

A close-up photograph of a person's face, likely a woman, with a white cloth or bandage covering their head and eyes. The person's mouth is slightly open, and their skin appears pale. The background is dark and out of focus.

The **HURT BOOK**

By
Alexander Gowen; Sarah Blocher; and
Shannon McGowan, P.A. – C

The Hurt Book

A Medical Guide for Children

Special thanks to my wife Sarah - without your help this book would not have been possible. Additional special thanks to Dr. John Woods, Shawn Colwell CNOR, Richard Wilson OTR, Nicholas Gowen, Joanna LiVecchi, David West, and the NCNG

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Dedicated to Sarah – the strongest, most loving, and most caring person I have ever known.

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About the *Hurt Book*

This book is designed to help children between the ages of 3 and 12 find simple solutions for common injuries. Many medical emergencies have been intentionally excluded to allow for instinctual reaction and/or effective indigenous cures (e.g.: snake bites and other animal attacks, ingestion of poisonous plants, etc), as well as to prevent further injury due to overly complicated procedures beyond the skill level of the target audience (shock, seizures, stroke, heart attack, etc).

The Hurt Book is merely a guide for children without access to a hospital and should never be used in lieu of available assistance from an adult or trained medical professional. Any procedure provided within this book should be immediately followed by proper medical treatment if possible.

Table of Contents

SECTION 1:

Body Chart:	1
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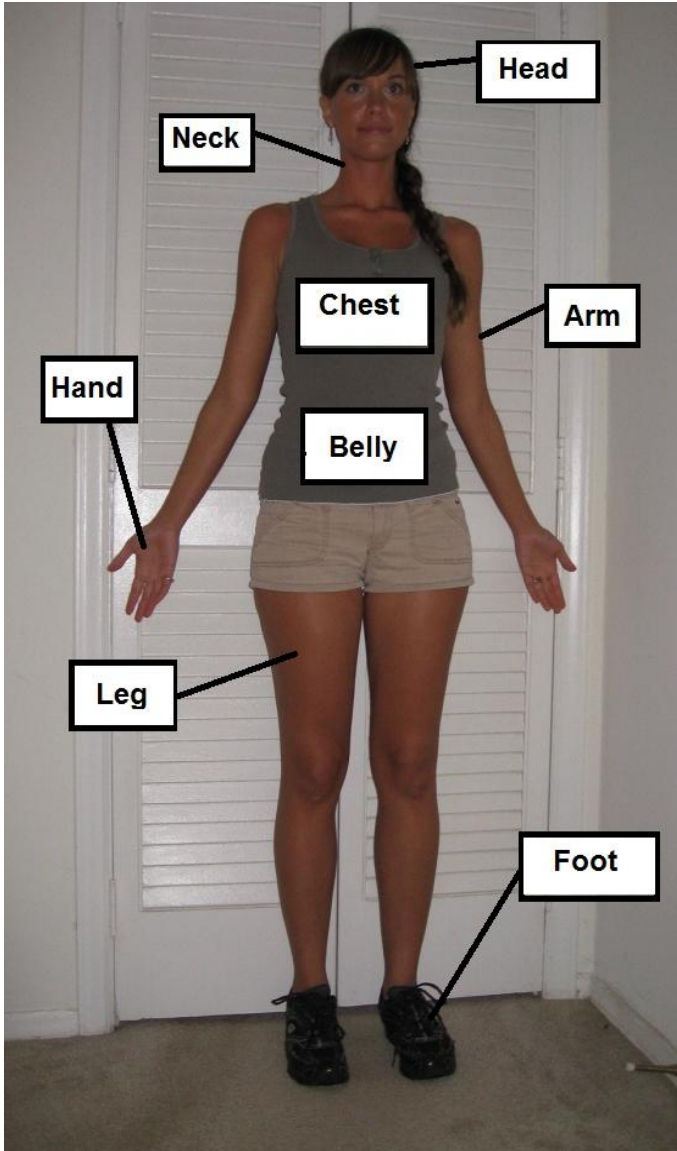
SECTION 2:

Bleeding:	2
------------------	----------

Injuries by Body Section:

1. Head:	4
2. Neck:	14
3. Chest:	20
4. Back:	30
5. Abdomen (Belly):	36
6. Arms and Legs:	42
7. Hands and Feet:	84

Body Chart



Bleeding

With any bleeding do the following:

