Helping hands simple aid guide

DO & DON'TS



by,
Tejaswini H M

SNAKE BITE



DO's ✓



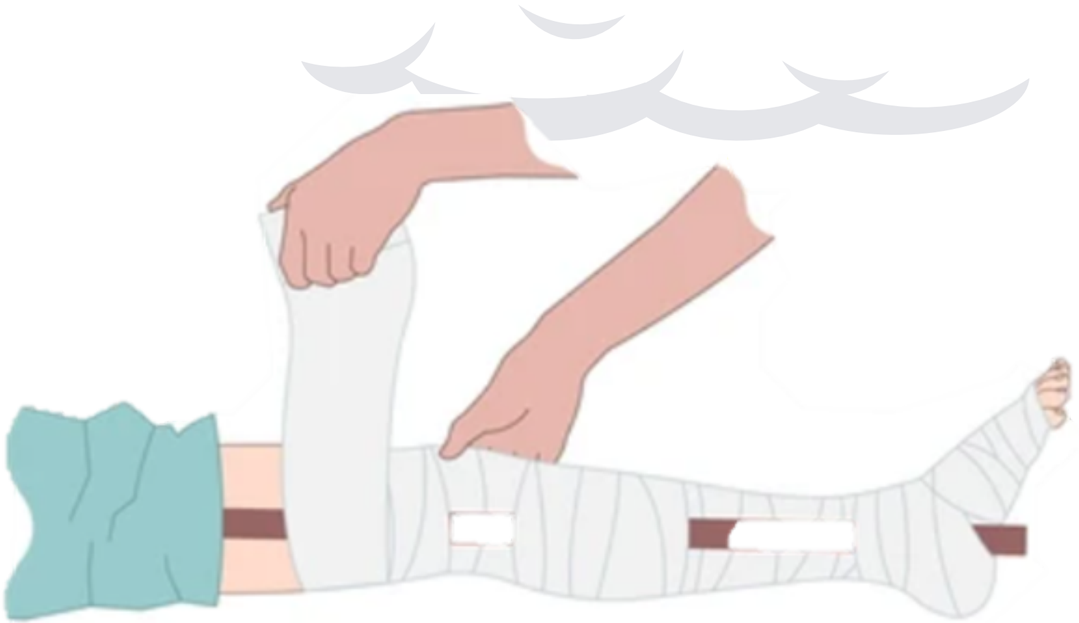
Stay calm and move away from the snake

DONT's ✗



Don't suck the bite area

DO's ✓



Wrapping and splint around the affected area

DONT's ✗



Don't tie a tourniquet

DO's ✓



Take them to the nearest hospital as soon as possible

DONT's ✗



Don't cut around the bitten area

DO's ✓



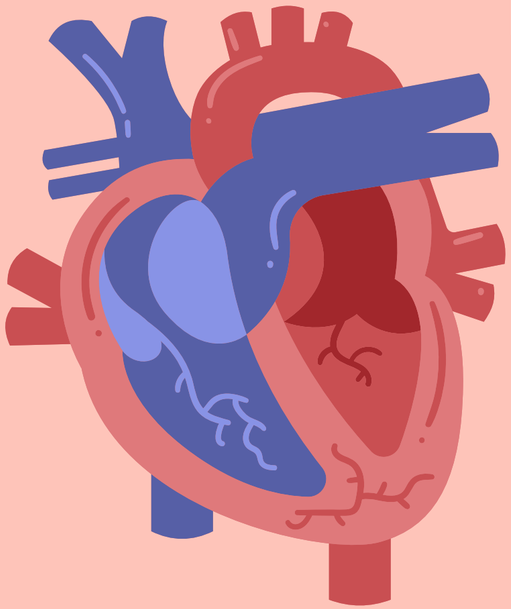
Call medical aid

DONT's ✗



Don't apply any herbs or pastes

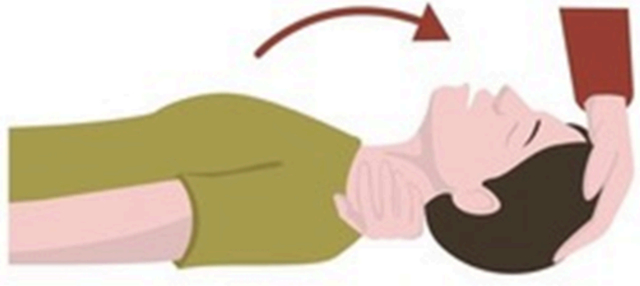
HEART ATTCAK



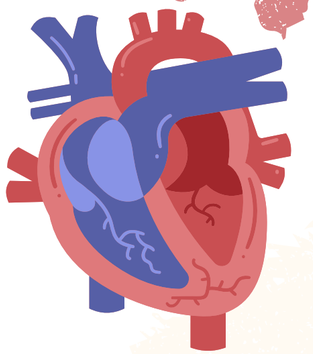
CPR technique



Check vital signs



Check breathing





Give rescue breaths



Perform CPR

DO's





SS

Tejaswini H M

DONT's





DO's ✓



Hands & body should be straight

DONT's ✗



Don't bend the body


skin burn

DO's ✓



Cool the burn with water

