Survival Medic MD

Staying Alive During a Disaster or Crisis



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Table of Contents

Disclaimer: 10
Introduction: 11
Why Prepare Now? 11
Be Ready 12
Chapter 1: Before the Disaster 14
The Human Body and Taking Care of Yourself 14
Build Your Knowledge So You Know What You Are Doing 16
The Beginning of Your Knowledge 17
Chapter 2: Preparing to Deal With Disease 18
Diseases of the Respiratory System 18
Diseases of the Nervous System 21
Diseases of the Circulatory System 24
Diseases of the Digestive System 29
Urinary System Diseases 35
Chapter 3: How Long Can the Human Body Survive? 43
Chapter 4: The Dental Factor 46
Toothache 47
Swollen Jaw 47
Broken Jaw 47
Facial Injuries to the Mouth 48
Erupting Tooth 49
Bleeding After Losing or Extracting a Tooth 49
Vitamins to Take 49
Natural Remedies to Try 51
The Best Medicine… Prevention 52
Chapter 5: Preparation for the Women 53
Hygiene 53
Pregnancy 54
Chapter 6: What Medications Do You Need? 56
Getting the Medication 56

Types of Medication to Gather 58
Allergy Medications 59
Antibiotics 60
Birth Control Pills 61
Breathing Medication 62
Children's Meds 62
Cold/Flu Medications 63
Pain Medications 64
Psychotropic Medications 65
Skin Medications 66
Stomach/Gastrointestinal Medications 67
Keep It Organized 69
Check for Allergies to Meds 70
Remember the Expiration Dates 70
What About Your Pets? 70
Chapter 7: Hygiene Products to Stockpile 72
Hygiene Supplies 72
Chapter 8: Medical Supplies and Equipment You Need 75
Medical Hygiene 75
Wound Cleanser 76
Rubbing Alcohol 77
Betadine Solution 77
Gauze 78
Butterfly Stitches 78
Suture Thread and Needle 78
Surgical Tape 79
Ace Wraps 79
Bandages 80
Surgical Masks 80
Abdominal Pads 80
Under Pads 81

Latex and Non-Latex Surgical Gloves 81
The Medical Instruments 82
Stethoscope 83
Sphygmomanometer 83
Clamps 84
Forceps 84
Bone Rongeur 84
Scalpel 85
Cannulas 85
Syringes and Needles 85
Your Medic Bugout Bag 87
Buying the Supplies and Equipment 87
Chapter 9: How to Buy/Make Medical Response Bags 88
Types of Response Bags 88
Minor Wounds 89
Sutures 90
Fractures and Other Difficult to Care for Wounds 92
Sterilization of the Kits 93
Should You Buy or Make the Kits? 94
Chapter 10: Natural Sources of Healing 95
Using Herbs 95
Keeping It Together 98
Seek Out More Methods 100
Chapter 11: The First Aid Kits You Need 101
The Basic Kit 101
A Filled Out Kit 102
The Bugout Kit 103
The Vehicle Kit 106
Always Ready 106
Chapter 12: First Aid Knowhow – The Basics 107
The ABCs of First Aid 107

Airway....108
Breathing....108
Circulation....108
Those Really Are the Basics....108
Never Too Much Training....109
Chapter 13: Bullet Wounds....110
Don't Panic....110
Check the Area....111
Move to Safety....111
Occupy the Victim....112
The ABCs....112
Extremities....113
Head....114
Chest....115
Abdomen....115
The Other Letters....116
Don't Expect Miracles....117
Chapter 14: Keeping Sanitary in a Crisis....118
Disposing of Your Trash....119
Disposing of Human Waste....120
Learn to Build an Outhouse....121
Once More, Personal Hygiene....125
Make Your Own Hand Sanitizer....126
Bonus Survival Tip: Composting....126
What Should Go Into the Compost?....127
How to Build a Compost Heap....128
When Is the Compost Ready?....128
Do You Need a Bin?....128
Why Is Composting Important?....129
Chapter 15: No Doctor… What Do You Do?....131
Serious Problems....131

Source of the Injury 132
The Scenario 133
Chapter 16: Medical Distress – Know What to Look For 136
Things to Observe 136
Find Out What's Wrong With the Patient 137
Look 138
Touch 139
Tap and Listen 140
When You Are the Patient 141
Chapter 17: Keeping Things Sterile 142
Boiling Helps 142
Washing the Hands 142
Sterilizing Other Items for Medical Use 143
The Last Ditch Efforts for Stopping Blood Loss 145
Chapter 18: Understand the Basics of Triage 147
The Survival Scenario 147
Color Coding the Patients 148
White 149
Green 149
Yellow 150
Red 150
Black 151
Simplifying Things Further 152
Keep Learning New Skills 153
Chapter 19: CPR 154
Check the Patient 154
The Need for Oxygen 155
Starting CPR 155
ABCs of CPR 156
Child CPR 157
Baby CPR 158

Remember....159
Performing the Heimlich Maneuver....160
Keeping Calm....161
Chapter 20: What Will You Face in a Crisis?....162
Reasons for Injury....162
Most Common Types of Injury....163
Understanding the Wounds....166
Chapter 21: Stop the Bleeding and Keep the Wound Clean....167
Clamp a Blood Vessel....167
Sutures, Staples, and Steri-Strips....168
Tips for Keeping the Wound Clean....169
Chapter 22: Non-Traumatic Illnesses....171
Common Illnesses You Might See....171
Types of Infections....172
Hypothermia....174
Hyperthermia....174
Understanding Infarctions....175
Understanding Strokes....176
Problems With the Lungs....176
Peritonitis....177
Ulcers....178
Chapter 23: Radiation....179
Signs and Symptoms....180
What Can You Do?....181
Chapter 24: Dealing With Infectious Disease....183
Far More Dangerous....183
Most Common Types of Infections in Disaster Scenarios....184
Beware of Mold....191
Chapter 25: Trouble in Your Area....193
Your Geographic Location....193
Know Your Region....194

Chapter 26: More on Trauma 195
Remember the Body Check 195
Head Trauma 196
Eye Trauma 199
Ear Problems 200
Trauma to the Neck and Spine 202
Trauma to the Thorax 203
Fractured Ribs 205
Injuries to the Abdomen 205
Fracture of the Pelvis 206
Injuries to the Arms 207
Injuries to the Legs 209
Dealing With Fractures 210
Dislocations 211
Sprains 212
Amputation 213
Problematic Punctures 215
Dealing With a Knife Wound 216
Trauma's Not Easy 216
Chapter 27: When the Meds Run Out 218
Finding More 218
Quitting the Meds 219
Trying to Live Without Medications 219
Deal With Addiction Now 220
When the Time Comes 222
Chapter 28: Dealing With Psychological Stress 223
Build a Sense of Community 223
Keep Busy and Train 224
Remember the Importance of Sleep 224
Make It as Pleasant as Possible 224
Conclusion: 226

You Need to Continue Learning 226
Train Others 226
Resources: ..... **Error! Bookmark not defined.**

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Introduction:



The world today is a very dangerous place, and it is only getting worse. Tomorrow isn't promised, and we can't always count on things such as food and water to be there when we need them. The same is true of medical care. You need to be prepared. You need to be ready for any potential scenario that could happen so you can protect your family and yourself. Planning and training for your own safety is essential.

