

Chapter 2: Sick? Get Help Fast

Lily: "Feeling bad? Don't wait. Tell a grown-up straight away!"

Rangers are not doctors. Our job is to **notice, tell a grown-up fast** and **help gently**. Dr. Hazel says the quickest helper is the one who speaks up.

What Rangers know

- **Danger signs: go to a helper now.** These signs in any child mean a grown-up takes them to a clinic straight away:
 - breathing that is fast or hard work
 - can't drink or keeps throwing up
 - very sleepy or hard to wake
 - a fit (shaking they can't stop)
 - a high fever in a baby
- **Tummy trouble.** With runny poo, the body loses water. Sip safe water often, keep eating, and let a grown-up mix the special drink (ORS). Wash hands after the toilet.
- **Sleep under the net.** Where there are mosquitoes, sleep under a treated net every night, tucked in all round. Tell a grown-up about holes.
- **Rash plus fever.** Tell a grown-up, stay a little apart from babies, and let a health worker check.
- **Cool a burn.** Put the burn under cool, clean, running water for 20 minutes. No butter, oil,

toothpaste or ice. Tell a grown-up.

- **A small cut.** Wash it with clean water, cover it with something clean, and tell a grown-up. Only a grown-up opens the first-aid kit.
- **Too hot / too cold.**
- Too hot: red face, headache, dizzy. Go to shade, sip water, tell.
- Too cold: shivering, slow words. Put on dry layers, get a blanket, tell.
- **Calling for help.** Know how to find a grown-up and say: who is hurt, where you are, and what happened.
- **Medicine is a grown-up's job.** Never take or give medicine yourself.
- **Cholera and bad diarrhoea: go now.** Lots and lots of watery poo (sometimes like rice water), sunken eyes, very thirsty or very weak: a grown-up takes them to the health tent **straight away**, giving sips of ORS on the way. Clean water, clean hands and latrines stop it spreading.
- **Cough plus fast or hard breathing** (the chest pulls in, a noisy breath) in a child or baby is a

pneumonia danger sign: **go to the clinic now.**
Keep babies warm.

- **Vaccines.** The clinic jabs and drops protect you from measles and other serious illnesses. When helpers call for vaccines, go with your grown-up. A little pinch, big protection.
- **Dengue and mosquitoes.** Mosquitoes that bite in the day breed in tiny pools of still water. With a grown-up, cover water containers, tip out water in old pots and tyres, and wear long sleeves. Fever with a bad headache, pain behind the eyes, a rash or bleeding gums: tell a grown-up and go to the clinic.
- **Too hot** signs are in Chapter 11.
- **Learn your local help number** with your grown-up, and where the nearest health tent is.

Ranger checklist

- ☐ I know lots of watery poo means go now.
- ☐ I know cough plus fast breathing means go now.
- ☐ I go for vaccines when helpers call.
- ☐ I help cover water and tip out puddles in pots, with a grown-up.
- ☐ I can name three danger signs.
- ☐ I tell a grown-up fast when someone feels very sick.
- ☐ I know the cool-water rule for burns (20 minutes).
- ☐ I can wash and cover a small cut, and then tell.
- ☐ I can say who, where and what when I ask for help.
- ☐ I sleep under the net, tucked in.
- ☐ I never touch medicine.

Earn your badge (Get Help Fast · First Aid; Badge_Matrix.csv)

Level	Get Help Fast (Health)	First Aid
 Heart	Say: "Feeling bad? Tell a grown-up straight away."	Say: "Cool, clean, cover, tell."
 Bronze	Point to the danger-sign pictures.	Show the burn rule and a small-cut cover with props.
 Silver	Practise asking for help (who, where, what) with a grown-up.	Help a grown-up with a real small cut by fetching clean water and a cloth.
 Gold	Help make the family's "where is the clinic" card.	Teach the burn rule to a friend.
 Platinum	Help a health worker's talk for a group, with a grown-up.	Join a real first-aid course for young people, with a grown-up.

Watch and learn

- Planned Health arc: Danger Signs: Go to the Clinic Now · Sleep Under the Net · Tummy Trouble · Helping With Baby · Hungry Signs and the Feeding Tent · Measles: Rash + Fever · Cool a Burn

- Planned First Aid arc: Wash a Small Cut · Call for Help · Too Hot / Too Cold (Dr. Hazel's kit)
- Produced: EP05 Wash Your Hands (#005)
- Go Bag #GB1: the contact card and safe pocket help helpers reach your family.

Grown-up note

These are recognise-and-refer messages, written in the spirit of IMCI-style danger signs and IFRC first-aid guidance. They are not a substitute for local health services. **Diarrhoea:** mix an ORS packet exactly as printed (usually 1 packet in 1 litre of safe water). If there is no packet, a home mix is **6 level teaspoons of sugar + ½ level teaspoon of salt in 1 litre of safe water**, given in small, frequent sips. Keep breastfeeding and keep feeding. Ask a health worker about **zinc for children**, which WHO recommends for 10–14 days (the health worker gives the dose). Have a medical reviewer check this chapter before it is used.

Fact-checked Oct 21, 2026, approved by David McKellips.