Apply Pressure with Cloth or Hand



Elevate Wound



Apply Bandage



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Head Injuries



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If Your Head is Bleeding



You Will Need



Cloth or Towel



Belt

or



Clothes



Rope

or



Tape

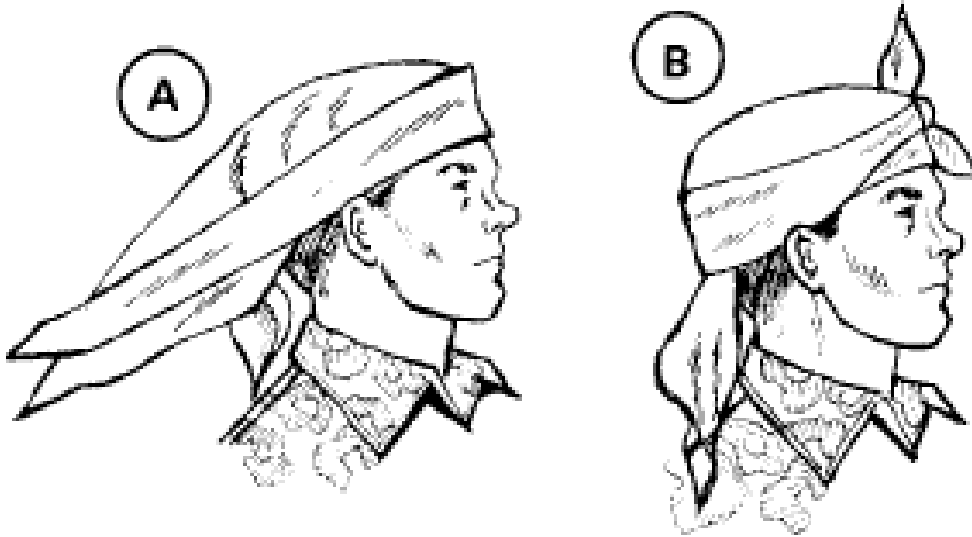
Hold Cloth on Wound to Stop Bleeding



Secure Cloth with Belt, Pants, Shirt, Etc



How to Wrap Towel Around Head



Finished Head Bandage



Finished Head Bandage



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If You Have Swallowed Something and Cannot Breathe



