

What To Do Until Help Arrives

First aid tips and emergency numbers are offered in Babysitter Center

(NAPS)—1. True or false: Use butter to relieve a burn. 2. True or false: Place an object in the mouth of a seizing child.

As a parent, do you know the correct answers? Does your babysitter?

To make sure your babysitter knows what to do in a crisis, the Council on Family Health (CFH) has created the *Babysitter Center*, a free one-stop emergency information resource for caregivers. The *Babysitter Center* is a magnetized dry-erase poster with basic first aid tips and space to write in emergency telephone numbers, such as parent's location, police and poison control.

"It's so important for parents and babysitters to be prepared to deal with emergency medical situations such as accidental poisonings, burns, choking, bleeding, broken bones or seizures," said CFH President Robert G. Donovan. "When a child is in pain or in jeopardy, the last thing anyone would want is to waste time tracking down the number for the nearest poison control center or faltering on how to deal with a possible broken bone."

For all injuries or illnesses, the most important first aid measure for any caregiver is to stay calm. It is equally critical to call for help immediately. "Babysitters aren't the only ones who can benefit from this Council poster. The advice is also appropriate for parents, grandparents and siblings," said Donovan.

Single copies of the *Babysitter Center* are available free to households by sending a self-addressed,



80¢ stamped, 9" x 12" envelope to: Council on Family Health, "Babysitter Center," at PMB 422, 1155 Connecticut Avenue, NW, Suite 400, Washington, DC 20036. Groups may receive up to 20 copies at no charge, providing they mail their request to the above address on their organization's letterhead. Additional copies are available at a cost of \$1 each.



The Council on Family Health is a nonprofit organization established more than 30 years ago, dedicated to educating consumers about the proper use of nonprescription and prescription medicines and dietary supplements, home safety and personal health. www.cfhinfo.org.

seizure poses a risk of choking.
the mouth of a child suffering a
2. FALSE. Placing objects in
taminate them with butter or lard.
burns clean and cool; do not con-
1. FALSE. It is best to keep