Think about what it's like during flu season. The hospitals and ERs are overrun with people who are panicking about the flu! Now, imagine how much worse they would be when there is a real disaster. Whether it is a natural disaster or a terrorist attack, the ERs would be overflowing. It might be impossible to get to a doctor when you need one. It is your duty to learn how you can take care of yourself and those you love.

Why Prepare Now?

One of the biggest dangers facing the populace is complacency. We spend our time sitting in front of the television soaking up "news" about reality show celebrities and arguing about things that just don't really matter in life. While the country is paying attention to all of those items that aren't important in the grand scheme of things, a wide range of possible disasters are right under our nose.

Look at the state of the country right now. In addition to the near constant potential for economic collapse, the nation has never been more divided. Society is at the brink of falling with the way that so many different elements are at one another's throats. It's a very scary time, and who knows what might happen in the near future? Collapse is possible, and the implementation of martial law could happen. It could be hard to get any kind of help in that event.

Of course, there are plenty of other threats that aren't internal as well. For example, there is the possibility of another attack on American soil. EMP (electromagnetic pulse) bombs have the potential to disrupt the electrical grid so people would not have power or any way to communicate. This could send the nation into a nosedive. Just think about what it would be like to try to live with no electricity.

How would you keep your food cold? How would you get in touch with loved ones? How would you get the news you need to know what's happening in your area much less the rest of the world? Not only that but there wouldn't be electricity for stores, including pharmacies. There would be no electricity for the hospitals either, and that means they wouldn't be able to take care of patients properly.

You wouldn't be able to access your money. Everything that you've tucked away in your bank account would be worthless.

The country would fall to chaos in a matter of weeks, or perhaps days. If you aren't ready for this, what do you think will happen to you and your family? It's not a pretty picture.

You might be surprised at just how quickly the entire country could devolve, and it can certainly be a frightening place if you aren't prepared for these things.

Be Ready

Natural disasters, biological disasters, and more are a possibility. No one wants to see these types of things happen, but being prepared in the event they do is essential. Having the medical knowledge that you need to survive and to provide aid in those times is one of the most beneficial skills you can have.

You can learn how to master these skills, and you can be a part of rebuilding in the event of the collapse of the country. Even if the country doesn't fall apart, this knowledge can serve you well. Start preparing now so you are ready for anything that could come your way. We'll be covering everything you need to know.

Let's get into it.

Chapter 1: Before the Disaster

Don't wait until you are hip-deep in trouble. Start preparing right now, even though the sun might be shining outside and the birds might be singing. You need to make sure that you are getting ready for the disasters now, *long before* they begin.

The Human Body and Taking Care of Yourself



The human body is a miraculous machine. It has the ability to heal itself from many ailments and injuries, and knowing about medicine and the equipment needed to increase your chance of survival can help it along.

You will find that having a healthy body when you are in a survival scenario will make a huge difference in your chance of living. A person who is healthy is capable of far more in terms of activity, as well as healing, than a person who is in poor shape. The strong and healthy survive, and the weak and sick die. It's the law of nature, and it is as simple as that.

When a person is in good health, it tends to be easier for them to overcome injuries and heal faster.

Keep Healthy and Take Stock

Therefore, it is important that you first know and understand the human body so you can be physically prepared for survival, and so you can help other people, your family, friends, and other survivors maintain and improve their health before and during a disaster. A good understanding of the human body's systems will go a long way in boosting your chance of survival, and your understanding of survival medicine.

Stay in good shape by getting plenty of exercise and eating right. Take good care of your teeth as well. If you have cavities, there is a chance they could become infected. If they aren't treated properly and promptly, the infection could cause death. This is even more of a problem when you are in a survival situation and the conditions are less than optimal, not to mention unsterile. If you have any issues with your teeth right now, you should take care of them. The same holds true with any other health issues you might have.

If you are overweight, start working out and eating better. It doesn't matter how many nice weapons you have for survival if your arteries are clogged and you get winded walking from the living room to the bedroom.

Those who have issues with alcohol should take steps to stop drinking. The same is true for those who are hooked on nicotine. Consider getting your tonsils and appendix removed if you haven't already. Take care of *any and all* potential health issues now so you do not have to worry about them when trying to survive. It is amazing how many people do not think about these things until it is too late.

Get regular checkups now and follow your doctor's orders. If they say it's time to lay off the burgers and fries, listen to them. Actually, even if they don't tell you to change your diet, it's something you should consider. Healthy bodies make healing easier.

If you don't take care of yourself, and if you let your health languish before the disaster, you have only yourself to blame when things go sour and you simple aren't able to keep up with the new demands of life.

Build Your Knowledge So You Know What You Are Doing



When you are dealing with medicine, survival or otherwise, you need to know what you are doing, and you need to understand the best course of action to take care of the patient properly. Never leap before you look, so to speak.

In *most* cases, you will have time to examine the patient and figure out what is wrong and what you can do to help. This doesn't mean you have all the time in the world to casually peruse some medical books or first aid guides to find the answers though. You should have taken the time before the disaster to amass a wealth of medical knowledge that you can call on when you need it. That's not to say you will never be wrong and you will never have to consult someone else or a guide for help.

However, building up your medical knowledge and skills now is essential for dealing with medical emergencies and routine medical care down the line. Know the body and realize that it has some pretty powerful abilities when it comes to healing and regeneration. You have to learn how the body works, the areas that need to be the most protected, and the common injuries and illnesses that you will likely be facing.

You also need to understand that there may be some things that are simply out of your range of experience. Often, it is better to only do as much as you know you are capable of and no more, or else you run the risk of injuring the patient further. Of course, every situation is different, and there may come a time when you have no choice but to act in order to try to save someone's life.

