

Injury First Aid and Red Flags Card

FitInFlow.space · For information only, not medical advice. Based on NHS and CDC guidance. Updated October 2026. Keep it in your first-aid kit.

1. Emergency now: call emergency services. Do not drive yourself.

☐ Bleeding that will not stop, or bright red blood that spurts ☐ Something stuck in the wound (leave it in)

☐ A crack heard at injury, or a limb at an odd angle ☐ Numbness, tingling, or skin blue, grey or cold

After a head injury: knocked out, seizure, can't stay awake, confusion, trouble walking or speaking, clear fluid from ears or nose, new weakness, fall from over 1 m / 5 stairs, baby under 1 with a head bruise or swelling

2. Same-day medical advice

☐ Head injury plus blood thinners, alcohol, vomiting or dizziness ☐ Cannot bear weight or walk more than a few steps

☐ Deep, dirty or puncture wound, or any bite ☐ Cut over 2 inches (5 cm), or on the face or palm

☐ Wound getting redder, more swollen or painful, pus, fever or shivers

3. First aid

Sprains, strains, bruises: PRICE for 2 to 3 days

Protect · Rest · Ice in a cloth, up to 20 min every 2 to 3 h ·

Compress · Elevate

Avoid heat, alcohol and massage at first. Move gently once pain allows.

Cuts and grazes: 3 steps

1. Press firmly with a clean cloth; raise the limb.

2. Rinse with clean water; wash the skin around it.

3. Cover with a sterile dressing. Watch for infection.

4. Minor head bump

Cold pack for short spells · rest · an adult stays with the person for 24 hours · no alcohol or driving until recovered · no contact sport for at least 3 weeks · see a doctor if symptoms last over 2 weeks

5. Tetanus record (CDC: booster every 10 years)

Name	Last tetanus shot (date)	Next due	Name	Last tetanus shot (date)	Next due

6. Recovery log

Day	Date	Pain (0-10)	Swelling (better / same / worse)	Can use or bear weight?
1				
2				
3				
4				
5				
6				
7				

Never swallow herbal arnica, comfrey or rue. Herbal arnica cream is for unbroken skin only. Ask a doctor before using arnica with blood thinners or in pregnancy. This card contains no remedies or doses.