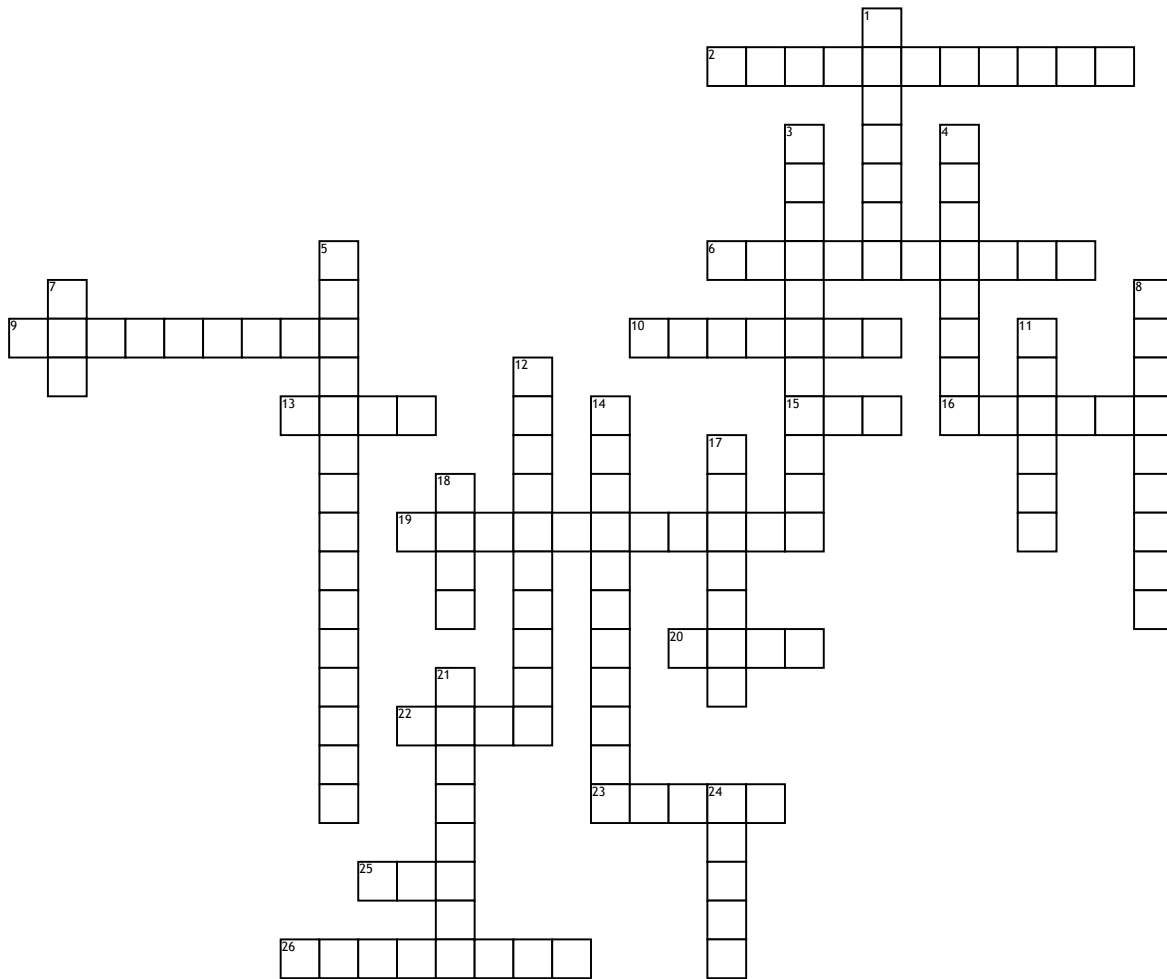


# First-Aid and Health Care



**Across**

- 2. Gently wrapping ice on an injury by using \_\_\_\_\_
- 6. Kill germs and remove the dirt by washing the wound with warm water and soap.
- 9. Injured limb should be propped up so it rests higher than the heart
- 10. Not enough \_\_\_\_\_ can lead to weak bones and osteoporosis later in life.
- 13. \_\_\_\_\_ helps blood carry oxygen to all the muscles and helps the brain function.
- 15. You should contact your physician if the cold or flu lasts longer than \_\_\_\_ days.
- 16. \_\_\_\_\_ occurs when the ligaments are overstretched and partially torn.

- 19. \_\_\_\_\_ by placing an adhesive bandage or clean gauze.
- 20. Congestion, fatigue, and coughing are symptoms of having a \_\_\_\_\_
- 22. Sprains and strains includes rest, ice, compression, and elevation. This is known as \_\_\_\_\_
- 23. What is one way to stay healthy?
- 25. Item placed in a plastic bag is placed over an injury.
- 26. If you are employed \_\_\_\_\_ you may have access to health insurance through your workplace.

**Down**

- 1. Teens need 45 to 60 grams of \_\_\_\_\_ per day to grow and maintain muscle.
- 3. When should you cool a burn?
- 4. Girls need around 2,200 \_\_\_\_\_ per day.

- 5. Apply direct pressure to a cut or scrape to \_\_\_\_\_
- 7. Fatigue, fever, chills, vomiting, headaches, and body aches are symptoms of the \_\_\_\_\_
- 8. You can be kept on your parent's health insurance policy until you turn \_\_\_\_ years old.
- 11. A \_\_\_\_\_ occurs when a muscle of tendon is overstretched or torn.
- 12. Hearing or feeling a bone snap and having difficulty moving the injured limb
- 14. What is another way to stay healthy?
- 17. What can help prevent the flu?
- 18. Where is the most common place where poisons are found?
- 21. What shouldn't you put on a burn?
- 24. You should have \_\_\_\_\_ 8 ounce glasses of water a day.