



دي بي اس - المدرسة الهندية الحديثة  
DPS - MODERN INDIAN SCHOOL

Doha-Qatar

*Celebrating 25 Years of Excellence in Education*



# MONTHLY HEALTH NEWSLETTER FROM SCHOOL CLINIC- JULY 2025

## THEME: BASIC FIRST AID AT HOME - BE PREPARED, STAY SAFE

Dear Parents,

Warm greetings from the School Medical Team at DPS Modern Indian School.

As part of our ongoing commitment to health education and child safety, this month's newsletter focuses on a crucial topic: Basic First Aid at Home. Emergencies can occur at any time, and knowing how to act in the first few minutes can make a life-saving difference.

### WHY FIRST AID AT HOME MATTERS

Children spend much of their time at home, and most minor injuries occur during play, in the kitchen, or during daily routines. Being prepared to handle situations like cuts, burns, sprains, nosebleeds, or even seizures empowers families and helps keep children safe.



# **MUST-HAVE FIRST AID KIT ITEMS FOR EVERY HOUSEHOLD**



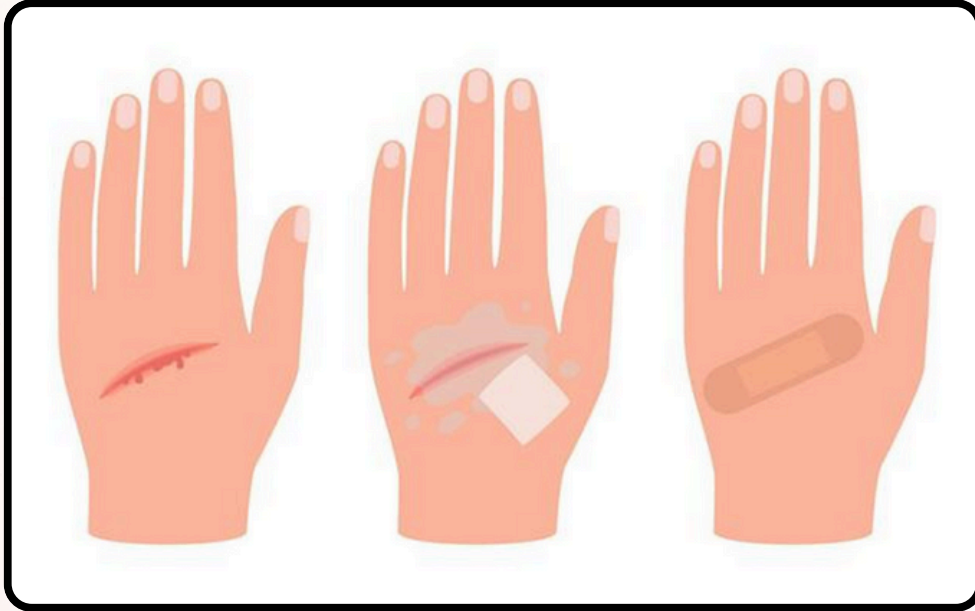
Ensure you have these essentials at home:

- Adhesive bandages (plasters)
- Sterile gauze pads and medical tape
- Antiseptic wipes or solutions (e.g., Betadine, Dettol)
- Digital thermometer
- Burn ointment or aloe vera gel
- Tweezers, scissors, and safety pins
- Gloves (non-latex preferred)
- Cold packs
- Pain relievers suitable for children
- Oral Rehydration Salts (ORS)
- A basic first aid manual or printed emergency steps

Store the kit in a visible and easily accessible place, and check expiry dates regularly.

