



## **Uganda Health News (UHN) Supports Declaring June 2021 as First Aid Education Month Legislative Declaration Urges Parliament To Support Education Programs**

### **WE'RE PROUD OF OUR BELIEFS**

#### **Hope Uganda's Parliament Adopts Them!**

The **Uganda Health News** (UHN) team is so proud of our program, project, what we stand for, and what we wish to accomplish, that we have put our pledge to Uganda and her people on paper, posted it on our website ([www.UgandaHealthNews.com](http://www.UgandaHealthNews.com)) and are urging the Ugandan Parliament to adopt our beliefs as part of Uganda's comprehensive **National Health Policy**. The **UHN** is urging the following:

- Teach CPR and First Aid in all Ugandan schools;
- Declare one month a year as "First Aid Education Month" – where the nation teaches First Aid, CPR Covid-19 protection and Disaster Preparation;
- Promote Covid-19 Vaccination;
- Create classes for all Students and Adults;

The **UHN** program includes hands on training, and we are looking for program sponsors. To find out more about sponsorships, and how you can participate, please give us a call at **+256701980677**.

### **CONTACT THE PARLIAMENT**

In January 2021, Uganda elected new Parliamentary leaders. With swearing in ceremonies due in May, it is important to know that the Parliament's website has a bright new look and design! It also highlights newly elected MP's, specialized issues and provides users/visitors with a variety of services.

Of interest to Ugandans, the site not only provides pictures and biographical information about the MP, but their official contact information, including emails.

**UHN** hopes that you will visit upgraded website. It is located at: <https://www.parliament.go.ug/>

To promote the site, we have also placed the information online, as well as posting the entire list of MP's on our website as a CSV. The list provides users with MP contact information, including emails and phone numbers.

### **WE'RE BOOKING SEMINARS**

Last month's training success netted prime results: A variety of groups have contacted us to bring our trainings to them! To meet their needs, 3 types of seminars have been created: small group, 1/2 day and month long school session plans. If you are interested in a seminar for your school or business, our lesson plans can be tailored to meet the needs of any entity. *Just give us a call at **+256701980677!***

### **UGANDA HEALTH NEWS RELEASES VIDEO**

UHS's has posted their 1st promotional video online. The video can be found at <https://youtu.be/Sw8c-UvDkCA>

### **SUCCESSFUL EVENT LEADS TO KAMPALA CAPITAL**

On April 17, the **Uganda Health News** (**UHN**) hosted a training at the Joels School, highlighted by the attendance of local politicians. Even though the clouds dampened the day, reservations doubled and people learned about CPR & First Aid.

Because of this success, **UHN** has made a crucial decision: in an effort to support the growing need for this training around the country, we are going to hold a similar event in the Nation's Capital in Kampala to educate and encourage MP's. The date has not been selected yet, but is expected to take place in September.

Open to all MP's, our focus will be on educating the Prime Minister, his cabinet and all Public Health Policy MP's.

Currently, the yet to be sponsored event will consist of a CPR and First Aid Training, as well as a snack lunch and competition between school students and MP's. We will also discuss the importance of creating household disaster relief plans and how they save lives.

If you are interested in sponsoring this event please give us a call at **+256701980677**. Event Pictures and video has been placed online for your review at [www.UgandaHealthNews.com](http://www.UgandaHealthNews.com).

### **FIRST AID TIPS: HOW TO TREAT BURNS**

#### **What are the different types of burns?**

A hot pot or splashed boiling water can burn your skin. There are just 2 common burn types. Before treating a burn, identify what type it is.

- 1<sup>st</sup> degree burns are painful but minor. They turn red & may swell.
- 2<sup>nd</sup> degree burns blister, turning your skin red and painful.
- 3<sup>rd</sup> degree burns turn your skin white or charred. The burns may not hurt because your nerves may have been damaged.

#### **When should I see a doctor?**

Serious burns need to be treated by a doctor. Call for help if:

- You have a 3<sup>rd</sup> degree burn that is larger than 2 or 3 inches.
- You burn your face, hands, feet, or over a joint you're your shoulder or knee and encircles your hand, arm, foot, or leg.
- The pain gets worsen instead of lessens.
- The burn was caused by electricity or a chemical.
- You see fluid or pus oozing from the burn.

#### **How do I treat burns?**

You can treat minor first-degree burns and small second-degree burns at home. Here's how:

- Place the burn under cool running water to reduce swelling for at least 5 minutes.
- Apply an antiseptic spray, antibiotic ointment, or aloe-vera to soothe the area.
- Loosely wrap a gauze bandage around the burn.
- To relieve pain, take acetaminophen, ibuprofen, or naproxen.
- Never put butter on a burn or pop any blisters – this damages the skin and might cause an infection.

