\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

First Name Last Name Class Period

Unit 4

Safety, First Aid, Disease

Points Assignment

\_\_\_\_\_/ 10pts ![C:\Users\KristenAdams\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\Y1CITHW0\MC900359035[1].wmf]() Personal Safety

\_\_\_\_\_/ 10pts Basic First Aid

\_\_\_\_\_/ 10pts Communicable Disease

\_\_\_\_\_/ 10pts Ways to Break the Chain

\_\_\_\_\_/20pts Non Communicable Diseases

\_\_\_\_\_/20pts Health Interview Homework

\_\_\_\_\_\_\_/80 TOTAL

HEADS UP!!! As part of this unit you will be CPR certified by the local paramedics. Everyone is required to attend both days of this training. If you miss one of these days you cannot receive your certification and will be given a make up assignment instead.

![C:\Users\KristenAdams\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\C4HX3MV2\MC900287333[1].wmf]()Personal Safety

The steps you take to prevent yourself from becoming the victim of a crime, tragedy, or accident

**Accident Chain-**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- you over sleep and are in a rush to get ready for school
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- you left books on the stairs
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- you hurry down the stairs
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- you trip over your books and fall down the stairs
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- you break your arm when you land, have to go to the doctor, and are even later for school

Breaking \_\_\_\_\_\_\_\_\_\_\_\_\_\_of the links in the chain will prevent the accident and any injury

**At Home**

1. Fire Prevention: what steps can you take to be prepared for a fire in your home?
2. Electrical Safety: what can you do to improve your electrical safety?
3. Preventing Falls: name 3 ways you can prevent a fall
4. Poisons:
	1. What should you do if someone ingests (eats) a poison substance?
	2. What should you do if you smell toxic fumes?
5. How can you help your family protect against a home invasion?
6. How can you be safe when you are out in the community?
7. How can you be prepared and safe in the great outdoors?
8. What safety precautions can you take during exercise?
9. Identify ways you can be safe online.
10. Give 3 examples of **safe** driving behavior and 3 examples of **unsafe** driving behavior.

![C:\Users\KristenAdams\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\C4HX3MV2\MC900097843[1].wmf]()![C:\Users\KristenAdams\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\WX0XFWUW\MC900363686[1].wmf]()Basic First Aid

Immediate and temporary care given to an ill or injured person until medical professionals takes over the situation

Good Samaritain Laws-

First Steps

1. Is the area \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?
2. Check -
3. Call –
4. Care-

Universal Precautions

Steps to prevent the spread of disease and infection

* + Wear \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ when coming into contact with any bodily fluids
	+ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ after providing first aid
	+ Use \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ providing CPR or rescue breathing

Allergic Reaction

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: sudden severe allergic reaction
* Symptoms:
* Treatment:

Bleeding

1. Always \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Call \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Clean the wound with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_-and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Cover with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Press your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ firmly against the gauze, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. If you soak through one gauze pad \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

![C:\Users\KristenAdams\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\WX0XFWUW\MC900018355[1].wmf]()Nose Bleeds

* Occurs when:
* Treatment:

 Burns

* First Degree:
* Second Degree:
* Third Degree:
1. Cool the burned area by holding it \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for\_\_\_\_\_\_ minutes or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with moist cool cloths
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Choking: An object is stuck in a person’s windpipe, cutting off the flow of air

* Symptoms:
* Treatment:

Muscle and Joint Injuries

* R:
* I:
* C:![C:\Users\KristenAdams\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\WX0XFWUW\MC900370844[1].wmf]()
* E:

Poisoning

* Poison: any substance that causes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ when it enters the body
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: round the clock service that provides emergency medical advice on how to treat victims of poisoning 1-800-222-1222
* Provide them with:

Shock

* Life threatening condition because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Symptoms:
* Treatment:

What goes in a good Emergency Kit?

If you were in an emergency situation (natural disaster, power is out, medical emergency, etc.) what supplies would you need? Talk to your partner and come up with at least 10 things that you’ll want to have on hand.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Communicable Diseases

1. PATHOGEN:
	1. Bacteria:
	2. Virus:
	3. Fungi:
2. Infectious Agent/Disease:
3. Reservoir:
4. Carrier:
5. Portal of Exit:
6. Means of Transmission:
	1. Direct contact-
	2. Droplet spread-
	3. Indirect Contact-
	4. Airborne-
	5. Vehicle borne-
	6. Vector borne
7. Portal of Entry:
8. Susceptible Host:
9. What are some Common Communicable Diseases?

