

**Self-Care Station**  
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As high school students approach graduation and enter adulthood, one cannot argue that learning to do basic first aid would be an important life skill to know before being on their own. With that in mind, a self-care station in the nurse's office helps to teach and reinforce these skills. Below are a few of the self-care skills high school students could learn to do simply and effectively.

**Splinter Care**

- ✓Wash your hands with soap and water
- ✓Wash splinter site with warm, soapy water
- ✓Dry splinter site with paper towels
- ✓Using tweezers remove the splinter
- ✓Apply antiseptic ointment onto band-aid or apply using a Q-tip
- ✓Apply band-aid if needed

**Contact Lens Care**

- ✓Wash your hands with soap and water
- ✓Remove lid off sterile saline bottle
- ✓Be careful not to touch the tip of sterile saline bottle
- ✓Clean lens with sterile saline
- ✓Reinsert contact lens

**Dry Skin**

- ✓Wash your hands with soap and water
- ✓Open bottle of lotion
- ✓Apply small amount to hands
- ✓Rub lotion into dry area
- ✓Close lid on lotion

**Chapped Lips**

- ✓Wash your hands with soap and water
- ✓Remove cap from petroleum jelly
- ✓Squeeze a pea size amount of petroleum jelly onto Q-tip
- ✓Apply to lips
- ✓If more petroleum jelly is needed, use a new Q-tip
- ✓Discard used Q-tip
- ✓Replace cap

**Poison Ivy**

- ✓Wash your hands with soap and water
- ✓Tighten cap and shake calamine lotion
- ✓Dab calamine lotion on cotton ball
- ✓Apply calamine lotion to poison ivy
- ✓Use a new cotton ball for more calamine lotion

**Minor Cuts and Scrapes**

- ✓Wash your hands with soap and water
- ✓Wash the injured area with warm, soapy water
- ✓Dry injured area with paper towels
- ✓Apply antiseptic ointment onto band-aid or apply to cut/scrape using Q-tip
- ✓Apply band-aid

**Nose Bleed**

- ✓Pinch nostrils firmly and breathe through mouth
- ✓Hold constant pressure for 10 minutes
- ✓Lean head forward – NOT back
- ✓After the bleed stops:
  - Do not blow your nose for at least one hour
  - You may apply a small amount of Vaseline to inner nostril with a Q-tip if you want