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**Next**

### Sniper Data Book

#### Range Estimation

#### Mil-dot Reticle Breakdown

**Reading Mil-dot Reticles**  
For a sniper to accurately determine distance to a target, he must mentally break down the reticle into mil sub-divisions.

**Round, US Army-Style Mil-dot Reticle**

72" tgt = 5 mils  
72 x 27.77 = 1999.4  
1999.4 ÷ 5 = 399.8 yds

**Oval, USMC-Style Mil-dot Reticle**

625 (5/8)  
.375 (3/8)  
.75 (6/8)  
5 (4/8)  
875 (7/8)  
25 (2/8)  
.125 (1/8)

# FIRST AID

Call 911 or your local emergency number for a severely ill or injured child. Call 1-800-222-1222 (Poison Help) if you have a poison emergency.

### SKIN WOUNDS

Make sure the child is up to date for tetanus vaccination. Any open wound may need a tetanus booster even when the child is currently immunized. If the child has an open wound, ask the pediatrician if the child needs a tetanus booster.

**Scrapes** Apply cool compresses. Call the pediatrician if the child has a crush injury, large lacerations, continued pain, or swelling. The pediatrician may recommend acetaminophen for pain.

**Cuts** Wash small cuts with soap and water. Use direct pressure with a clean cloth to stop bleeding and hold in place for 1 to 2 minutes. If the cut is not deep, apply an antibiotic ointment, then cover the cut with a clean bandage. Call the pediatrician or seek emergency care for large or deep cuts, or if the wound is wide open. For major bleeding, call for help (911 or your local emergency number). Continue direct pressure with a clean cloth until help arrives.

**Scrapes** Rinse with clean, running tap water for at least 5 minutes to remove dirt and germs. Do not use detergents, alcohol, or peroxide. Apply an antibiotic ointment and a bandage that will not stick to the wound.

**Splinters** Remove small splinters with tweezers, then wash with clean water. If you cannot remove the splinter completely, call the pediatrician.

**Puncture Wounds** Do not remove large objects (such as a knife or stick) from a wound. Call for help (911 or your local emergency number). Such objects should be removed by a doctor. Call the pediatrician for all puncture wounds. The child may need a tetanus booster.

**Bleeding** Apply pressure with gauze over the bleeding area for 1 to 2 minutes. If still bleeding, add more gauze and apply pressure for another 15 minutes. You can also wrap elastic bandage firmly over gauze and apply pressure. If bleeding continues, call for help (911 or your local emergency number).

### CONVULSIONS, SEIZURES

If the child is breathing, lay her on her side to prevent choking. Call 911 or your local emergency number for a prolonged seizure (more than 5 minutes).

Make sure the child is safe from objects that could injure her. Be sure to protect her head. Do not put anything in the child's mouth. Loosen any tight clothing. Start rescue breathing if the child is blue or not breathing. (Please see other side.)

### HEAD INJURIES

DO NOT MOVE A CHILD WHO MAY HAVE A SERIOUS HEAD, NECK, OR BACK INJURY. This may cause further harm.

Call 911 or your local emergency number right away if the child:

- Lacks consciousness
- Has a seizure (convulsion)
- Experiences changes or inability to move any body part
- Has vomiting of blood or watery fluid from ears or nose
- Has abnormal speech or behavior

Call the pediatrician for a child with a head injury and any of the following:

- Drowsiness
- Difficulty being awakened
- Persistent headache or vomiting

For any questions about less serious injuries, call the pediatrician.

### POISONS

If the child has been exposed to or ingested a poison, call Poison Help at 1-800-222-1222. A poison expert is available 24 hours a day, 7 days a week.

**Swallowed Poisons** Any nonfood substance is a potential poison. Do not give anything by mouth or induce vomiting. Call Poison Help right away. Do not delay calling, but try to have the substance label or name available when you call.

**Fumes, Gases, or Smoke** Get the child into fresh air and call 911, the fire department, or your local emergency number. If the child is not breathing, start CPR and continue until help arrives. (Please see other side.)

**Skin Exposure** Wash, bathe, or shower with soap and water. If a child is unconscious, becoming drowsy, having convulsions, or having trouble breathing, call 911 or your local emergency number. Bring the poison's substance label (safely contained with you) to the hospital.

### FAINTING

Check the child's airway and breathing. If necessary, call 911 and begin rescue breathing and CPR. (Please see other side.) If unconscious, lay the child on her side to prevent choking. Elevate the feet above the level of the heart (about 12 inches).