Or



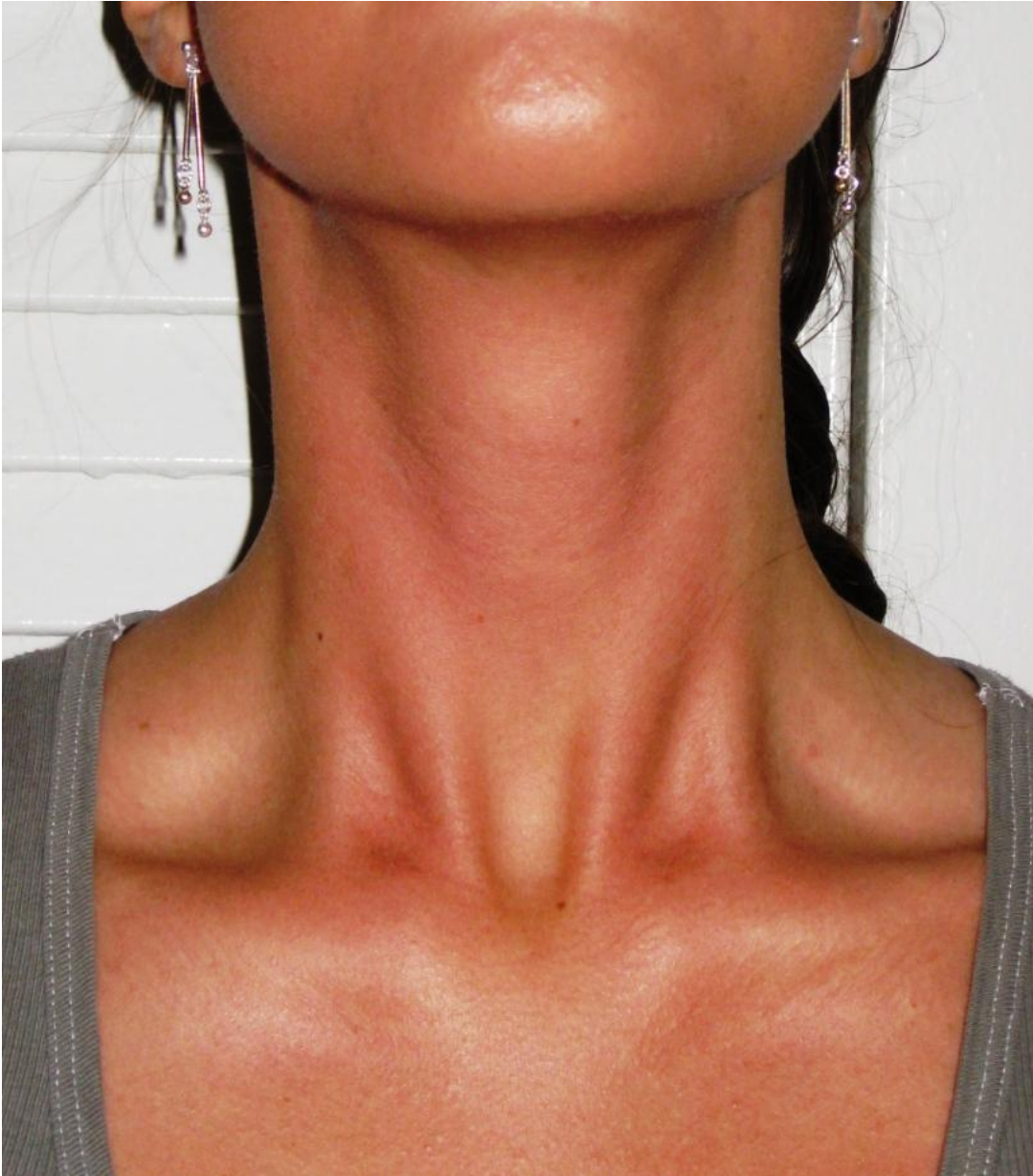
For Infant



© Healthwise, Incorporated

Photo courtesy of webmd.com

Neck Injuries



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If Your Neck is Bleeding



You Will Need



Cloth or Towel



Clothes

or



Tape

Hold Cloth to Wound to Stop Bleeding



Secure Cloth with Pants or Shirt



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Chest Injuries



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If Your Chest is Bleeding



You Will Need



Cloth or Towel



Belt

or



Clothes



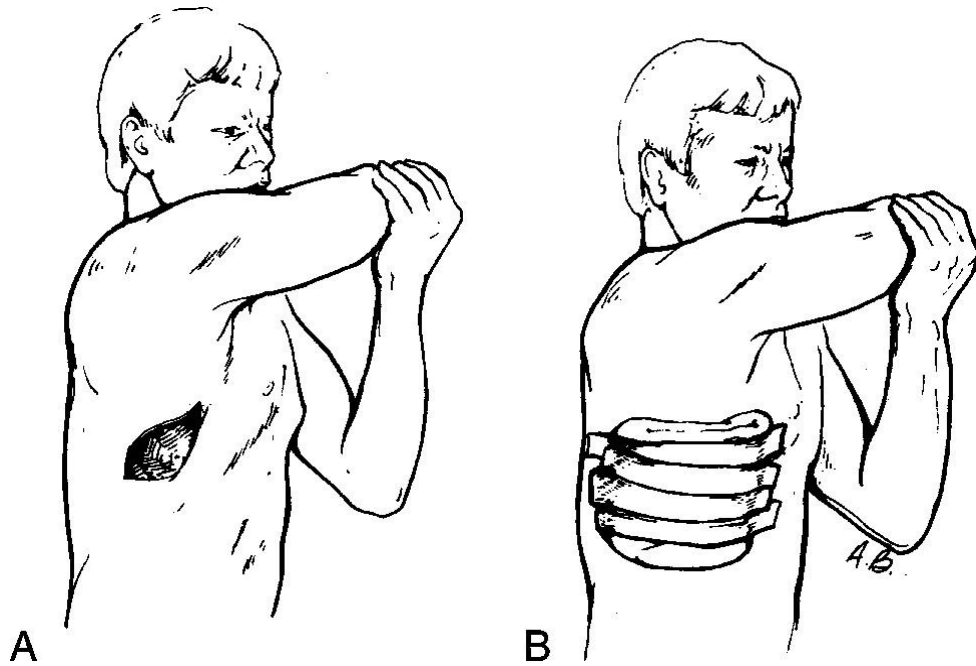
Rope

or



Tape

Hold Cloth to Wound to Stop Bleeding



Secure Cloth with Belt, Pants, Shirt, Etc

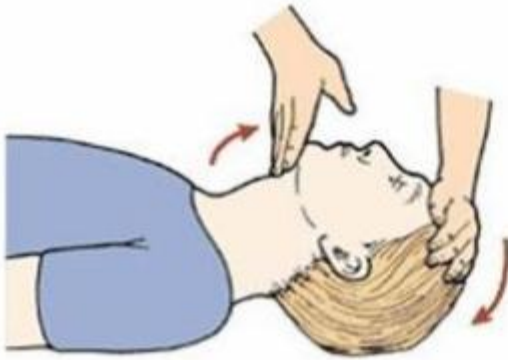


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If Your Friend is Not Breathing

Listen for Breathing and Feel Neck for Heartbeat. If No Breath or Heartbeat, Do the Following:

Tilt Head



Breathe Into Mouth



Press on Chest Over the Heart

REPEAT

If Your Baby Stops Breathing

Listen for Breathing and Feel Neck for Heartbeat. If No Breath or Heartbeat, Gently Breathe into Mouth.



