



In partnership with **Sir Brian Bell Foundation**

# FIRST AID IN THE PACIFIC

## WHAT IS FIRST AID?

First aid is the help given to someone who is injured or ill to keep them safe and to cause no further harm. The role of a first aider is to give someone this help.

## THE FIRST AIMS OF FIRST AID ARE:

- Preserve life
- Prevent illness or injury from becoming worse
- Relieve pain, if possible
- Promote recovery
- Protect the unconscious

All information provided is from St John Ambulance in partnership with Sir Brian Bell Foundation Papua New Guinea

# INFECTIOUS DISEASES AND PREVENTION

## WHAT IS AN INFECTIOUS DISEASE?

**Diseases or sickness caused by micro-organisms or germs. These germs can be viruses, bacteria or parasites and can be passed from one person to another through coughing, touching, eating or cuts in the skin.**

## DISEASE TRANSMISSION

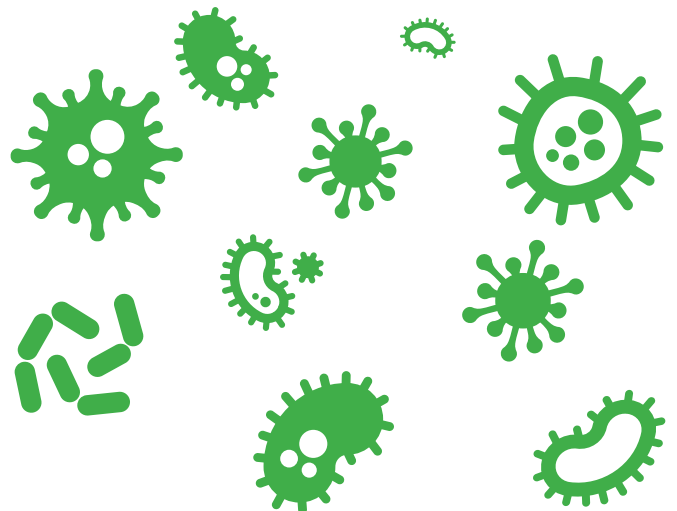
Transmission is the way the disease spreads or is passed from one person to another. Anybody can catch an infectious disease.

Ways in which the following diseases can be passed from one person to another:

- 1. Tuberculosis** – coughing
- 2. COVID-19** – Coughing or sneezing, touching contaminated objects, touching your face with contaminated hands, exposure to contaminated betelnut spit
- 3. Malaria** – bite from an infected mosquito
- 4. Hepatitis A** – eating and drinking contaminated food and water
- 5. Cold and influenza** – Coughing or sneezing, touching contaminated objects, touching your face with contaminated hands, exposure to contaminated betelnut spit
- 6. Sexually transmitted infections** – body fluids through sexual intercourse
- 7. HIV** – sexual intercourse, blood, from mother to child during pregnancy and breast feeding

## GENERAL INFECTION PREVENTION

1. Wash hands with soap and water for 20 seconds or use an alcohol based hand sanitizer/hand rub for 20 seconds
2. Cover your cough and sneeze with a bent elbow
3. Do not share personal items e.g. razors, toothbrushes
4. Cover your own scratches or wounds
5. Avoid direct blood to blood contact
6. Always wear protective equipment if available
  - Disposable gloves
  - Face mask
  - Eye protection e.g.: glasses
7. Brushing your teeth morning and night.
8. Cut down chewing betelnut. It also increases the risk of mouth (oral) cancer.



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