



EYE PAIN

Sharp, dull or throbbing pain in one or both eyes

STY

A sty is a red bump on the upper or lower eyelid. It is usually an eyelash follicle that has been infected with bacteria. The bump is filled with pus and may be mildly painful. When left alone, it will usually heal on its own.

Symptoms:

- A swollen bump on the margin of an eyelid
- Some itching
- Some pain

DO:

- Gently apply a warm compress to the sty for five to ten minutes at a time, three to four times a day.

DON'T:

- Don't pick or squeeze the sty. If it has not yet completely healed, it could spread the infection and cause more to appear.



FAINTING

Losing consciousness for a short period of time

CAUSES

ANEMIA

Fainting is one of the symptoms of anemia. A person is suffering from anemia if his/her blood is lacking in *hemoglobin*, which is instrumental in bringing oxygen to the tissues. An iron deficiency is most often the cause of this condition.

Symptoms:

- Fainting spells
- Dizziness
- Paleness of the lips, mouth, inside of eyelids and nail beds
- Chest pain
- Palpitations (extraordinarily fast and strong heartbeats)
- Weight loss

DO:

- If you feel faint, sit down and put your head between your knees or lie down and raise your feet above the level of your heart.
- Loosen the clothing you are wearing.
- Seek help to determine proper medication for anemia.
- If someone has fainted in your presence, check for breathing. If the person is not breathing, seek emergency help (and administer CPR, if you've been trained).

DON'T:

- Don't make sudden movements right after regaining consciousness. You may feel weak after the attack and a period of rest is a must.

HEAT EXHAUSTION

See page 9.