After Breathing Into Mouth, Press on Chest with Fingers



Repeat Until Baby Begins Breathing

If You Have Swallowed Something and Cannot Breathe



Or



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Back Injuries



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If You are Bleeding



You Will Need



Cloth or Towel



Belt

or



Clothes



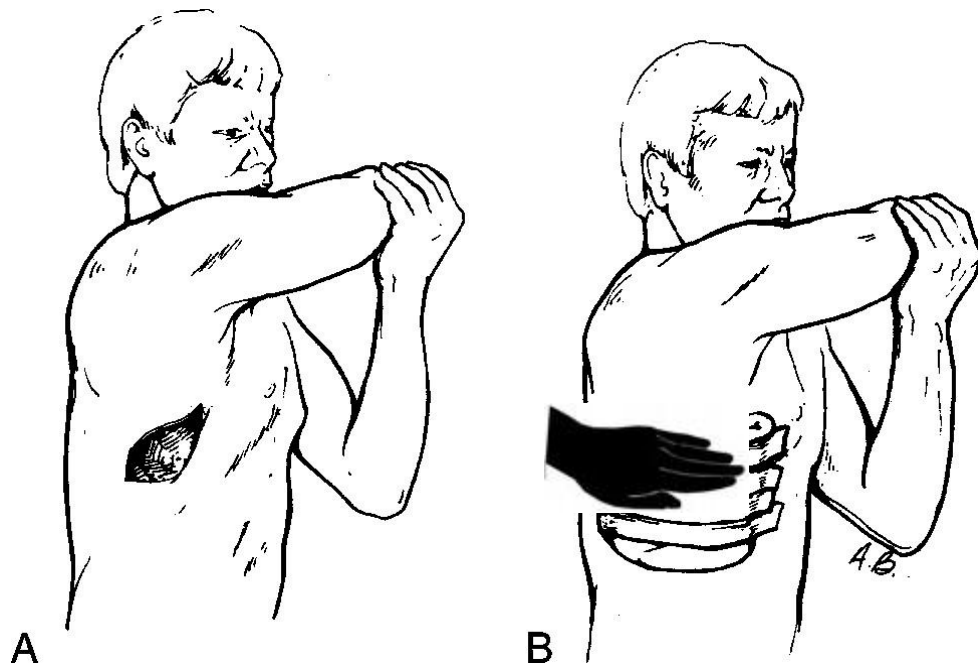
Rope

or



Tape

Hold Cloth to Wound to Stop Bleeding



Secure Cloth with Belt, Pants, Shirt, Etc



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Abdomen (Belly)

