

Vital Information:

A fracture is a broken bone. Symptoms include a bone or joint out of place, pain, swelling, unwillingness or inability to move a limb. If the broken bone tears the skin, it is called an open or a compound fracture.

What you can do:

1. Keep the person calm and still.
2. If the skin is broken, do not touch it and cover it with clean cloth.
3. Immobilize the broken bone with the help of a support or a sling.
4. Do not attempt to change the position unless immobilized or there is severe bleeding.
5. Apply ice pack to prevent swelling or pain.

Do not:

1. Do not move the person if his hip, his head, or his spine is injured.
2. Do not give anything to the person by mouth.

Call for immediate help.