Ways to Break the Chain

How will you break the chain of infection? In a small group try to come up with at least 3 things for each area listed below.

* To stop the Infectious Disease:
* To Avoid the Portal of Exit:
* To interrupt the Means of Transmission:
* To protect the Portal of Entry:
* To avoid being a Susceptible Host:

Other tips to stay healthy:

Non-communicable diseases

* A disease that is not transmitted by another person, environment, or vector (something that carries it like a mosquito, rats)

**Allergies:** a specific reaction of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to a foreign and frequently \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ substance

* *Diagnosis:*
* *Risk Factors*:
* *Short Term Effects*:
* *Long Term Effects*:
* *Treatment*:
* *Prevention Strategy*:

**Asthma:** condition in which the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in the lungs become \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and cause difficulty breathing

* *Diagnosis:*
* *Risk Factors*:
* *Short Term Effects*:
* *Long Term Effects*:
* *Treatment:*
* *Prevention Strategy*:

**Arthritis:** diseases that cause \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of movement in the joints

* *Diagnosis*:
* *Risk Factors*:
* *Short Term Effects*:
* *Long Term Effects*
* *Treatment:*
* *Prevention Strategy*:

**Cardiovascular Disease**: disease that effects \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* *Diagnosis:*
	+ **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** high blood pressure,
	+ **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** build-up of plaque on artery walls,
	+ **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** chest pain from lack of oxygen to the heart,
	+ **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**irregular heartbeats,
	+ **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**reduced or blocked blood supply damages heart muscle,
	+ **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** gets so weak it cannot continue to pump at the right speed or with enough force,
	+ **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** interrupted blood flow to the brain
* *Risk Factors:*
	+ Controllable:
	+ Uncontrollable:
* *Short Term effects*:
* *Long Term effects*
* *Treatmen*t:
* *Prevention Strategies*:

**Heart attack**

* What cause a heart attack?
* Early signs of a heart attack

**Stroke**

* 2 types of strokes
	+ Ischemic:
	+ Hemorrhagic:
* Signs of stroke:

**Diabetes**- a disease in which the body is unable to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in foods in normal ways.

* **Type 1 diabetes**: the pancreas produces \_\_\_\_\_\_\_\_\_\_\_\_\_\_ insulin, must have daily \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Type 2 diabetes**: the pancreas produces \_\_\_\_\_\_\_\_\_\_\_\_\_\_ insulin, but the body cells are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ use it.
* *Diagnosis*:
* *Risk Factors*:
* *Short Term Effects*:
* *Long Term Effects*:
* *Treatment:*
* *Prevention Strategy*:

**Cancer:** uncontrolled growth of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in the body

* *Diagnosis*:
	+ Benign Tumor:
	+ Malignant Tumor:
* *Risk Factors*:
* *Short Term effects*:
* *Long Term effects*:
* *Treatment:*
* *Prevention Strategies*:

**The CAUTION method for Detecting Cancer**

* C –
* A –
* U –
* T –
* I –
* O –
* N –

**Protect yourself from skin cancer**

Seek \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Use your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Shield \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Grab your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Homework: Health Risk Interview

1. *Interview a family member with knowledge of the family health*
2. *Ask about your grandparents, parents, and siblings*
	1. What non-communicable diseases run in the family?
	2. How old were they when they were diagnosed? Define the disease.
	3. What symptoms did they have?
	4. What treatment did they require?
	5. How long did they live with that disease?
	6. Did the disease affect their overall health and lifestyle? How?
	7. Did the disease affect the health and lifestyle of other family members?
	8. Are you, personally, at risk for this disease?
	9. What can you do to decrease your risk for this disease both now and in the future?
	10. Choose your own question:
3. *Type the information into the form, found at* [*www.westlakehealthandpe.weebly.com*](http://www.westlakehealthandpe.weebly.com) *under Health assignments, and turn it in on the DUE DATE!!!*