Injuries



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If You Are Bleeding



You Will Need



Cloth or Towel



Belt

or



Clothes



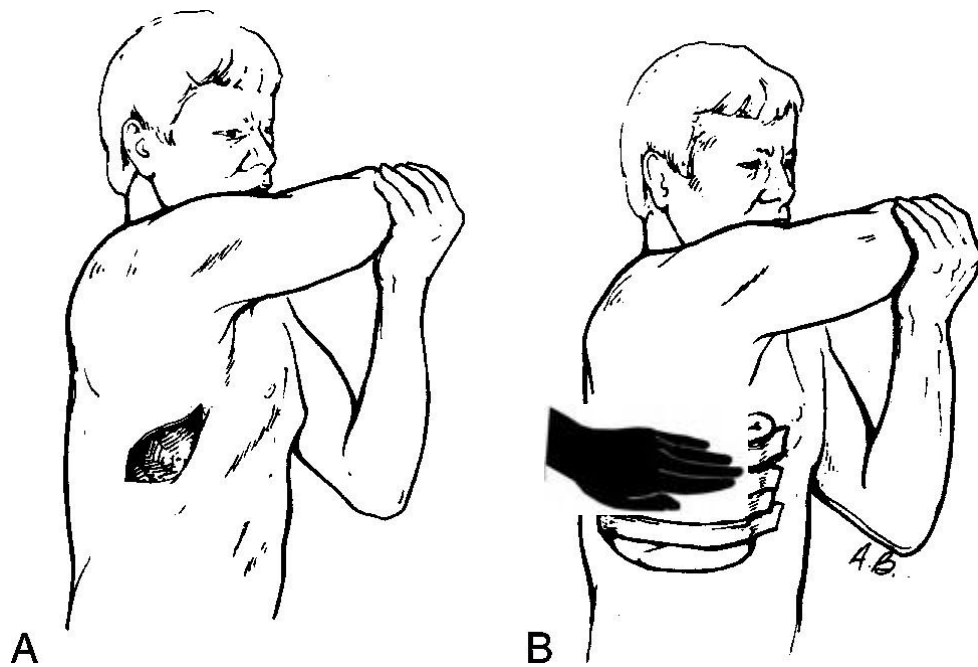
Rope

or



Tape

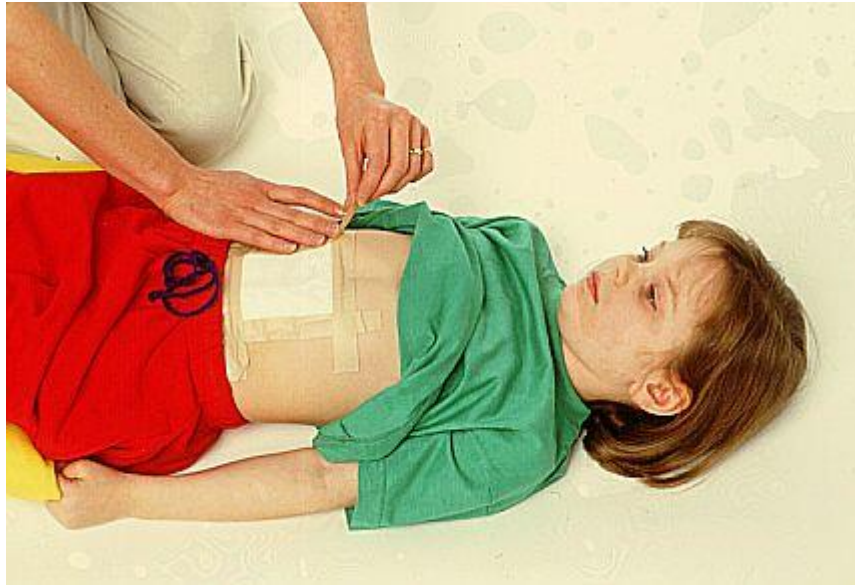
Hold Cloth to Wound to Stop Bleeding



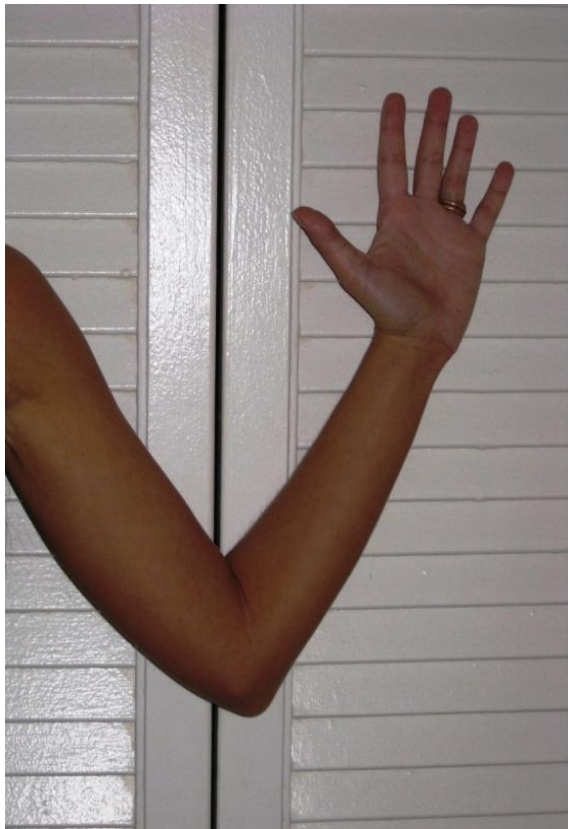
Secure Cloth with Belt, Pants, Shirt, Etc



Secure Cloth with Belt, Pants, Shirt, Etc



Arm and Leg Injuries



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If Your Arm is Bleeding



You Will Need



Cloth or Towel



Belt

or



Clothes



Rope

or



Tape

Hold Cloth to Wound to Stop Bleeding



Hold Up Arm Until Bleeding Slows



Gently Tie Cloth to Wound with Belt, Pants, Shirt, Etc



Bandaged Arm



Bandaged Arm



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If You Have a Broken Bone but Cannot See It



You Will Need



Sticks

or



Board



Towel



Belt

or



Clothes



Rope

or



Tape

Use Sticks or Board to Secure Arm

Place sticks on either side of broken arm



Use Tape, Rope, or Clothes to Secure Sticks to Broken Arm





Use Clothes, Rope, or Towel to Elevate Arm



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If You Have a Broken Bone and Can See It