You should also make sure you know and understand the dangers that infection can bring, and how to keep your environment as sterile as possible when dealing with a patient. This is not always an easy task, but cleanliness is essential to good health and healing.

The Beginning of Your Knowledge



This book will serve as a fantastic foundation for your knowledge of medicine in survival stations and beyond. However, this primer is just the beginning of your medical knowledge, or at least it should be. Be on the lookout for courses in your area that you can take to improve your skills further. First aid and CPR courses are common, and getting some hands on time will really help you to boost your practical skills so you can use them in the field when needed.

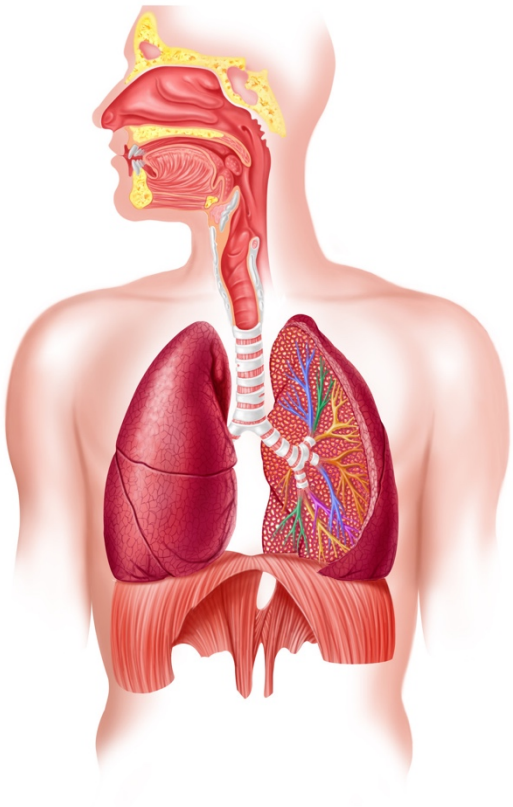
In the following chapters, we will be going into detail on a number of the various types of illnesses, diseases, and injuries you will possibly encounter. Pay attention, as this information could save your life or the lives of those who are important to you.

Chapter 2: Preparing to Deal with Disease

What if you or a loved one is suffering from a disease before the disaster occurs? How can you make sure that you have the knowledge, medicine, and equipment needed to help them, or yourself for that matter? Once again, preparedness is key. It is *essential* that you have at least a month's supply of prescribed medications for anyone who needs them.

Diseases of the Respiratory System

There are a number of different types of diseases that can affect the respiratory system including COPD, or chronic obstructive pulmonary disease, emphysema, and asthma. All of these can be very difficult to deal with during a survival situation.



Asthma, though it is often thought of as a childhood disease, occurs in adults as well. Emphysema and COPD have some similar symptoms, but they are more common in adults, particularly those who have smoked in the past or who are currently smoking.

Symptoms of Respiratory Diseases

While there are a number of different types of diseases, and the symptoms can vary, you will find that most have some symptoms in common.

- Coughing
- Wheezing
- Shortness of breath

The conditions of the air, which can often be poor after a disaster, can make breathing even more difficult for these individuals. Those who suffer from respiratory illnesses will certainly want to make sure they have all of the necessary medical supplies on hand for their condition. Some of the items that you will want to stockpile include:

- Inhalers - Albuterol, Advair, etc. Always make sure you follow the guidelines when using these products.
- Oxygen Tank – A nasal cannula and tubing are essential as well, so make sure you have plenty of it available for anyone who has difficulty breathing. It might not be easy to come by later.

The patients who have respiratory illnesses are not likely to be going very far or very fast. You have to watch them carefully to make sure that they are in decent condition. Some of the things you will need to watch for with these patients include increased shortness of breath, increased coughing, and increased wheezing. In some severe cases, they could develop secondary pneumonia.

An item that you might want to have on hand is an oximeter, which can let you know the level of oxygen in a person's blood. It slips onto the end of their finger and it is entirely painless. You won't have to spend a fortune on these either. You can find them online

for less than $20 in many cases. Having a couple on hand is a good idea if you expect you might have to help people who have respiratory issues.

The normal reading on these devices is between 97% and 100%. Something to keep in mind with patients who have COPD is that the level of oxygen in their blood might normally be low, somewhere in the 80% range. It is a good idea to get some baseline readings on these patients first so you can then have a better idea of what is abnormal for them.

What Is Secondary Pneumonia?

Secondary pneumonia is simply pneumonia that develops along with another disease. In this case, it would be the respiratory illness. Some of the signs include:

- Fever
- Increased coughing
- Increased sputum when coughing
- Increased shortness of breath

These could be the signs that secondary pneumonia and a bacterial infection are taking hold. You will want to treat the patient for the infection. If adults develop pneumonia or bacterial bronchitis, you can treat them with Cipro. Children should use Bactrim or Suprax. Keep in mind that these are antibiotics, so you will need to have a prescription for them. This can be difficult to get in a disaster, naturally.

Treating the Respiratory Diseases

You won't be able to cure anyone of their respiratory diseases, such as COPD, but you will have some treatment options available to you as long as you, or they, have stockpiled the medicines they need.

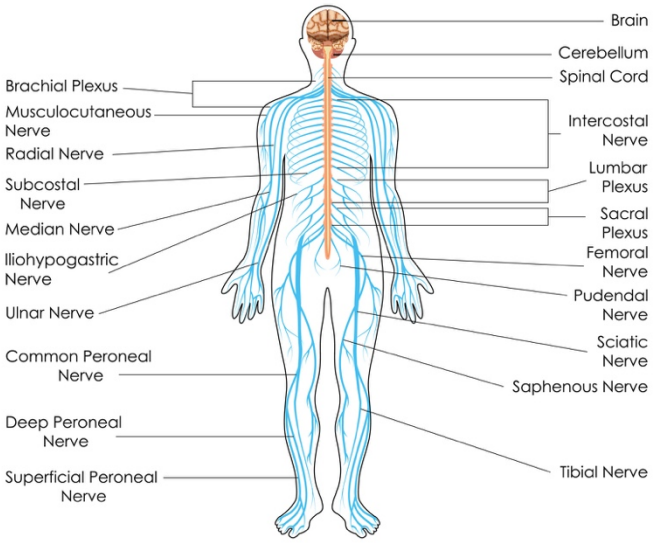
You can use the albuterol inhaler to help control wheezing. The Advair inhaler is good for controlling wheezing as well. The inhalers contain a steroid compound that helps to reduce the inflammation in the airways, and proper usage can help to prevent attacks from occurring. Always make sure that the patient is using these inhalers as prescribed by their doctor.

