

## MINOR INJURIES

When we talk of someone being injured, we usually think of serious injuries, such as those involving broken bones or where a lot of blood is lost. We don't think much about the little incidents, such as scratches, splinters, dust in the eye, and blisters. These things don't give us much pain nor lay us up. And if properly treated, minor injuries shouldn't give us serious concern.

### EVEN MINOR INJURIES CAN BECOME SERIOUS

When we neglect a minor injury, however, we could end up in the hospital or even six feet under. Do you think that I'm exaggerating? Consider what can happen if you let a minor cut on your arm go untreated. Germs can enter and cause infection. If the infection, in turn, isn't treated, it can cause blood poisoning, which can be fatal.

### TWO KINDS OF INJURIES OFTEN NEGLECTED

A hard blow on the head. This can make you dizzy or unconscious for a few seconds. It's easy to overlook this injury because after-wards you may feel OK, except for a headache. What many of us don't realize is that a blow on the head can cause a slight concussion or fracture, which can't be detected except by a doctor. As a result we later may go to sleep and not wake up. So if you have a head injury see a doctor for a checkup.

A blow to the stomach. This can occur when you run into something or are struck by something. The blow may knock you down and take the wind out of you, but a few minutes later you may feel OK. Just because there may be no visible injury, however, is no reason for not reporting to first aid. It doesn't take much of a blow to rupture an intestine or start internal bleeding. And these unseen injuries can kill you.

### REPORT ALL INJURIES

The important thing to remember is to report all injuries, even though they are minor and no physical damage is apparent. Get proper first aid and see a doctor if necessary.

