



SPRAIN OR STRAIN

Joint injury by overuse and improper movement; pain, swelling, tenderness and bruising; difficult movement

CAUSES

TRAUMA

Sprains refer to the condition wherein a person's ligaments are damaged or torn. On the other hand, strains refer to the condition wherein a person's muscles are damaged or torn. Both are caused by trauma and occur most often in the ankles, knees, and fingers.

DO:

- Exercise, sports and other physical activity should be stopped immediately once pain is felt.
- Rest the affected body part for one to two days.
- Apply cold compress immediately on the affected area. Do this for 15 to 20 minutes four times a day.
- Bind affected area with a cloth wrap or bandage to secure.
- Elevate body part above the level of the heart when possible.
- If pain is unbearable, over-the-counter pain relievers can help ease pain.
- Cool down after exercising.
- Sprain and strain-proof the household and make sure the people living in the house are safe from accidents.
- If symptoms persist after 48 hours, seek medical advice.

DON'T:

- Don't over-exercise. Stretch and warm-up properly before getting involved in any strenuous physical activity.

STING OR BITE

Red lump or patches on the skin that are itchy, swollen and/or painful

Ordinary insect stings (from mosquitoes, ants, etc.) are hardly ever serious. However, bites from some small animals such as arachnids or parasites can be dangerous.

BEE STING

Ordinarily, bee stings are harmless. The pain and discomfort should last no more than one or two days. However, some people may be allergic to insect venoms. If not properly diagnosed or treated, this can lead to death.

Symptoms:

- Dizziness, nausea and vomiting
- Stomach cramps accompanied by diarrhea
- Itching or swelling around the eyes and hives breaking out on the face and other parts of the body
- Wheezing, difficulty breathing and eventually, unconsciousness

DO:

- When a person is suffering from a severe allergic reaction (which happens just a few minutes after person is stung), seek emergency medical help immediately.
- Place a cold compress on the affected area while waiting for the ambulance or on the way to the emergency room
- When stung by a bee, immediately remove the insect from the person's skin by flicking it sideways with a fingernail. Be careful not to pinch or pull the bee as it may induce venom to be injected further in the skin. The victim should leave the area quietly and immediately to avoid being attacked by other bees.
- Take note of the kind of insect that stung the victim to enable an attending physician to diagnose the problem.
- If the person is not allergic to bee stings, a small