### STINGS, BITES, AND ALLERGIES

**Stinging Insects** Remove the stinger as soon as possible with a stinging motion using a firm item (such as the edge of a credit card). For a cold compress on the bite to relieve the pain. If trouble breathing, hives, swelling of lips, face, or throat, or hives over the entire body occurs, call 911 or your local emergency number right away. For hives in a small area, nausea, or vomiting, call the pediatrician. For spider bites, call for help (911 or your local emergency number). Have the pediatrician check any bites that become red, warm, swollen, or painful.

**Allergic or Hypersensitive Reactions** Wash the wound well with soap and water. Call the pediatrician. The child may need a tetanus or rabies shot or antibiotics.

**Ticks** Use tweezers or your fingers to grasp as close as possible to the head of the tick and firmly pull the tick away from where it is attached. Call the pediatrician if the child develops symptoms such as a rash or fever.

**Snake Bites** Take the child to an emergency department if you are unsure of the type of snake or if you are concerned that the snake may be poisonous. Keep the child at rest. Do not apply anything to the wound area and keep it at rest, positioned at or slightly below the level of the heart. Identify the snake, if you can do so safely. If you are not able to identify the snake but are able to kill it safely, take it with you to the emergency department for identification.

**Allergy Swelling, problems breathing, and pain** may be signs of severe allergy. Call 911 or your local emergency number right away. Some people may have emergency medicine for these times. If possible, ask about emergency medicine they may have and help them administer it if necessary.

### FEVER

Fever in children is usually caused by infection. It also can be caused by chemicals, poisons, medicines, an extravasation that is hot, or an extreme level of activity.

Take the child's temperature to see if she has a fever. Most pediatricians consider any thermometer reading 100.4 F (38 C) or higher as a fever. However, the way the child looks and acts is more important than how high the child's temperature is.

Call the pediatrician right away if the child has a fever and:

- Appears very ill, is unusually drowsy, or is very fussy
- Has other symptoms such as a stiff neck, a severe headache, severe sore throat, severe ear pain, an unexplained rash, repeated vomiting or diarrhea, or difficulty breathing
- Has a condition causing immune suppression (such as sickle cell disease, cancer, or chronic steroid use)
- Has had a first seizure but is no longer seizing
- Is younger than 3 months (1 year) and has a temperature of 100.4 F (38 C) or higher
- Has been in a very hot place, such as an overheated car

To make the child more comfortable, dress her in light clothing, give her cool liquids to drink, and keep her calm. The pediatrician may recommend fever medicines. Do NOT use aspirin to treat a child's fever. Aspirin has been linked with Reye syndrome, a serious disease that affects the liver and brain.

### NOSEBLEEDS

Keep the child in a sitting position with the head tilted slightly forward. Apply firm, steady pressure to both nostrils by squeezing them between your thumb and index finger for 5 minutes. If bleeding continues or is very heavy, call the pediatrician or seek emergency care.

### TEETH

**Baby Teeth** If knocked out or broken, apply clean gauze to control bleeding and call the pediatrician or family dentist.

**Permanent Teeth** If knocked out, handle the tooth by the top and not the root (the part that would be in the gum). If dry, rinse gently without scrubbing or touching the root. Do not use any cleaners. Use cold running water or milk. Place the tooth in egg white, coconut water, or if unavailable, milk, saline solution (1 teaspoon of table salt added to 8 ounces of water), or water, and transport the tooth with the child when seeking emergency care. If the tooth is broken, save the pieces in milk and call the pediatrician or family dentist right away. Stop bleeding using gauze or a cotton ball in the tooth socket and have the child bite down.

Does your community have 911? If not, note the number of your local ambulance service and other important numbers below.

**BE PREPARED: CALL 911 KEEP EMERGENCY NUMBERS BY YOUR TELEPHONE.**

POISONICAN \_\_\_\_\_  
 POISONIC OR FAMILY DENTIST \_\_\_\_\_  
 POISON HELP 1-800-222-1222 \_\_\_\_\_  
 AMBULANCE \_\_\_\_\_  
 EMERGENCY DEPARTMENT \_\_\_\_\_  
 FIRE \_\_\_\_\_  
 POLICE \_\_\_\_\_  
 ADDRESS OF AND DIRECTIONS TO THE LOCATION (FOR BARBITURATE, CARBONIC) \_\_\_\_\_

**American Academy of Pediatrics**  
 DEDICATED TO THE HEALTH OF ALL CHILDREN®

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances. © 2010 American Academy of Pediatrics. All rights reserved. 101 pages 10





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