If the breathing problems are suddenly intensified for some reason, you could consider using a prednisone taper. Start with a 60mg dosage for four days and then taper off the dosage. For the next three days go to 40mg, then 20mg for three days, and finally 10mg for three days before stopping the taper.

It is possible for children to taper as well. However, if you have children with breathing problems, you will want to talk with their doctor now about the proper tapering off dosages for them based on their size.

Diseases of the Nervous System

Nervous system diseases include a wide range of different conditions and illnesses. Some of the most common include:



NERVOUS SYSTEM

- Paraplegia
- Stroke
- Dementia
- Degenerative diseases (e.g., multiple sclerosis)

When someone suffers from these diseases, they are not able to move around easily and have a severe lack of mobility. In the best of circumstances, the patients will use a cane or a walker to move. However, many will be in wheelchairs instead. As you can imagine, in a disaster scenario, this can be very difficult, if not impossible. Consider how difficult it would be for these individuals to try to move around debris and other obstacles.

To care for these patients in a disaster can be hard, as mentioned, but you can make things quite a bit easier as long as you have the right supplies and equipment on hand. If someone has suffered from a stroke, they need to have anticoagulant medication available, so make sure that they have a stockpile ready to go.

Many of these patients are incontinent and have trouble caring for themselves, so you will need to have some additional supplies on hand just for them.

- Catheter supplies
- Incontinence products/devices

Keep in mind that those who suffer from nervous system diseases and conditions may also have trouble eating normal food since they can’t always chew properly. Make sure

you have some food available that is ready to eat and pureed for them. Baby food, as unappetizing as it might sound, can be a good option.

In addition, these patients will often have difficulty when it comes to putting on and taking off their clothing. They may need help. By having clothing that is very simple to put on and take off, they will often feel more independent, if they have the capability to dress themselves. Even if they don't, clothing such as sweatpants and sweatshirts can be easier for their caretaker when dressing the patient.

Create a Safe Area



Patients with these types of diseases are generally not very mobile, as we mentioned. However, with many of the patients, there is still a very real fall risk, and if they fall they could injure themselves further. It is important that you have a safe area for them that doesn't have any trip hazards. This can be difficult in a disaster or survival setting, but you need to do the best you can for their sake.

In addition, patients who have conditions such as dementia may want to wander, so you will have to make sure that someone can keep an eye on them, or that they are in a safe area that is not easy for them to wander away from. Remember to look for worsening conditions with these patients as well.

Since some of the patients are immobile, or only semi-mobile, you have to be aware of the potential for sores to develop on their legs and buttocks from sitting so much. Make

sure they aren't sitting in the same spot all of the time. They still need to have plenty of circulation, and you have to make sure that they are not sitting in a damp area, whether from the weather or from soiling themselves.

It can be extremely difficult to take care of these types of diseases when you are in a disaster and you don't have a doctor on hand. However, with diligence, you can monitor their conditions and make sure they are as comfortable as possible.

You may be able to help treat increases in MS symptoms by using steroid tapers. The typical guidelines are to start with 120mg of prednisone for seven days. The next week, you will reduce the dosage to 60mg, followed by a week at 40mg, then 20mg, 10mg, and a week of 5mg. It is certainly a good idea to stockpile as much prednisone as you possibly can.

In the event of a bladder infection in one of the patients, you can treat them with the antibiotics Bactrim or Cipro for a week. This should help to clear up any infection that might be taking hold.

Diseases of the Circulatory System

There are many different potential circulatory system diseases that you could have to deal with as well. Some of the most common include:

- Stroke
- Cardiovascular disease
- Peripheral vascular disease

You will notice that stroke is included here as well as in the section on nervous system diseases. That's because it straddles the line between both. It stems from issues with the cardiovascular system and then causes issues with the patient's ability to function properly, resulting in things such as paralysis, often on only one side of the body, as well as problems with language and speech.

Peripheral Vascular Disease



This can affect the large blood vessels as well as the small blood vessels in the body. When it affects the *large blood vessels*, it causes blockages in the femoral artery, which is located in the thigh. Generally, this disease will affect both of the legs equally. However, there is a chance that one leg may be more affected by the disease than the other. Some of the signs and symptoms include:

- Pain – The pain occurs when walking, and can affect either the calves or the thighs.

- Skin – The skin of the lower leg appears shiny and thin. In some cases, it can be red, purple, or pale.

- Ulcerations – Because of the condition of the legs, they tend to damage easily. They will have ulcerations on them due to bumps, and they will bleed easily. The ulcerations are difficult to heal because there is poor circulation in the legs.

When the disease affects the small blood vessels, the feet and the toes are generally the first body parts that are involved. The symptoms, while similar, are important enough to note on their own.

- Pain – Patients will often feel a sensation of burning in their feet.
- Ulcerations – The feet may have ulcerations on them as well.
- Skin – The skin of the feet and toes is often pale and shiny when suffering from the disease.
- Temperature – The patients will often have cold feet.

It is important to realize that both large and small peripheral vascular disease can lead to gangrene and necrosis of the foot. You have to watch this carefully, and make sure these patients keep their feet clean and cared for as best as possible.

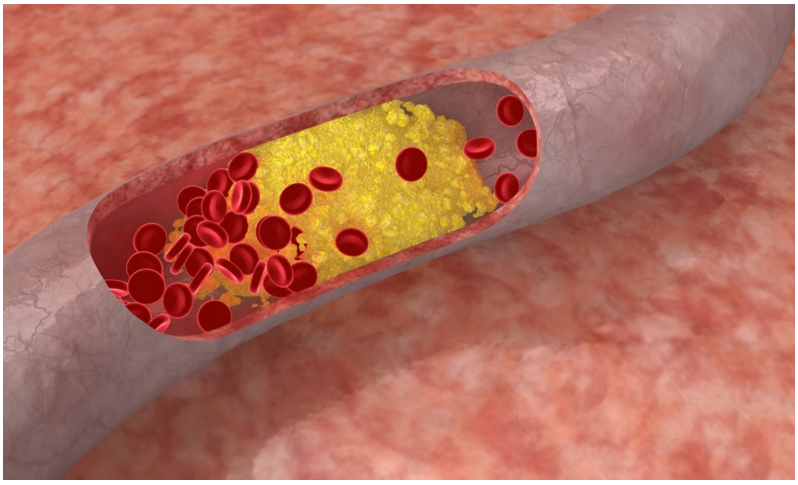
To treat peripheral vascular disease, you need to make sure the patient has enough of their anticoagulant medication, which can help with their blood flow. They are suffering from clogged or tight arteries, and thinning the blood does help some with circulation. In addition, they will likely need to have pain medication to help deal with the disease, and an extra blanket can help to provide more comfort for them.