You Will Need



Sticks

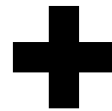
or



Board



Towel



Belt

or



Clothes



Rope

or



Tape

Hold Cloth to Wound to Stop Bleeding



Use Sticks or Board to Secure Arm

Place sticks on either side of broken arm



Use Tape, Rope, or Clothes to Secure Sticks to Broken Arm

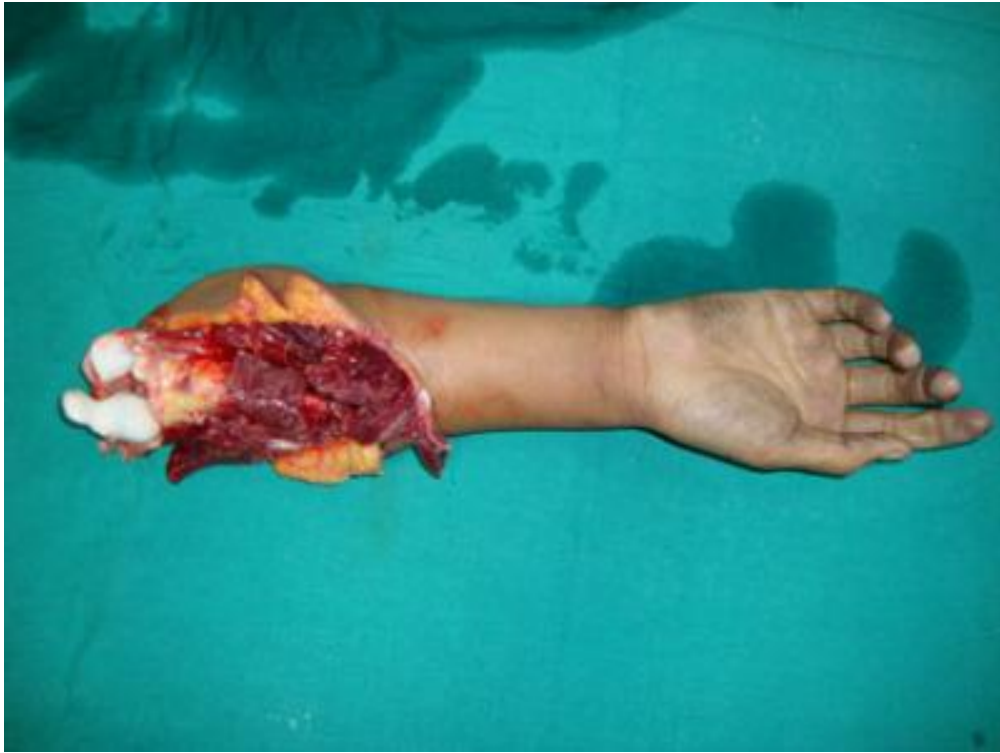




Use Clothes, Rope, or Towel to Elevate Arm



If You Have Lost an Arm



You Will Need



Cloth or Towel



Belt

or



Clothes



Rope

or

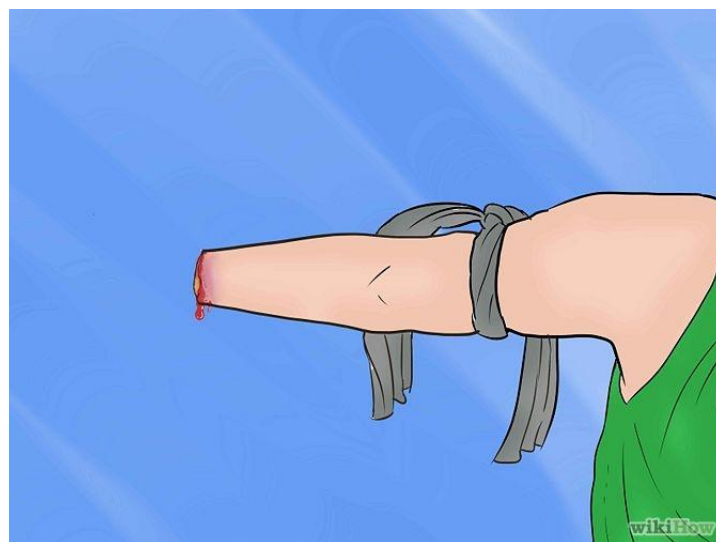


Tape

Raise Arm and Hold Cloth to Wound to Stop Bleeding



If Bleeding Will Not Stop, Tie Rope, Belt, or Cloth Above Wound



