

Cut or Wound

EMERGENCY:
CALL **911** IF

- Blood is spurting out.
- The bleeding cannot be stopped.
- Function has been lost in the finger, hand or injured body part.



When to seek **professional** help

- The cut is deep or large.
- An object is stuck in the wound.
- The injury was caused by a rusty or dirty object.
- You are diabetic.
- There is a bad odour coming from the injury.
- The skin around the wound is becoming red, swollen or warm.
- There is yellow or white fluid in the wound.
- You are developing a fever.

How to get help

- 24/7, dial **811**
- Call your pharmacist
- Call your CLSC
- Call your clinic to make an appointment
- If you do not have a doctor, dial **811** *option 3*
- Find an appointment on rvsq.gouv.qc.ca

This booklet is not intended to replace the advice of a medical professional, nor is it intended to be a substitute for medical care.

Cuts and wounds are injuries that break the skin. They can bleed and hurt. Sometimes, these types of injuries take time to heal.

What to do at home



Wash hands: Before touching the wound, wash your hands with soap and rinse them with water.



Bleeding: If the wound is bleeding, apply pressure for several minutes using a clean cloth. Go to the Emergency if still bleeding after 15 minutes.



Clean: Rinse the wound for a few minutes under running water to clean. If you have soap, gently wash the skin around the wound.



Heart: If the wound is bleeding, elevate the affected limb above the heart.



Dressing: Once the bleeding has stopped, place a dressing over the wound. Change the dressing frequently to keep it clean.