If you do notice signs of gangrene developing on their legs or feet, do not increase the patient's dosage of anticoagulant, as this can simply lead to more bleeding and

problems elsewhere in their body. Instead, you want to provide them with pain medication and do your best to treat the actual infection.

Keep in mind that in some cases, the gangrene will actually cause the toes to fall off. Hopefully it will not come to that, but it's better than having to amputate the entire foot or a part of the leg. In severe cases, amputation is the only option to help keep the infection from getting into the rest of the body.

Cardiovascular Disease



Cardiovascular disease, also known as heart disease, is a blockage of the coronary arteries, and it is a very serious condition. Many of these patients are at risk of having a heart attack, and they may have actually already suffered a heart attack at some point in their life.

When they exert themselves, they will quickly grow short of breath, and they may experience chest pain, which is known as angina. Some patients also experience swelling of the ankles.

If the patient takes nitroglycerine tablets to deal with their condition, make sure they have a stockpile available. Even if they haven't used them in the past, it could be a good idea to have these on hand for them, just in case they do need them. Many of these patients also take anticoagulants, so be sure you have a stockpile of those meds available as well.

An oxygen tank and nasal cannula could help these patients as well, as the increase in oxygen can often help to reduce the chest pain.

Dealing with Cardiovascular Patients

Patients who have cardiovascular disease need to be monitored carefully. Those who have peripheral vascular disease will need to watch check their legs, feet, and toes regularly to make sure they do not have any ulcerations or other issues. If they have sores on their legs and feet, make sure they are covered in clean gauze and bandages. You will want to keep a close eye on them to make sure infection doesn't set in and cause more problems.

This is especially important when dealing with infections that occur in the feet of these patients. Since the circulation is so bad, it can be very hard to clear up the infection with antibiotics, which travel through the bloodstream to do their work.

Those who have heart disease need to monitor what they are doing to make sure their exertion levels are not too high. Remind them to be cognizant of any shortness of breath or pain that they might feel in their chest so they can stop the activity. They may need to take their nitro pills at that time.

These patients may have swollen hands and feet due to their activity levels as well. This can indicate a brewing problem and they may not have enough oxygen in the blood. If you have a spirometer, which was mentioned earlier, you can check the level of oxygen in their blood. If it is too low, you will want to provide the patient with oxygen.

If someone has a full blown heart attack, the only thing you will be able to do is provide them with pain medication and oxygen. The nitro won't help at that point. After they've had their heart attack, assuming they survive, they will need to rest for several days at a minimum before doing anything. Then, once they start to get up and around, you will need to make sure that they keep their activity very limited and only slowly increase it.

Unfortunately, without a surgeon or a cardiologist, which most survival situations will not have, there is little else you can do.

Diseases of the Digestive System

You may have to deal with a number of different types of digestives issues and diseases.



Some of the most common types of problems you may run into include the following:

- Gastritis/Heartburn (Chronic)
- Crohn's disease
- IBS (Irritable Bowel Syndrome)
- Food sensitivities
- Ulcerative colitis

Gastritis/Chronic Heart Burn

Heartburn occurs because the acid in the stomach rises and passes into the esophagus, which can cause pain and inflammation. You've probably had heartburn on

more than one occasion, perhaps after one too many slices of pizza. It's uncomfortable and annoying, but for most people, it disappears after a time.

However, others out there actually have chronic heartburn, or gastritis, which affects them most of the time when they have something to eat, and in some cases, even when they haven't eaten anything. It is not a fun condition to try to live with.

To help control this problem for yourself and for others, you will want to stockpile over-the-counter medications for heartburn, such as TUMS and Zantac. In addition, you'll want to have plenty of medications to help with constipation and diarrhea as well. Whatever meds work the best for you, have a nice stockpile of them just in case you need them when disaster strikes.

Crohn's Disease

Crohn's disease is an inflammatory bowel disease, which can be very debilitating. The body is actually fighting itself. It makes antibodies that cause the lining of the digestive tract to become inflamed, and this can lead to a number of complications and symptoms for the patient.

Some of the common symptoms for Crohn's disease follow:

- Diarrhea
- Abdominal pain/cramping
- Fever
- Fatigue

- Bloody stool
- Mouth sores
- Weight loss/reduced appetite
- Perianal disease

This disease, as well as ulcerative colitis, which we discuss later in the chapter, can be difficult to treat. Some patients might benefit from utilizing a prednisone taper when they have a flare up. It's a good idea for those patients to ask their doctor about the best option for medicine when dealing with a flare up, and to make sure they have plenty of those meds on hand as well.

Irritable Bowel Syndrome (IBS)

IBS is a disorder of the large intestine, and it affects a number of people. It is a chronic condition that people need to take care of and manage throughout their entire life, and like other diseases in a disaster, this has the potential to be difficult. If the disaster is short-term and the world gets back to normal after a week or so, it shouldn't be much of a problem. This and other diseases become more difficult to manage when the disaster lasts for a long time … or is permanent.

The following are some of the common symptoms of IBS:

- Abdominal pain
- Bloating

- Gas
- Diarrhea
- Constipation

For most people who suffer, the problems and symptoms tend to be mild. They can control their symptoms by trying to watch their diet and their lifestyle, and by managing their stress. Of course, when things do downhill and the country had fallen, managing stress and diet aren't going to be easy.

The medicines are used to control the worst symptoms. Therefore, those who are suffering from pain would take pain medication. Those who have diarrhea would need to take an antidiarrheal medication. Since the disease doesn't have structural abnormalities that you would treat, you have to treat the symptoms.



Food Sensitivities

Many people suffer from food sensitivities of varying degrees. They might be sensitive to gluten, or they might be lactose intolerant. Other food allergies are far more serious and can even cause death. In normal, everyday life, it is relatively easy for people to stay away from the foods to which they are allergic. When someone is in a survival scenario though, things change. They may not have as much choice when it

comes to the foods that are available to eat.

