



First Aid Virtual Toolkit

Whether you're at home, at work, or on the go, this toolkit provides guidance for managing minor injuries and handling a summer scare.

What's included?

- ✓ A guide to minor injury care at home
- ✓ Steps to handle a summer scare



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Caring for minor issues at home

Minor cuts & scrapes

- 1 **Wash your hands thoroughly** with soap and water to prevent infection.
- 2 **Stop the bleeding** by applying gentle pressure with a clean cloth or sterile gauze.
- 3 **Clean the wound** by rinsing the cut under running water. Use mild soap around (not in) the wound.
- 4 **Apply a thin layer of antibiotic ointment** to keep the wound moist and help prevent infection.
- 5 **Use a sterile bandage or adhesive strip to cover the cut.** Change the dressing daily or whenever it becomes wet or dirty.
- 6 **Look out for signs of infection** and seek medical attention if you notice redness, swelling, pus, increased pain, or fever.

Minor burns (first-degree)

- 1 **Immediately run cool (not cold) water over the burn** for 10–15 min. If water isn't available, apply a cool, wet cloth.
- 2 **Gently remove any tight items** like rings, bracelets, or tight clothing around the area before swelling starts.
- 3 **Apply petroleum jelly** 2–3 times a day on the burn. Avoid using antibiotic ointments or butter as they can cause irritation or infection.
- 4 **Cover the burn** using a nonstick, sterile bandage. Wrap it loosely to protect the area and reduce pain.
- 5 **Let the burn heal naturally.** Don't pop the blisters, they protect the skin and help prevent infection.
- 6 If needed, **take acetaminophen or ibuprofen** for pain relief.

Common cold

- 1 **Sleep**—your body needs rest to fight off the infection.
- 2 **Soothe your throat** with lozenges, warm tea with honey, or gargle with warm salt water.
- 3 **Ease congestion** with a saline nasal spray or rinse, and steam from a hot shower.
- 4 **Use over-the-counter** pain relievers for aches and fever and decongestants or antihistamines for stuffy nose.



Need care? We're here 24/7.

Ask questions, get relief, and soothe worry when you can talk with board-certified doctors in minutes. **Scan to get started!**

How to handle a summer scare.



Summer is for sunshine, not stress. When heat, bites, burns, or unexpected symptoms strike, you don't have to guess what to do next. With First Stop Health, care is just a click away. Here's what to do:



1. Assess your symptoms

Take a moment to check how you feel. Do you have a rash, bug bite, or sunburn that's getting worse? Are you feeling overheated or dehydrated? If you're experiencing an emergency, call 911.



2. Request a virtual urgent care visit

Request a visit using our mobile app or website. Talk with a board-certified doctor via phone or video in minutes. No commute, no hassle!



3. Feel better, faster

Get expert medical advice tailored to your needs, including:

- Diagnosis and treatment with prescriptions when appropriate*.
- Peace of mind and a clear plan of action on what to do next.
- At-home recommendations for managing your symptoms.

