

General Guidelines for First Aid for the Child with Hemophilia

If a Child: Has external bleeding from a cut, scrape or laceration

You Should:

- Give first aid as you would with any other child:
- Put on gloves
- Clean cut with antiseptic
- Apply firm pressure until bleeding stops
- Apply a band-aid or dressing
- Clean up all blood spills with 10% solution of bleach and water

If a Child: Has a laceration that requires stitches

You Should:

- Give first aid as you would any other child:
- Put on gloves
- Call the parents to take child to the emergency room
- If parents cannot be reached, call 911 to transport child to hospital

If a Child: Has a typical nose bleed

You Should:

- Give first aid as you would with any other child:
- Put on gloves
- Position child sitting straight ahead with head upright
- If bleeding has not stopped after 20 minutes, call the parents for instructions

If a Child: Suffers a blow to the head, neck, or abdomen

You Should:

- Give first aid as you would with any other child:
- Contact the parents immediately for instructions
- If parents cannot be reached, contact the hemophilia treatment center or the child's doctor
- If neither the doctor, the nurse, or the parents can be reached, call 911 and have the child transported to the hospital

If a Child: Has oozing from a cut in the mouth or around the tooth

You Should:

- Give first aid as you would with any other child:
- Put on gloves
- Apply ice compresses with firm, continuous pressure for 20 minutes
- A wet tea bag can be applied around a tooth
- If bleeding does not stop within 20 minutes, call parents for instructions
- Clean up all blood spills with a 10% solution of bleach and water

If a Child:

- ✓ Says he's having a bleeding episode
- ✓ Complains of tingling, bubbling pain, stiffness, or decreased motion in any limb
- ✓ Appears to have a part of the body (usually a joint) swollen or hot to the touch
- ✓ Appears to be favoring an arm or leg more than usual
- ✓ Limp, or refuses to use a limb

You Should:

- Contact the parents for instructions
- Put on gloves
- While waiting for parents, keep the child still to avoid further injury
- You may apply an ice pack and elevate the injured body part

Source: Hemophilia Association of the Capital Area
– <http://www.hacacares.org/>

Additional Resources:

<http://kidshealth.org/parent/medical/genetic/hemophilia.html>