DONT's ✗





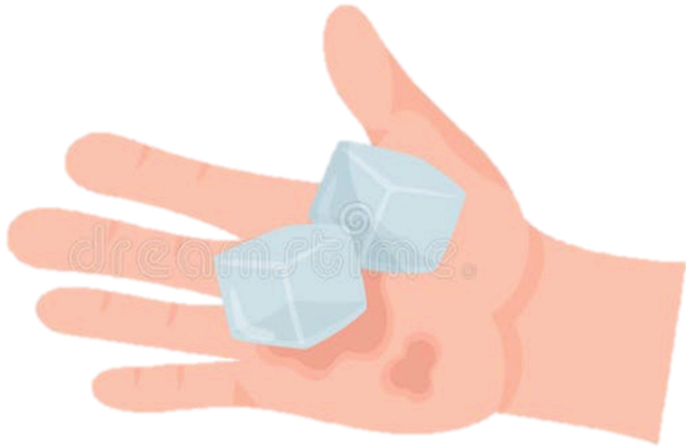
Don’t use oil

DO's ✓



Bandage the burn

DONT's ✗



Don’t use ice

DO's ✓



Apply Aloevera

DONT's ✗



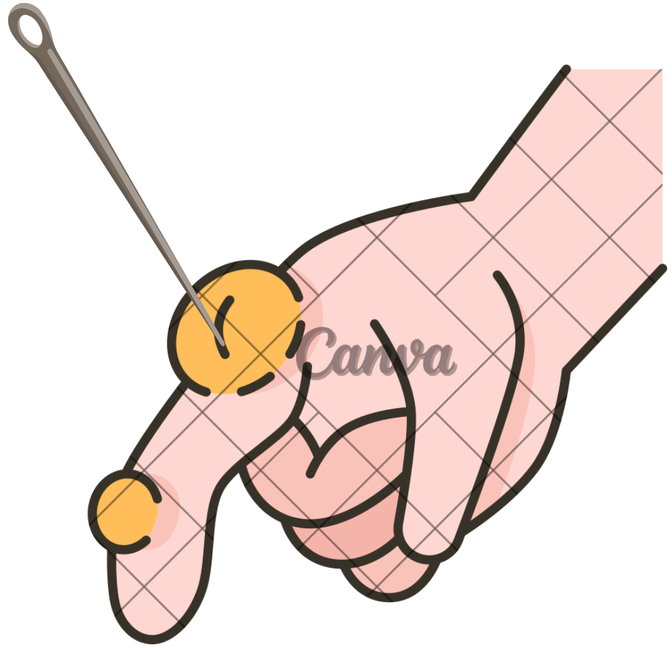
Don’t use egg

DO's ✓



Take a pain reliever

DONT's ✗



Don’t pop the blister

DENTAL CARE

in daily life



DO's





Brush teeth twice a day

DONT's





Don't use old brush

DO's ✓

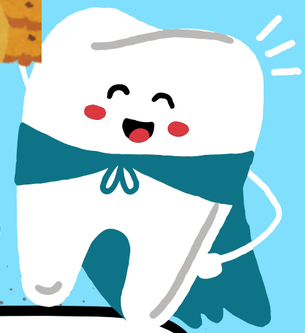




Eat fibre rich fruits& vegetables

DONT's ✗





Avoid sweets

nose bleeding



DO's



Pinch nose & tilt head forward

DONT's



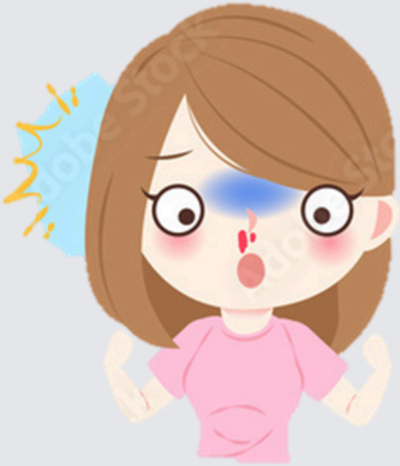
Don't tilt head backward

DO's



Apply ice if needed

DONT's



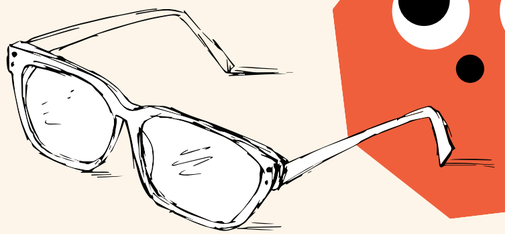
Don't panic

cataract surgery

POST OPERATIVE CARE







DO's ✓



APPLY EYEDROPS
(1 MONTH)

DONT's ✗



DON'T RUB/ PRESS ON
EYE
(1 MONTH)

DO's ✓



