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Medical laboratory safety rules pdf

First, avoid being in the sun between 10 .m 3pm and 3.m pm and in as many shady areas as possible when outside. Dress the baby in a hat, sunglasses and clothes made of tight weave. For infants 6 months and older, use sunscreen with an SPF of at least 15 (SPF 30 and above) that provides protection for both UVA and UVB protection for infants younger than 6 months. Always apply sunscreen for at least 30 minutes before going out, even on cloudy days, and reuse every two hours. Even waterproof sunscreen loses its effectiveness after about 80 minutes of swimming. As the temperature rises, heat exhaustion becomes a concern. Symptoms include fatigue, extreme appetite and muscle cramps. If a person does not cool down and restores moisture to themselves, heat fatigue can lead to heat strokes (the signs are headaches, dizziness, nausea, vomiting and lack of sweat), which can be fatal. Remedy: If you notice heat sickness in children, spray it with cold water from a bottle or fan tube and take them into the shade. If you suspect that the heatstrokection calls 911, a special concern: the baby is at risk of heat-related illness, so keep it in the air-conditioned area when possible. Sadly, drowning is one of the leading causes of accidental death in children. The American Academy of Pediatrics says parents should not enroll children under the age of 4 in official swimming lessons that teach water survival skills. If you want them to play in the water, take care of them to reach the arms, even in shallow water. Special concern: When choosing a floating device, go to a child-sized life jacket. Little arms are less likely to fall off than they are with water wings, and compared to using a swimming ring, are less likely to tip. Also take a CPR course (find your local American Red Cross chapter at redcross.org), so you will be prepared in case of a near-drowning incident. That's why you shouldn't leave young children unattended by hot appliances such as a grill or stove, and why you should keep your kids in the distance while you're cooking. In order to take care of these slight burns, hold the area under cold tap water for about five to 10 minutes, no need to use specific creams or ointments and do not use ice, as it can cause frostbite and delay treatment. Place a loose and sterile dressing on the site and clean it with soap and water while healing. Special Concerns: Level Two Deepen and often inflate (do not poke bubbles). Contact your child's doctor if you suspect this is The third degree burn is more severe and appears white, wavy or black. Often they are so deep that the area feels numb. These burns require immediate medical attention. To help you transcend these summer spoilers, here's all about acknowledging these plants: poison ivy grows into vines or shrubs in the grass or on trees. Toxic oak grows only as a shrub, usually in western United States, a poisonous sumac, a tall shrub or small tree found in the forested areas of the eastern states. The good news: rash (caused by oil from these plants) is not contagious. Once the skin is washed, and the clothes are removed, the rash is not able to spread. Ivy venom - look for three dots, leaves, joints, stems. Sumac venom - six to 12 leaves grow into pairs with a single leaf topping stem. Oak venom - looks like a poisonous ivy, but the trick of the leaves is rounded. Remedy: If the skin of the child touches one of these plants, you have a window of about 10 minutes to wash the oil that causes the rash. If you do not catch up, the rash may develop within 12 hours, use a specific hydrocortisone cream and oral antihistamine to calm the itching. Oral steroid may be recommended for severe cases. Bees are attracted to flowers, so do not wear perfumes or floral clothing for children. Similarly, do not leave open food and beverage containers open, and if your child's clothes are stained, replace them. If the bee lands on or next to your child, calm down and gently blow it away. Remedy: If your child is stung, brush the stinger away with the edge of the credit card, then apply the salve of the soft part of the meat with four portions of water and leave it on the ground for about 30 minutes to resist the poison. Then apply cold compresses and specific hydrocortisone creams and provide oral antihistamine to reduce swelling. You can also use baked chili paste and water. Special concern: Bee stings often tend to get worse the next day - skin reactions are normal and can last up to a week. But some people have a severe allergic reaction to bee stings, which include all hives, difficulty breathing, dizziness or fainting and swelling of the lips and tongue. These can be life-threatening reactions that require immediate medical assistance. If your child has this allergic reaction, his doctor will prescribe an injection form of epinephrine, a life-saving drug. When going