Tie Cloth to Wound



If Your Leg is Bleeding



You Will Need



Cloth or Towel



Belt

or



Clothes



Rope

or

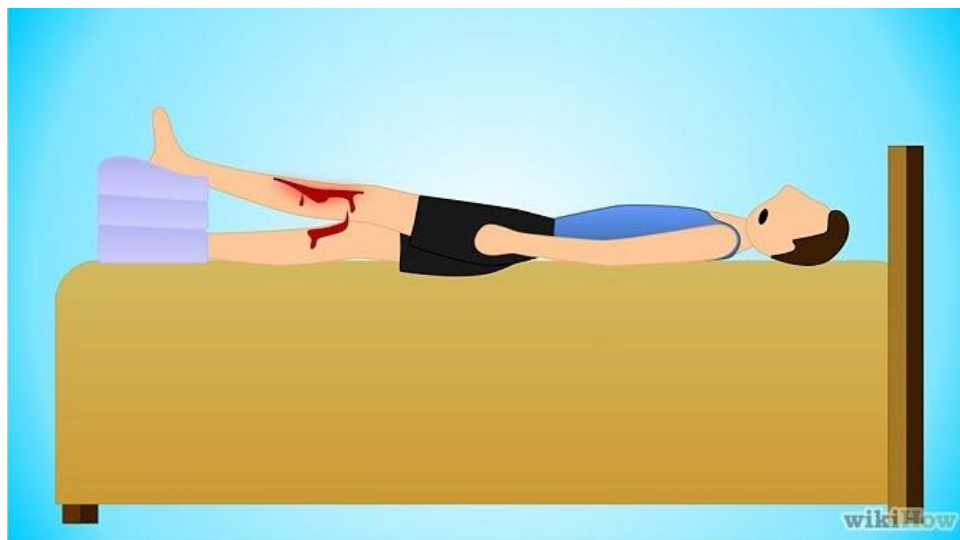


Tape

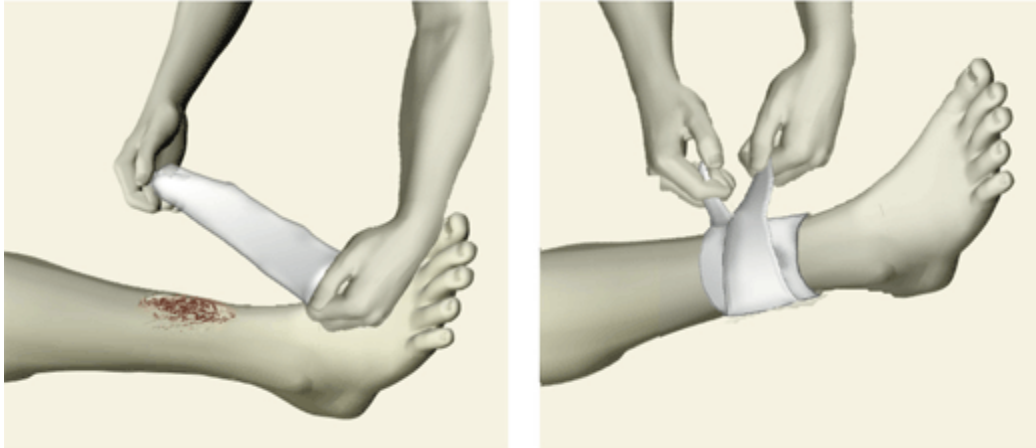
Hold Cloth to Wound to Stop Bleeding



If Possible, Hold Up Leg Until Bleeding Slows



Gently Tie Cloth to Wound with Belt, Pants, Shirt, Etc



Bandaged Leg



If You Have a Broken Bone but Cannot See It



You Will Need



Sticks

or



Board



Towel



Belt

or



Clothes



Rope

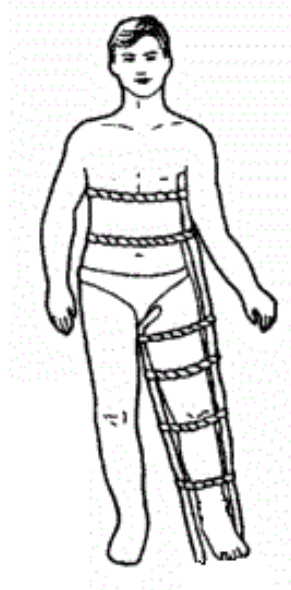
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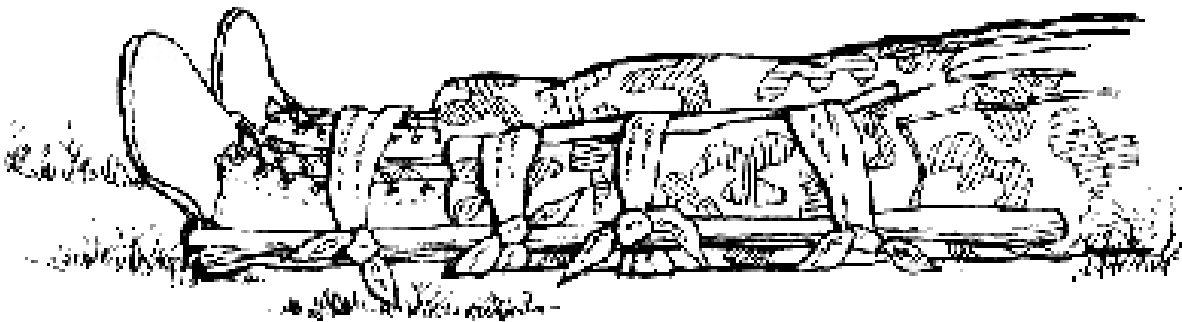
Tape