PERFORM EYE CLEANING
(1 WEEK)

DONT's ✗



DON'T SLASH WATER INTO THE EYES
(2 WEEKS)

COVID 19 PREVENTION



DO's ✓



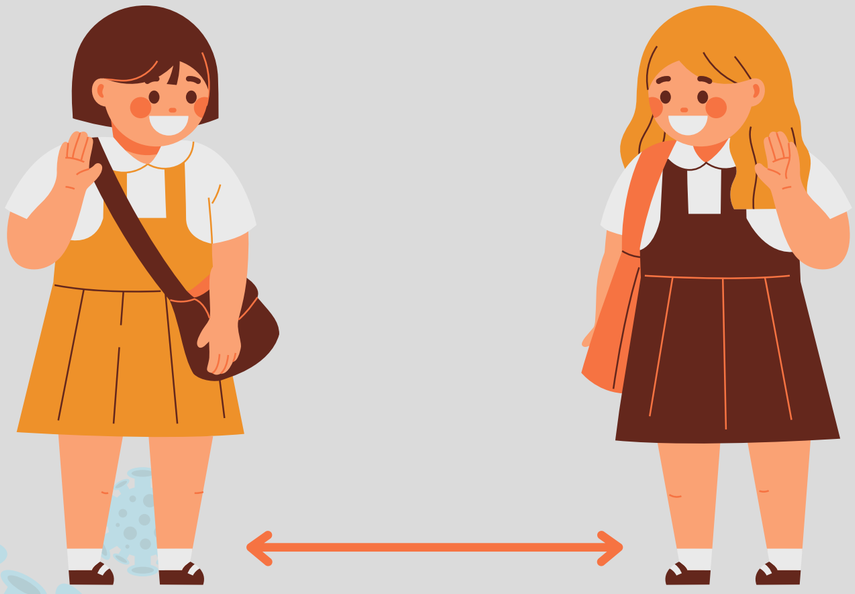
Use mask and gloves

DONT's ✗



Don't hand shake or touching

DO's



Keep social distance

DONT's



Avoid touching faces without handwash

DO's ✓



Sanitize the hands with soap or alcohol

DONT's ✗



Avoid crowed places

DO's ✓



Sanitize the hands with soap or alcohol

DONT's ✗



Avoid crowed places

WARNER & SPENCER BEAUTY CARE

Acne care



WARNER & SPENCER BEAUTY CARE

DO's ✓



Do try tea tree oil

DONT's ✗



Don't squeeze your pimples



WARNER & SPENCER BEAUTY CARE

DO's ✓



Apply sulphur based cream

DONT's ✗



Don't apply toothpaste or crushed aspirin



WARNER & SPENCER BEAUTY CARE

DO's ✓



Keep your skin clean

DONT's ✗



Remove makeup while sleeping









Lifestyle management

Work Mode On!

