

Treating Illness - Class 1

Putting together your Natural Health Medicine Cabinet (Ages 6-9yo)

1. If you get an open cut, what is the first thing to do?
A. Rinse it with lots of water
B. Put triple antibiotic on it
C. Wrap it
D. Put baking soda on it
2. What tool can help squirt water on a wound to clean it?
A. A fingernail brush
B. A squeeze bottle or syringe
C. A cup with a lid
D. A dishpan
3. What should you not use on an open wound?
A. Water
B. A bandage
C. Hydrogen peroxide or rubbing alcohol
D. A dressing
4. What can help pull a cut closed?
A. A hot water bottle
B. Moleskin
C. A tea bag
D. Steri-Strips or butterfly bandages
5. What can help protect a blister?
A. Moleskin
B. Ice cream
C. A sock
D. A tissue
6. What was shown for bruises or bumps?
A. Garlic mullein oil
B. Arnica gel
C. Calendula cream
D. Baking soda paste
7. What can help support a jammed finger or toe?
A. Peppermint tea
B. CCC cream
C. A SAM splint
D. Hydrocolloid dressing
8. If your ear hurts, what should you do?
A. Ignore it
B. Put warm water in it
C. Put a cotton ball in it
D. Tell a grown-up right away

9. What can help a stomach ache?
- A. A hot water bottle and drinking ginger/peppermint tea**
 - B. Hanging upsidedown
 - C. Eating spicy food
 - D. Stretching your legs
10. What is added to sinus rinse water?
- A. Honey and lemon
 - B. Salt and xylitol**
 - C. Baking soda
 - D. Antibiotic powder

Home Activity Key

Activity 1 – Home Care Kit Audit

Look through your house and make a categorized list of items they already have.

Categories:

- wound care
- bruise / sprain support
- sinus / respiratory support
- sore throat / mouth care
- digestive support
- skin care
- splinter / tick / eye / ear tools

Fill out the chart below

Item	What it is for	Where it is stored

Activity 2 – Make an Emergency Information Card

Include:

- Phone number for nearest hospital
- Phone number for Police Department
- Phone number for Fire Department
- Phone number for Poison Control
- Names of household members and their age, gender, allergies, blood type, and phone numbers
- Program these phone numbers into your own phone (if you have one)