal to help you out. Put the skit on for your family or video it and share with your family, friends or troop mates by email.	Make a short video. Create a video showing Check, Call, Care in an emergency. Enlist the acting help of your siblings, family or stuffed animals. Share the video with your family or friends or troop mates.
Step 2	Talk to first responders.	Take a virtual tour of a fire station . If possible, have an adult help you post questions, comments or just a thanks.	Take a virtual tour of a police station or sheriff's office . If possible, have an adult help you post questions, comments or just a thanks.	Take a virtual tour of a hospital . If possible, have an adult help you post questions, comments or just a thanks.

Step 3	Make a portable first-aid kit.	Make a first aid kit that fits in your backpack. Include items that would help you deal with injuries that might happen on a hike or on your way to school.	Make a kit that fits in a car's glove box. Give it to a family member who drives a car.	Make a personal kit. Keep it in your room or bathroom.
Step 4	<p>Find out how to handle urgent first aid issues.</p> <p>Allergic reactions, asthma attacks, snakebites, and accidental poisonings are situations that require quick action. So is choking, one of the most common ways young children are seriously injured. Learn to handle these issues in this step.</p>	<p>Ask a family member if they have ever had an urgent first aid issue and how did they handle it. Discuss with them what you would have done in that situation as well as what should be done in similar situations. Not sure? Research it in books or online with an adult's help.</p>	<p>Research situations that require fast action. Choose one medical situation to research (with an adult's help). Find answers on how you would seek medical assistance and what you should know in order to get help.</p>	<p>Go on a virtual field trip to an emergency room. If possible, have an adult help you post questions, comments or just a thanks.</p>
Step 5	<p>Know how to take care of someone who's sick.</p>	<p>Read about illnesses and how to treat them. Get familiar with the symptoms of common illnesses and how to help someone who is sick. Role-play with your siblings, family members or stuffed animals. Assign someone to be the patient and then practice caring for them.</p>	<p>Take a virtual field trip to visit a medical clinic or doctor's office. Learn about simple things you can do to help people who are sick.</p>	<p>Talk to family members and find out what makes them feel better when they were sick. Maybe they wanted a wet cloth over their eyes to soothe a headache, or perhaps sipping soda calmed their upset stomach. Make a list of what you learn and share it with your family in-person or online with your troop friends.</p>