



## Biting First Aid

Prepared by the Health Consultant Team at Child Care Aware® of North Dakota

### First Aid:

1. Wash bite with soap and water.
2. Gently pat dry – if needed, stop bleeding by applying pressure and/or elevating the injured body part.
3. Apply ice or cold pack over a cloth for swelling. (5 minutes is sufficient. If the child is not upset by the ice/cold pack, can apply up to a maximum of 20 minutes).
4. Gently pat dry. Cover with sterile bandage. \*\* written parental permission is required before applying any antibiotic ointment
5. Fill out injury report, notify parent, have parent sign injury report form.

### If skin is broken:

1. Administer first aid as listed above. If blood has been drawn into the mouth of the child who did the biting, have the child who did the biting rinse his/her mouth out with water if the child is able.
2. Notify the parents of both the child who was bitten and the child who did the biting that a bite occurred with the skin being broken. Call parents as soon as possible, don't wait until the end of the day.
3. Explain to the parents that if the skin is broken, the U.S. Public Health Service recommends that parents of both the child who was bitten and the child who did the biting contact their child's physician about health risks and possible evaluation for blood exposure. It is also recommended to make sure that each child's immunizations are up-to-date.
4. Fill out injury report form for both the child who was bitten and the child who did the biting. \*\* It is important to document on each injury report form that it was recommended that the parents contact their child's physician.

### Watch the bite for infection:

It is important to watch the bite for signs of infection for a few days after the bite occurred.

Signs of infections include:

- Redness around bite site
- Warm to the touch
- Drainage
- Fever

If any of these symptoms occur, the parents should be notified as soon as possible. The child needs to see a physician for treatment as soon as possible.

### Try to prevent bites from occurring:

There are many reasons children bite – they may be teething, hungry, tired, seeking attention, etc. It is important to figure out why a child bites, in order to prevent more biting from occurring. Never place anything (lemon juice, tabasco sauce, pepper, etc.) in a child's mouth for punishment for biting. For advice on biting and behavior, please call Child Care Aware.

Sources:

"Caring for Our Children" National Health & Safety Performance Standards: Guidelines for Out-of-Home Child Care Programs, 3rd Edition, 2011.

"Keeping Safe When Touching Blood or Other Body Fluids", ECELS, November 2010 revision.

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