DO's ✓



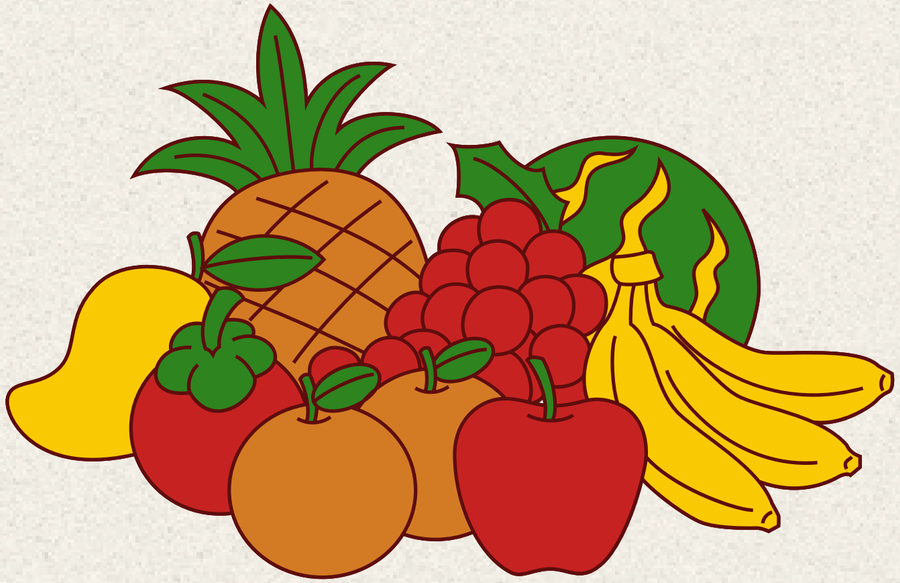
Do yoga & exercise

DONT's ✗



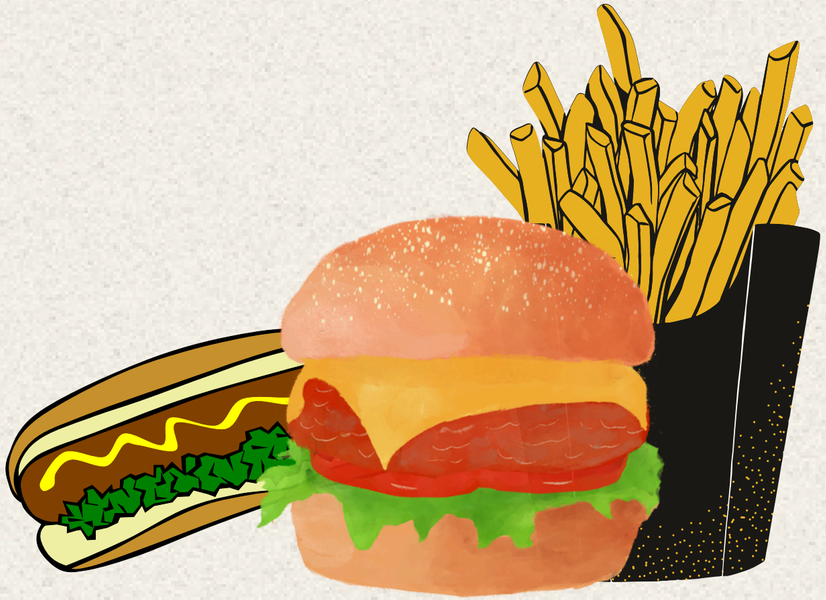
avoid sedatory lifestyle

DO's ✓



Eat healthy food

DONT's ✗



Avoid junk food

DO's ✓



Read books

DONT's ✗



limit the use of mobile & laptop

Hair loss prevention

Beauty Treatment



DO's ✓



Comb your hairs gently

DONT's ✗



Don't rub or pull on wet hair

DO's



Keep stress level in check

DONT's



Don't use heat tools too much

DO's ✓



avoid sedatory lifestyle

DONT's ✗



Don't expose to severe pollution

THANK YOU

