



5C. Sunburn

5D. Blisters on the hand or foot

5E. Tick bites

5F. Bites and stings of other insects

5G. Venomous snakebites

5H. Nosebleed

5I. Frostbite

6. Put together a simple home first-aid kit. Explain what you included and how to use each item correctly.

7. Create and practice an emergency readiness plan for your home or den meeting place.

8. Visit with a first responder or health-care professional