

Words	Meanings	Words	Meanings
taught	سکھایا	carefully	احتیاط سے
struggle	جدوجہد	persevere	ثابت قدم رہنا
resolutely	پختہ طور پر	difficulties	مشکلات
mistakes	غلطیاں	strive	کوشش
avoiding	گریز	meaningful	بامعنی
disgrace	بے عزتی	strive	کوشش
repeating	دہرانا	emphasize	زور دینا

Unit No. 4

First Aid

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Q 1: You should not keep checking if the bleeding has stopped? Why?

Ans: We should not check the wound if the blood has stopped because it may damage the clot that is forming and has blocked the blood flow.

Q 2: Why is it necessary to keep away soap from the wound?

Ans: Soap should be kept away from the wound because it can irritate the wound.

Q 3: How is an antibiotic or ointment good in healing the wound?

Ans: An antibiotic cream or ointment is good in healing the wound because it expedites our body's natural healing process.

Q 4: What should you do if you are allergic to adhesive material used in most bandages?

Ans: If we are allergic to adhesive material used in bandages, we should use adhesive free dressings.

Q 5: When do you need to see a doctor?

Ans: We need to see a doctor if the recovery is slow or if the wound is infected.

Q 6: What should your first aid kit consist of?

Ans: Our first aid kit should consist of:

- First aid box
- Band-Aids
- Elastic bandages
- Gauze and Adhesive tape
- Antiseptic wipes
- Safety pins and tweezers
- Scissors
- Latex gloves
- Calamine lotion
- Clinical thermometer
- Analgesic tablets



Words	Meanings	Words	Meanings
bleeding	خون بہنا	Or	یا
blood	خون	expedites	تیز کرتا ہے
because	کیونکہ	allergic	الرجی
damage	نقصان	adhesive	چپکنے والی
forming	تشکیل	bandages	پٹیاں
blocked	مسدود	dressings	ڈریسنگ
wound	زخم	recovery	بحالی
Soap	صابن	infected	انفیکشن کا شکار
irritate	چڑچڑانا	aid kit	امدادی سامان
antibiotic	اینٹی بائیوٹک	gloves	دستانے
ointment	مرہم	wipes	مسح، پونچھنا، صاف کرنا
Elastic	لچکدار	pins	پن
Clinical thermometer	کلینیکل تھرمامیٹر	Analgesic tablets	ینالجیسک گولیاں