The types of symptoms and the severity of them can vary between person, and the type of food allergies. The following are some of the most common:

- Tingling or itching sensation in the mouth
- Hives
- Itching
- Eczema
- Swelling – lips, face, tongue, throat, and other body parts
- Wheezing
- Nasal congestion
- Problems breathing
- Abdominal pain
- Nausea/vomiting
- Dizziness
- Lightheadedness
- Fainting

In the most severe cases, the allergy can cause anaphylactic shock, which can in turn create life-threatening symptoms. Patients who have severe allergies need to be especially careful of what they eat. Symptoms of going into anaphylaxis include:

- Constricted airway
- Sensation of a lump in the throat, which makes it hard to breath
- Drop in blood pressure, resulting in shock
- Rapid pulse
- Dizziness
- Lightheadedness/loss of consciousness

Without treatment, those who suffer from anaphylaxis can fall into a coma and even die. Those who have serious food allergies need to be extremely careful in a survival situation, and they need to avoid any foods that could exacerbate their symptoms.

Ulcerative Colitis

Ulcerative colitis shares a number of symptoms with Crohn's disease. However, all of the symptoms are related to the lower colon. The body produces antibodies that attack parts of the colon wall. A family history of the disease, stress or medical conditions that

damage the proper function of the immune system, viruses, bacteria, and even NSAIDs and arthritis medication can increase the risk of developing ulcerative colitis.

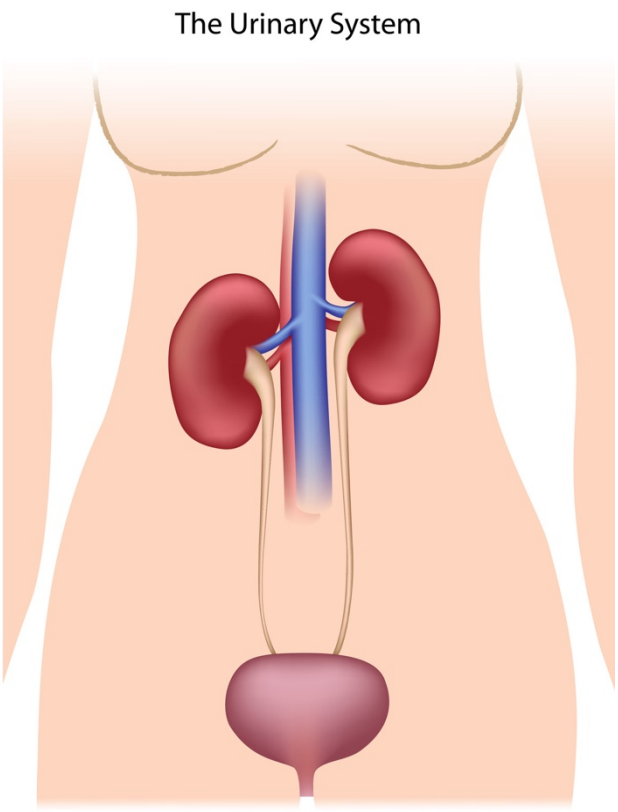
Some of the most common signs and symptoms include:

- Abdominal pain
- Bloody diarrhea
- Fatigue
- Poor appetite
- Weight loss
- Pale skin
- Loss of control over bowel movements
- Children may have slower growth and/or development

Some patients who suffer will have surgery to remove part or all of their colon. This is not an option in the middle of a disaster, and instead people will rely on medication to help them deal with the disease. Eating healthy foods, managing stress as best you can and staying away from NSAIDs can help to manage the condition as well.

Urinary System Diseases

Urinary tract system diseases and problems can be very problematic in the event of a disaster. There are three major types of issues you will have to watch out for with patients, and perhaps yourself, in a survival situation. They include:



- Urinary tract infections (recurring)
- Kidney stones
- Kidney failure (of varying degrees)

Even under perfect conditions in the normal world that we live in today, managing these problems can be challenging. It is even more difficult during a crisis, and they could quickly become life threatening.

Urinary Tract Infections

Someone who suffers from urinary tract infections often could suffer from having a poor immune system, perhaps resulting from another condition, or they may have something wrong with the function of their urinary tract.

Symptoms of the UTI include the following:

- Increased frequency of urination

- Burning sensation upon urination
- Unable to wait to urinate
- Fever and pain can accompany some cases of UTI

When left untreated with the most serious of cases, the infection is likely to spread to other areas of the body. It will go into the kidneys and will eventually pass into the bloodstream. This causes something called urosepsis, an infection in the blood that can lead to death.

It is highly important that you monitor peoples' conditions and look for these symptoms during a disaster. The risk of bladder infections tends to increase when people do not have enough water, which is often the case in a disaster. Clean, fresh water is so important because it helps to flush the urinary tract, and this helps to lower the risk of an infection.

Antibiotics such as Bactrim can help to prevent recurrences, and if you have the ability to stockpile some antibiotics, it is a good idea – not just for UTIs, but for many different situations. In addition, try to make sure people have as much water as possible on hand to prevent dehydration and an increase in the occurrence of UTIs.

If someone does come down with an infection, and you have stockpiled Bactrim or another antibiotic, administer it to help control and hopefully eliminate the infection. Try to get the patient suffering from a UTI to drink as much as possible, and to urinate frequently, even if it burns.

Kidney Stones

Kidney stones are no fun at all. They are a crystalline material that forms within the kidney or within the urinary tract. The stones are very common. In fact, one out of every 20 people will have at least one in his or her life.

Some people are unfortunate enough to have them multiple times. Dehydration can be a huge risk factor, and as we know, getting your hands on fresh water during a crisis is not always easy. Remember just how important it is to stockpile water now, and to learn how to get fresh water in the event of a long-term disaster.

The following are some of the most common symptoms of kidney stones:

- Severe pain in the back and the side that starts below the ribs
- Pain spreading through the lower abdomen and into the groin area
- Paint the fluctuates in intensity
- Pain while urinating
- Red, pink, or brown urine
- Cloudy urine
- Foul smelling urine
- Nausea and possibly vomiting
- Constant need to urinate
- Frequent urination

- Small amounts of urine

If there is an accompanying infection, then it can be a sign of kidney stones. It is important to keep in mind that the pain associated with the kidney stone can change location, as well as intensity, based on the fact that it is moving through the urinary tract. The pain can often be very intense, and in many cases, it is incapacitating. This can be a serious problem in a disaster if the patient has to move from one location to another.

