

Dear Parent or Guardian,

Your teen's health class is learning how to provide first aid and to react in emergency situations. Hospital emergency rooms treated 33,000,000 cases in 2000. In such emergencies, on scene, basic first aid can often mean the difference between a moderate wound and a critical one; and in some cases, properly administered first aid can mean the difference between life and death. Students will learn the proper steps in offering preliminary care, matching responses to situations. Students will then discuss the importance of receiving specialized first aid and CPR training before attempting to implement either.

Some questions your teen will explore in this chapter include: *What is first aid and when should it be administered? What are some universal precautions I should take before administering first aid? What are the first steps that should be taken in an emergency? What is the proper first aid for bleeding? What should be done for burns? What are the procedures for CPR and when should it be administered? What should I do for someone in shock? How can I aid someone who is choking? What can be done for muscle, joint, and bone injuries? What can be done for someone who faints or has a concussion? What first aid is applicable for animal bites? What first-aid techniques should be applied for poisoning?*

Please reinforce our classroom work by discussing with your son or daughter one or more of the following topics:

- Give your teen an example or two of emergency situations and ask him or her to explain proper first-aid responses.
- Ask your teen to demonstrate how he or she would deal with a choking situation.
- Show your teen where you store your emergency first-aid supplies. Make a list of additional items that might be useful.
- Ask your teen to locate necessary emergency response phone numbers, create a list, and place them by all the phones in the house.
- Arrange for your son or daughter to take a first aid or CPR training class.

Please plan other activities that will help prepare your son or daughter to act responsibly and effectively in an emergency situation. Thank you for supporting our classroom work. Feel free to contact me if you wish to discuss your teen's health education.

Sincerely,

Health Teacher