Use Sticks or Board to Secure Leg

Place Sticks or Board on Either Side of Broken Leg



Use Tape, Rope, or Clothes to Secure Sticks to Broken Leg



Other Bandages for Broken Leg



If You Have a Broken Bone and Can See It



You Will Need



Sticks

or



Board



Towel



Belt

or



Clothes



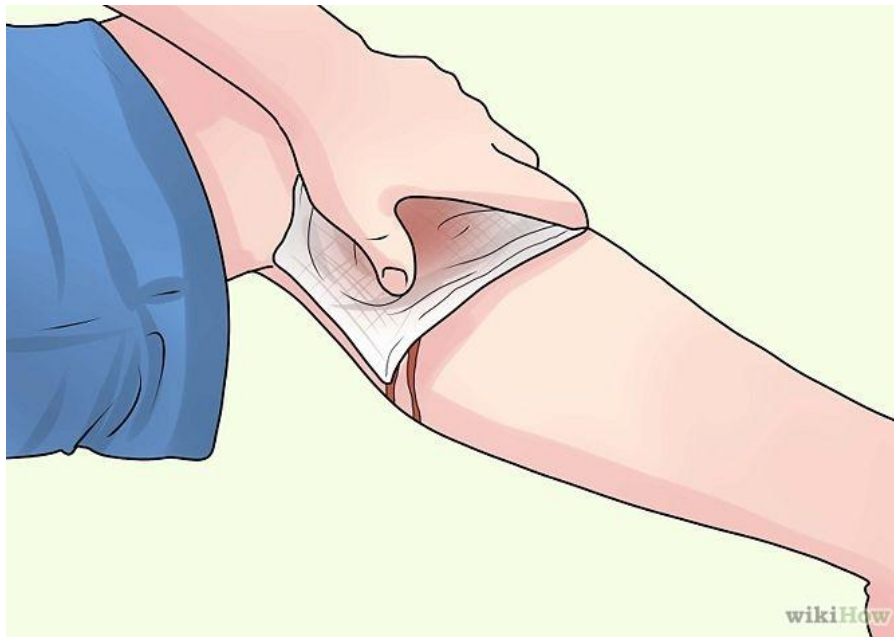
Rope

or



Tape

Hold Cloth to Wound to Stop Bleeding

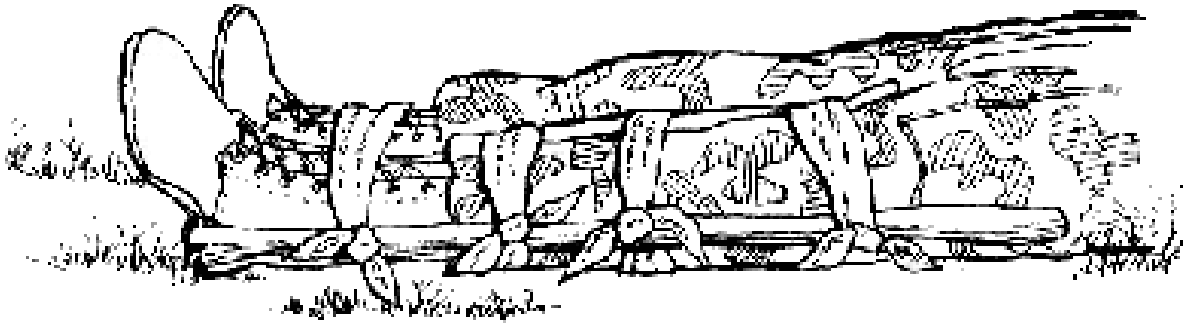


Use Sticks or Board to Secure Leg

Place Sticks or Board on Either Side of Broken Leg



Use Tape, Rope, or Clothes to Secure Sticks to Broken Leg



Other Bandages for Broken Leg



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If You Have Lost a Leg



You Will Need



Cloth or Towel



Belt

or



Clothes



Rope

or



Tape

Raise Leg and Hold Cloth to Wound to Stop Bleeding



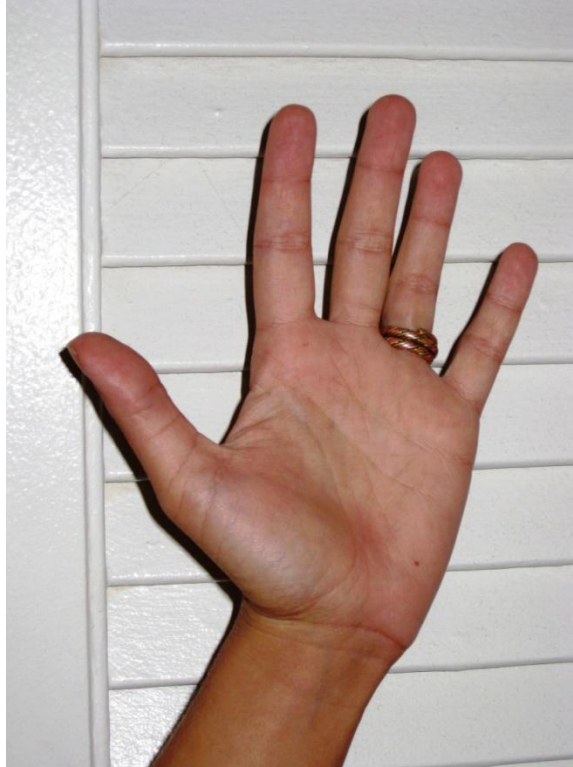
If Bleeding Will Not Stop, Tie Rope, Belt, or Cloth Above Wound



Tie Cloth to Wound



Hand and Foot Injuries



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If Your Hand or Foot is Bleeding



You Will Need



Cloth or Towel



Clothes

or



Tape

Hold Cloth to Wound to Stop Bleeding



Hold Up Hand or Foot Until Bleeding Slows



Gently Tie Cloth to Hand or Foot



If You have Broken a Finger or Toe



You Will Need



Sticks or Pen or Empty Shells



Clothes or String or Tape

For Fingers

**Tie Broken Finger to Unbroken Finger
Using Tape, Cloth, or String**



OR – Use Sticks, Pens, or Empty Bullet Casing and Tie to Broken Finger



For Toes

**Tie Broken Toe to Unbroken Toe Using
Tape or Cloth**



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If You have Lost a Finger or Toe



You Will Need



Cloth or Towel



Clothes

or



Tape

Hold Up Hand or Foot. Press Cloth to Wound to Stop Bleeding



Gently Tie Cloth to Hand



or Foot



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Remember:

**Only use this book if
you cannot find adult
help.**

**Always seek medical
assistance first. Look
for clinics, hospitals,
refugee camps,
schools and churches
for help.**