To treat kidney stones in a survival scenario, it is important to have the patient drink as much water as possible. In addition, if there is an indication of an infection, the patient should go on an antibiotic regimen.

Kidney Failure

During kidney failure, the organs are no longer capable of regulating the amount of salt and toxins released in the body. One of the dangers of kidney failure is that people do not usually realize they have a problem in the early stages since there really aren't many symptoms. It is very important to keep track of kidney function, particularly for those who have any other diseases that could affect their kidneys. For example, diabetes and lupus patients are at a higher risk of kidney failure.

In some cases, the kidneys begin to release too much water into the body. In other cases, they release too little water. Unfortunately, there aren't any medicines that you can use or collect that will prevent the complications of kidney failure.

The only thing that can help those patients is dialysis. If you don't have access to a dialysis machine, you are in trouble. If you do have access, you still have to hope there is electricity, and you need to know how to use it. Most people who have kidney failure in these situations do not fare well.

Some of the symptoms patients may experience when they are suffering from kidney failure include:

- Weakness
- Shortness of breath
- Lethargy
- Confusion
- High urine output or no urine output

The body has trouble removing potassium from the system, and this can cause abnormal heartbeats, and it can lead to sudden death.

While the outlook is bleak for those who are in a long-term survival situation, there are some things you can have patients do in order to help prolong their life. This could be helpful for short-term disasters where help will be coming before long. First, drink fluids, but not too much. Patients should also avoid salt and products with salt substitutes, as well as apricots and bananas.

Diabetes



Diabetes is a metabolic disease, and there are two different types – Type I and Type II. Type I diabetes is often called juvenile diabetes. Those who

suffer from this condition need to have insulin to survive. It lasts a lifetime, and it generally begins when the patient is a child, or in their adolescence.

Type II diabetes will not usually manifest until a person is an adult. Most of the time, the condition develops due to a person's diet. Those who are in the early stages may be able to reverse the problem by changing their diet and lifestyle, and by taking the right medications. When Type II diabetes develops further though, the patient will also need to have insulin in many cases.

Diabetes is a very serious condition, and patients have to deal with a number of problems on a daily basis. Some of the common symptoms people suffering from diabetes will exhibit include the following:

- Fatigue
- Hunger
- Frequent urination
- Feeling of thirst
- Dry mouth
- Itchy skin
- Blurred vision
- Slow healing wounds
- Numbness or pain in the legs or feet

Those who have diabetes should make sure that they have a stockpile of their medications on hand, as well as a glucose monitor. This monitor will let them know when their blood sugar is too high or too low, so they can take appropriate actions. It is a good idea for the patient to have some sugary items that are ready to eat or drink for those times that their blood sugar is too low. Low readings are typically below 50, while high readings are above 450. If the blood sugar is too high, the patient should hydrate with water, and take insulin.

People who have diabetes should be monitored closely. Most of the patients who have the condition have been doing their own monitoring, and they should be able to continue doing so even in a survival situation, as long as they have the equipment they need.

Without proper treatment, it is possible that the patient can die from the condition. Those who suffer from diabetes and who are dependent on insulin will likely survive until their insulin runs out. Then, they will not be able to manage the diabetes, and they will often fall into hyperglycemic coma. After several days, they will pass away.

The Type II diabetics who do not need insulin can simply not eat sugar, and they can often live without as many complications. However, those who neglect to take care of themselves will find that they can end up suffering the same fate as those who are on insulin – coma and death.

Chapter 3: How Long Can the Human Body Survive?



As we've mentioned, the human body is capable of remarkable feats of healing with a bit of outside help. However, as amazing as the body might be, it is certainly not invulnerable, as you well know. It is very important to know and remember the following limits to what the normal human body can endure. This knowledge can help to ensure that you are making the right types of decisions for survival. Let's take a closer look.

- High Core Temperature – If the body's core temperature goes too high, 107.6 F, the body is in danger of suffering a heat stroke, which is generally going to be fatal.

- Heated Air – In some disasters, fires are going to spring up. The body of an adult can only survive for 10 minutes when the air reaches 300 degrees F, and we know that the temperatures around large fires can be much hotter than this. For children, the temperature is much lower.

- Water – Cool water can take the heat out of the body very quickly. People are only capable of surviving for about half an hour in water that is 40 degrees F. While this might not seem to be very cold, imagine your core temperature (98.6 degrees F or so) starting to dip closer and closer to that number.

- Oxygen – Most people will pass out without oxygen after two to three minutes. Even though some people can hold their breath longer, and could go longer without oxygen, unconsciousness and death can come within minutes.

- Blood Loss – The average human body contains between 1.2 and 1.5 gallons of blood. Of course, the actual amount varies based on the size of the individual. Humans can lose up to 30% of their blood and still survive. However, when they lose much more blood than this, they will need to have a transfusion to survive, and that might not be practical in a survival situation.

- Dehydration – Water is one of the most important items to have in a survival situation. At the maximum, a human will survive for seven days without water. A week is a long time to go without hydration, and you will start to feel the effects of dehydration after about a day. They will get progressively worse. Keep in mind that children are not likely to survive as long without water.

- Starvation – While you need to have water within a few days to survive since all of the cells in the body require water, food is a slightly different matter. It is possible to last for between 30 and 45 days without food. This might seem like a long time, but you have to keep in mind that without food, you will grow weaker by the day. You will be less capable of taking care of yourself, your immune system will weaken, and you will find it hard to concentrate.

Understanding these limits of the human body should give you a good picture of what you could possibly face in a survival situation. It should also provide you with the basic knowledge of what you need in order to survive.

Namely, you will need to have all of the following:

- Shelter

- Water

- Food

Once you have procured these items, you will then be able to concentrate more on the aspects of doing well, and even thriving in a survival scenario, such as providing adequate medical treatment for yourself and those under your care. If there are medical emergencies you have to take care of, then they may take precedence, naturally. Stop massive blood loss before you go foraging for food! However, the triumvirate of survival – shelter, water, and food – should be some of your top priorities. Only when you have those things will you be capable of providing decent medical care for people who need it.

Chapter 4: The Dental Factor



People do not often think about the problems that they might have with their teeth and oral hygiene when it comes to a survival situation, and that is a huge mistake. Dental problems can occur just as frequently as any other type of medical emergency, and they can be just as difficult to care for when trying to survive.