outside, cover the child with lightweight clothes and use mosquito nets over strollers and baby seats. Ticks are also a concern, so check your child's body for them at the end of each day spent outside. When choosing bug repellents this summer, know that the most effective products contain DEET, since they have been proven to repel mosquitoes and ticks. Products with DEET Less than 30 percent are safe for children, but not for children under 2 months, take repellents once a day, and do not use sunscreen/insect mixtures. All natural repellents, such as eucalyptus, lemon and lemongrass, are not proven to protect against ticks and should not be used in children under the age of 18. It's safe to use them with older children. Method of treatment: specific antihistamine preparations can help relieve the itching of mosquito bites. If you find a tick in your child, use tweezers to pull it out by its head. Ticks must be embedded in the skin for about 24 hours to transmit pathogens. If you suspect that a tick has been in your child for a long time, contact your pediatrician. It is an infection of the outer ear canal, and pain is the earliest symptom. As it progresses, you may see the drainage of the child's ear and the extreme tenderness when he earlobe or the outer part of the ear is pulled out, as the swimmer's ear is caused by a pathogen that invades the ear canal due to excess moisture drying the outer part of the ear after water. Method of treatment: use prescribed antibiotic drops and pool time. If you are outside for a picnic and can't wash your hands (or your children's hands), use antibacterial hand sanitizer. Clean all raw fruits and vegetables and separate the raw meat from the cooked food. Wash the surfaces, prepare food and utensils well and cook all the food thoroughly. If you are fermenting food, be sure to stay in the fridge or cooler. The FDA recommends storing dinner at a lower temperature, 40 F. Be sure to chill all uneaten foods, not just foods with mayonnaise, after an hour if the outdoor temperature is higher. Treatment method: Signs of food poisoning include nausea, vomiting and diarrhea. If you suspect your child has it, contact his doctor. Treatment involves residual fluids and a gentle diet, but illness may require medical attention. What better way to stock a first aid kit than at the start of summer, when there are many accidents. While you can't prevent all accidents, you can prepare them. Here is a list of useful things to include: band aids, soap, antibacterial gel or foam, three antibiotic creams. Hydrocortisone Disinfection Sheet Gauze Adhesive Tape Tweezers Washcloths Cooler Pack Baby and Child Motrin or Tylenol Oral Antihistamine Rubbing Alcohol Digital Thermometer Sara DuMond, MD, pediatrician In this section: The health topics of millions of women benefit from FDA-approved medicines. However, when the drug is properly used, they can cause serious health problems or even death. Many of these problems can be prevented. Follow these four steps to avoid a common drug mistake: ask your doctor, nurse or pharmacist to tell you the facts about each drug you make and any changes to your medication. Use these content to help you talk to your healthcare provider: Take the pills wisely - important questions to ask your doctor and other useful medications and pregnancy tips - questions that should be asked before taking medication when you are pregnant or lactating medication books - information to help you talk to your doctor about prescription medications for high blood pressure, depression, diabetes, birth control, high cholesterol, menopause, and smoking cessation. Write down the names and important facts about each vitamin and herbal medicine you take. Notice any side effects or problems that you take your medication. Keep items with you at all times. Show your healthcare provider to let them know about all the medications you use. Watch and share our videos with tips for you and your family. My medication keeper used my medication brochure to help you keep track of the medications you used. This brochure is available in English, Spanish, Arabic, Polish and Asian/Pacific islanders in 10 languages. Your medication may not work if you do not follow the instructions. Speaking too much or too little can make you sick. Read the instructions on the label and ask your healthcare provider how much you should and when to use it. Use only the recommended drug. Don't stop taking your medication without asking your healthcare provider even if your symptoms are gone. Learn how to read the fact labels about drugs for over-the-counter drugs. Ask your doctor or pharmacist where you should keep the drug at home. Ask also how you should throw unused drugs that you don't need. Some drugs should not be put in a trash can or wash the bathroom or sink. Use these resources to learn more about your medications and get other drug safety tips, resources for you back to the top.