

WORST-CASE SCENARIO®

HOW TO TREAT A BLISTER

- 1 Cover the blister with a bandage.**

If you do not have a bandage with you, you can fashion one with a tissue and a piece of adhesive tape or grip tape: fold the tissue until it is just big enough to cover the blister, then tape it. Small blisters (less than three-quarters of an inch) do not usually need any further care.
- 2 If the blister is large and swollen, prepare to pop it.**

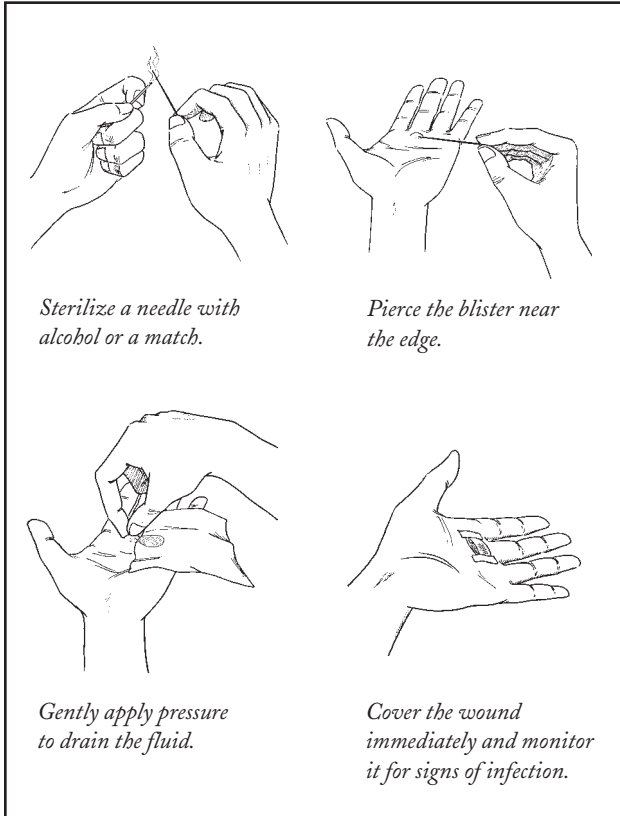
Use alcohol (brandy or whiskey from a flask will do the trick) or the flame from a match or lighter to sterilize a needle. Hold the needle in the flame for at least ten seconds.
- 3 Pierce the blister with the needle.**

Hold the needle parallel to the surface of the skin. Puncture the blister near the edge to make draining easier.
- 4 Drain the fluid.**

Gently apply pressure to squeeze out the fluid. Dispose of the needle in a sturdy plastic or metal box so that it does not accidentally prick anyone else.

- 5** **Cover the sore immediately with a bandage.**
See step 1. If you have antibiotic cream, use it.

- 6** **Watch for signs of infection.**
These include redness, swelling, pain, discharge, and fever. If you have these symptoms, get to a health-care professional.



**WORST-CASE
SCENARIO®**