

# FIRST AID!



If they're red lift their \_\_, if they're pale lift their tail  
 This will help keep bandages in place  
 If you have a weak ankle or wrist you should wear a \_\_  
 \_\_ is thin, but can be layered to make an absorbent bandage  
 Zinc \_\_ can be used as a sun block  
 If a person is in \_\_ cover them with a warm blanket or jacket  
 A torn sheet or towel can be used as a \_\_ to protect an injured arm  
 You should wear disposable \_\_ when treating an injury  
 Use \_\_ on broken skin to help clean the injury  
 Syrup of \_\_ is used against certain types of poisons  
 \_\_ solution can be used as a sterile eye wash  
 A \_\_ will help immobilize a broken bone  
 Good for disinfecting, but stings on open wounds  
 Wave \_\_ under someone's nose to wake them up  
 \_\_ bandages are good for sprains and for pressure dressings  
 A \_\_ pad is good for strained muscles  
 An \_\_ can be used to reduce swelling  
 \_\_ is a natural plant extract that can be used on sunburns  
 The British call them sticking plasters, Americans say \_\_ - \_\_  
 Use \_\_ lotion on itchy bug bites and poison ivy  
 A sharp pair of \_\_ is necessary if you need to cut through clothing  
 Use \_\_ to remove splinters and insect stingers  
 \_\_ bandages are good in a pinch if stitches are needed  
 \_\_ ointment can be used on a bandaged injury to avoid infection  
 Keep a \_\_ in your car in case of a nighttime emergency  
 A \_\_ is used to control severe bleeding of a limb  
 In case of an emergency, seek \_\_ medical assistance  
 For allergies or to stop itching or swelling take a \_\_

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C	T	O	U	R	N	I	Q	U	E	T	T	S	A	H
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R	C	O	K	C	A	P	E	C	I	R	L	C	A	R
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Enter unused letters from puzzle, in order:

Copy boxed letters to form your hidden message:

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