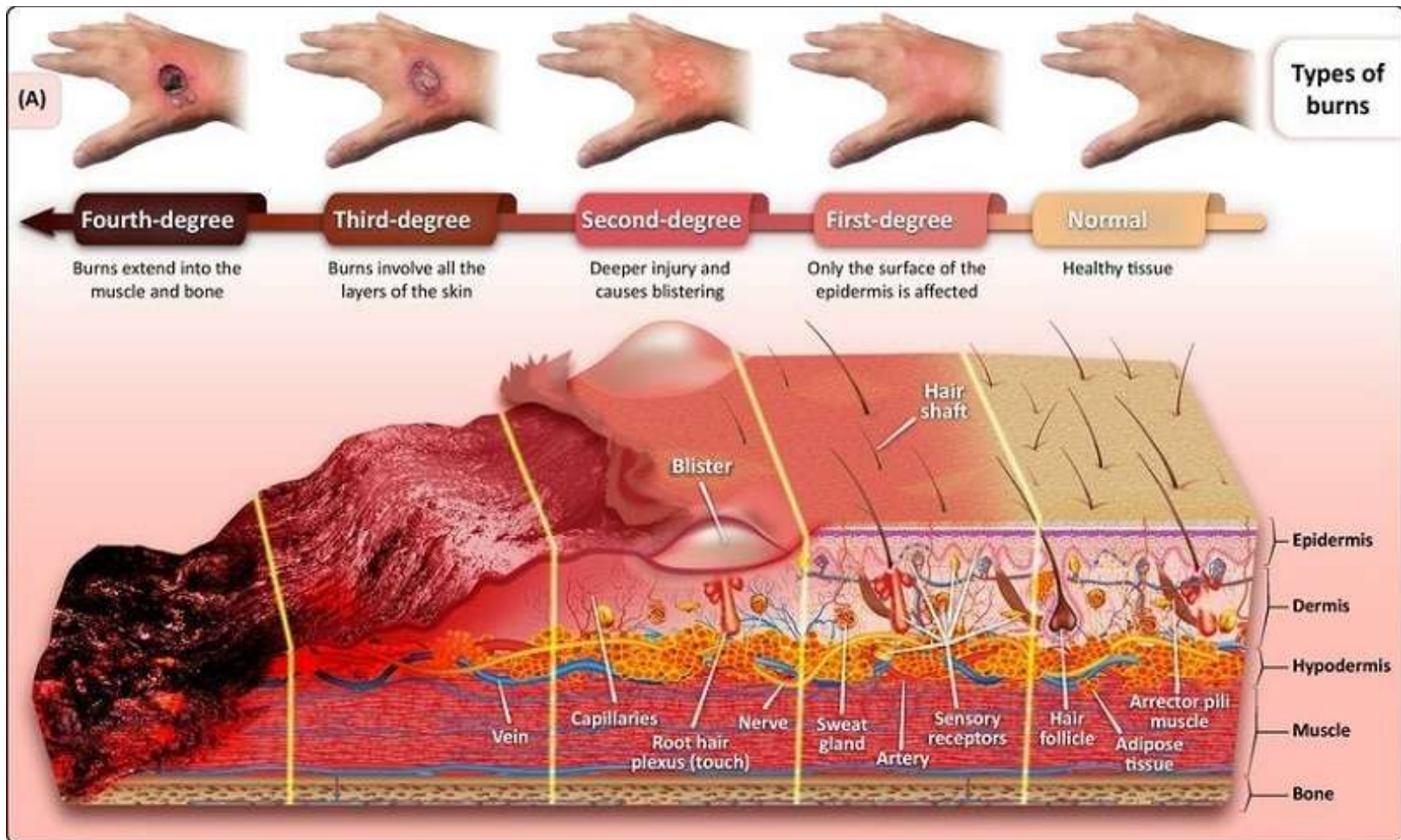


Phone Identifier

DIRECTIONS: Open this document on your phone, activate your phone's flashlight, and compare what you see to the relevant pictures

1. Burns
2. Skin Conditions
3. Throat Conditions
4. Other Resources



COMMON SKIN CONDITIONS



Skin Cancer



Acne



Rosacea



Eczema



Psoriasis



Birthmarks



Cysts



Hair Loss



Rashes



Skin Tags



Warts






Melasma



Sun Exposure
Damage

PEDIATRIC THROAT DISORDERS INCLUDING STREP THROAT



	Pharyngitis	Tonsillitis	Strep throat
			
Definition	Viral or bacterial inflammation of the throat mucosa	Viral or bacterial inflammation of the tonsils	A bacterial infection of the throat caused by streptococcal bacteria
Signs and symptoms	<ul style="list-style-type: none"> • Dry, scratchy throat • May have enlarged lymph nodes • Throat pain 	<ul style="list-style-type: none"> • Enlarged tonsils • White patches on tonsils • Foul breath • Throat pain 	<ul style="list-style-type: none"> • Tiny red spots on the roof of the mouth • Absence of cough • Fever • Throat pain
Management options	<ul style="list-style-type: none"> • OTC pain analgesics (NSAIDs, acetaminophen) • Throat lozenges • Salt water gargles • Depending on cause, tonsillitis may need antibiotic therapy. Strep throat always requires antibiotic therapy. 		
Possible complications	<ul style="list-style-type: none"> • Dehydration • Chronic throat pain • Ear infections • Pharyngitis often precedes other viral infections and if symptoms persist, needs to be evaluated for viral or other bacterial illness. 	<ul style="list-style-type: none"> • Sleep apnea (if severely swollen tonsils) • Ear infections or peritonsillar abscess 	<ul style="list-style-type: none"> • Rheumatic fever • Otitis media • Kidney infection • Pneumonia • Toxic shock syndrome • Meningitis

NOTES



Other Resources

TRANSILLUMINATION

You can see your veins by pressing your phone flashlight (or any other bright flashlight) to your skin or behind your fingers

FIRST AID: AMERICAN RED CROSS

You can download the First Aid app from the American Red Cross (as well as other American Red Cross apps)