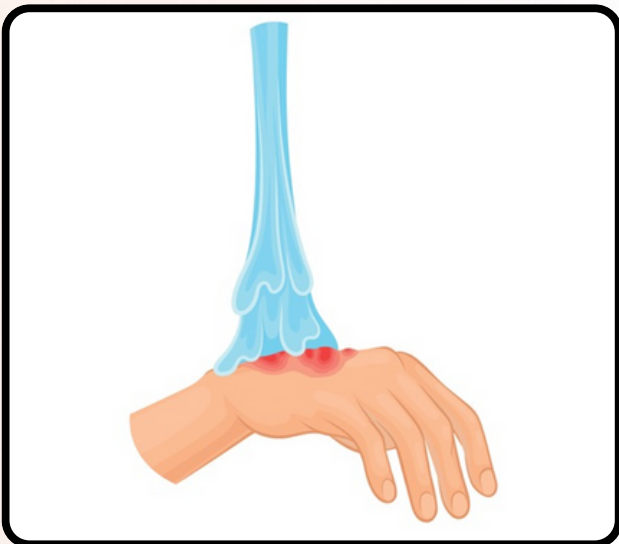
# FIRST AID TIPS FOR COMMON HOME INCIDENTS

## CUTS AND SCRAPES



- Wash your hands.
- Rinse the wound with clean water.
- Apply antiseptic and cover with a bandage.

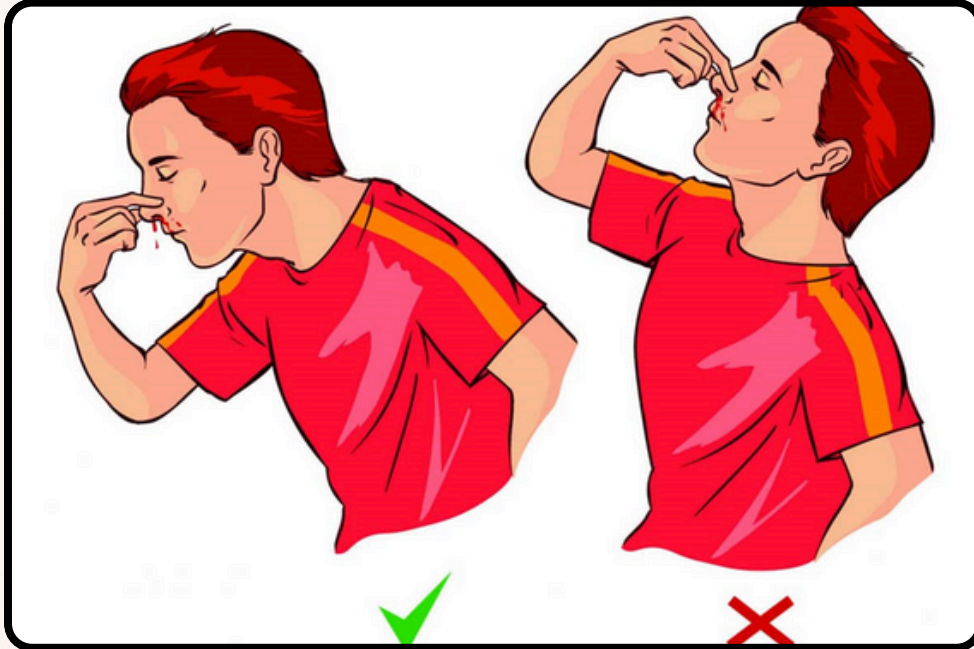
## MINOR BURNS



- Cool the area under running water for 10–15 minutes.
- Do not apply ice or toothpaste.
- Cover with sterile, non-stick dressing.

# FIRST AID TIPS FOR COMMON HOME INCIDENTS

## NOSEBLEEDS



- Sit upright and lean slightly forward.
- Pinch the nose just above the nostrils for 10 minutes.
- Apply a cold compress to the nose bridge.

## BUMPS AND SPRAINS



- Apply a cold pack.
- Elevate the injured area.
- Rest and monitor for swelling or restricted movement.

