



## HOW TO TREAT CUTS AND SCRAPES

**Step 1.** Wash your hands so they are clean before you help your child. Preventing the wound from getting infected is your first priority. Encourage your child to sit or lie down while you prepare to help them.

**Step 2.** If the wound is bleeding, take sterile gauze or a clean cloth and press it firmly on the wound until the bleeding stops.

### Step 3. Clean the wound

Hold the area gently under cool running water or rub it gently with a clean cloth. Do not use hot water. You can also use bottled water or a saline wound spray to clean the wound. Do not use alcohol, iodine, mercurochrome, hydrogen peroxide or similar agents to clean the wound. They will cause pain and irritation and will not clean the wound any better than clean water.



**Step 4.** If the wound is not too deep but has some dirt or grit, clean a pair of tweezers with rubbing alcohol (isopropyl alcohol) or boiling water and use them to pick out debris.

### Step 5. Cover the wound with a bandage



Use an adhesive (sticky) bandage to cover the cut or scrape until it has dried or formed a scab. This will help protect a fresh wound, help it heal, reduce pain and stop the wound from oozing. You can use an antibiotic ointment such as Polysporin to protect against infection and help keep the bandage from sticking to the wound.

**Step 6.** Once a cut or scrape has formed a scab, you can leave it open to the air. But if the wound is at risk of becoming dirty or irritated, keep it covered for protection.

### How to prevent further infection

If your child has a deep skin wound, you should check to see if they are up to date with their tetanus immunizations. If they are not up to date, book an appointment with your family doctor to make sure they get an updated shot right away. In general, it is not advised to give antibiotics to simply prevent the risk of infection from cuts and scrapes.