# FIRST AID TIPS FOR COMMON HOME INCIDENTS

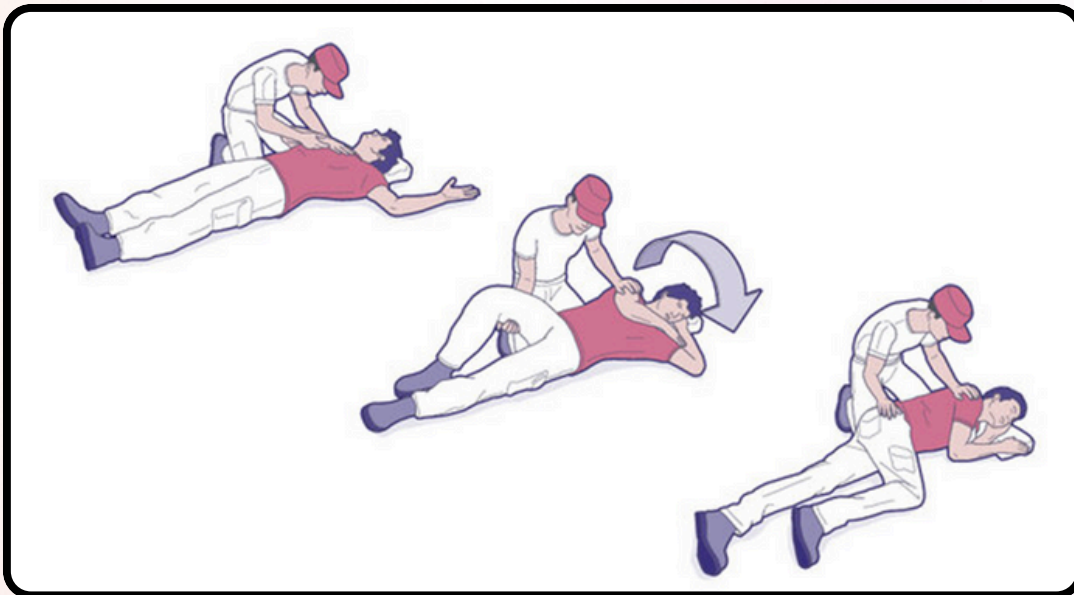
## HOW TO RESPOND TO SEIZURES

Seizures, though uncommon, can happen unexpectedly. Here's what to do:

### SYMPTOMS:

- Sudden collapse or body stiffening
- Jerking movements
- Loss of consciousness
- Frothing or drooling
- Unresponsiveness

### DO THIS:



- Stay calm.
- Place the child on their side to prevent choking.
- Remove nearby sharp or harmful objects.
- Loosen tight clothing around the neck.
- Time the seizure.
- Allow rest and monitor after it ends.

## **✗ DO NOT:**

- Do NOT put anything in the child's mouth.
- Do NOT try to restrain movements.
- Do NOT give food or water during the episode.

## **SOS SEEK EMERGENCY HELP IF:**

- The seizure lasts longer than 5 minutes.
- The child has breathing difficulty.
- It's their first seizure or they don't regain consciousness quickly.

## **🚑 IN CASE OF EMERGENCY – CALL THE AMBULANCE**

📞 Qatar Ambulance Emergency Number: 999



## WHEN CALLING FOR HELP:

- ✓ Speak clearly and calmly
- ✓ Provide your exact location/address, including:
  - Villa/building number
  - Street name
  - Zone number
  - Nearby landmarks (e.g., mosque, school, supermarket)
- ✓ Mention:
  - What happened
  - Age and condition of the child
  - Whether the child is conscious and breathing
- ✓ Follow the dispatcher's instructions carefully until help arrives.

## ✓ TOGETHER FOR A SAFER TOMORROW

At DPS Modern Indian School, we believe that safety begins at home and is strengthened through knowledge, awareness, and preparedness. By taking simple but important steps—like maintaining a first aid kit, knowing how to respond in emergencies, and teaching children to stay calm—we can make our homes safer and more secure.

We encourage you to review these first aid tips with your family and ensure everyone knows what to do in case of an emergency.

Thank you for being our valued partners in promoting health and safety for every child.



Warm regards,  
The School Medical Team  
DPS Modern Indian School, Qatar