Those who have at least a basic knowledge of dentistry will tend to do better when it comes to surviving and staying comfortable.

There are a number of different types of dental problems you might face. The following are some of the most common:

- Toothache
- Swollen jaw
- Broken jaw
- Facial injuries to the mouth
- Erupting tooth
- Bleeding after losing or extracting a tooth

Toothache

Most of the time, a toothache will last for a few hours. Sometimes, it will last for a couple of days, but then the pain will go away and things will seem to go back to normal. By taking some pain relievers (over the counter or prescription), and possibly applying heat to the area with a warm compress, the patient can deal with the pain until it subsides.

However, sometimes, the toothache just won't go away or it keeps coming back, and that generally means there is an infection beneath the surface. This can lead to an abscess that grows, and if not treated, the infection can spread. In some cases, the best course of action is to extract the tooth and the clean and rinse the extraction site to ensure the infection is gone.

Swollen Jaw

Swollen jaws can occur because of an injury, such as if the patient were hit in the face. However, if there was no physical injury to the patient's face, this might be the result of a dental abscess. Most of the time, the pain in the jaw is dull, and it will respond to pain medication. If the tooth and jaw are not in any pain, then you can ice the area to help with the swelling.

However, if you believe that there is an infection, then taking antibiotics and applying heat to the swollen area can help to remove the infection. Signs of an infection are redness and tenderness, in addition to the swelling.

Broken Jaw

Broken jaws are serious problems, and you can't treat them properly in a survival situation. You would need to have x-rays to understand the extent and type of break, and the patient may need to have surgery. The only thing you can do when you are in a crisis situation is to attempt to straighten out the bite by attempting to align the jaws. This can be *extremely* painful.

The jaw needs to stay in this position, which will mean no talking, limited movement of the head and neck, and only drinking pureed foods. The patient will need to do this for at least a month to allow the bone the time it needs to heal properly. Even then, the bite alignment might not be perfect because of the primitive way you have to take care of the injury.

Facial Injuries to the Mouth

Sometimes, you or patients will receive a strike to the face while in a crisis. It could be part of a building or debris striking the face, or it could be an attack. This could cause injuries to the teeth, and you could even end up with broken teeth. When you are trying to survive, it will be impossible to have the tooth repaired, since this is the purview of dentists.

However, if the tooth is knocked out and the root comes along with it, there is a chance to save it, even though it is not likely. In those situations, you can wash the tooth and the rood with saltwater. Then, gently place it in the mouth in the same position. It could "take root" again so to speak, but as mentioned, it is not likely. In those situations, you will likely have to do without that tooth. Wait until the crisis is over and then speak with a dentist.

If you do put it back in your mouth and hope that it is repaired, you have to be very careful that you do not use your mouth often and that you keep the tooth in the same position.

Erupting Tooth

For children who are still growing teeth, as well as for adults who are having their wisdom teeth push through, the only thing you can do is endure it when you are in a survival scenario. Of course, you can take pain medication, and you can ice the side of your face. This will help to make the pain more bearable.

The tooth will eventually push through the gum line, and the pain should subside. However, if it is crowding other teeth in the mouth, there could still be some pain involved.

Bleeding After Losing or Extracting a Tooth

In those events where you need to extract a tooth from a patient, there will be bleeding. In most cases, the human body will be able to clot and stem the bleeding without much trouble. However, some people may bleed excessively. You should place clean gauze on the site of the extraction and then have the patient bite down on it to apply pressure. This will help to stem the flow of blood.

There is likely to be some amount of pain after a tooth extraction. Providing pain relievers for the patient is a good idea, but be aware that some of these, such as aspirin, can actually cause the bleeding to be worse.

Vitamins to Take

Vitamins can do quite a bit to help with your all around health, and that includes your dental health. Let's look at some of the common vitamins, which you can get from food and from supplementation, that can help to improve your dental health. It's a good idea to start adding these vitamins to your daily routine now rather than waiting for a crisis to occur. Remember, the better your health now the easier it will be to survive an emergency. This goes true for your dental health too.



Here's a list of the vitamins you should consider:

- Vitamin A – Helps to create healthy mucus membranes.
- B Complex Vitamins – Help to heal tissues in the mouth, help to reduce symptoms of gingivitis, and can help to stop inflammation of the tongue.
- Vitamin C – Aids in the prevention of gum inflammation
- Vitamin D – Helps to strengthen the enamel of the teeth.
- Vitamin E – Aids in healing tissues of the mouth that have been damaged.
- Vitamin K – Assists in the formation of bones.

- Calcium – It is good for the teeth and can help to reduce the symptoms of gingivitis.

Natural Remedies to Try

Modern dentistry is, well, modern. Long ago, people were making due with natural dental remedies to help care for their teeth, and when you are in a survival situation, you can do the same things that they once did. There are a number of natural options for remedies that you can use, and it is a good idea to keep some of these on hand for just such occasions.

Clove oil can be a huge benefit for those who are suffering from toothaches. By rubbing some of the oil onto the site of the toothache, it reduces the pain. Since it is topical, it tends to go to work quickly.

Echinacea and candida are both helpful when it comes to reducing pain in the gums, and for treating thrush in the mouth.

Honey is a remarkable natural substance as well, and it can work well for infections of many different types. When it comes to oral health, you can use honey to help rid your mouth of bacteria, and to prevent teeth from eroding.

Just make sure you note *this* about honey. *You cannot give it to children who are under two years old*. The World Health Organization says that you shouldn't give honey to children who are under 12 months old in any form. It's better to be safe than sorry though, so consider going by the two-year mark instead. Babies do not have the immunity needed to eat and digest it, and they could develop botulism, which can cause muscle paralysis.

Salt can help with sores and abscesses in the mouth. You can add some salt to warm water and rinse your mouth with it several times each day. It can help to remove the bacteria and can even help with the pain.

The Best Medicine… Prevention

Of course, if you can avoid dental problems then that's the best solution. By taking good care of your teeth now, and even during the crisis, you can avoid a number of issues. Proper brushing several times each day, as well as flossing, can help. When you put together your survival kits and you are stockpiling your medicine, make sure you include oral hygiene implements including several toothbrushes, toothpaste, and floss.

If you are in a pinch and you don't have any more toothpaste, there are other items you can use to clean your teeth. You can take salt, baking soda, and some water to create a paste that you can use on your teeth. Aloe vera gel can work as well for cleaning the teeth. It can also help with any sores that you or a patient might develop in the mouth.

Chapter 5: Preparation for the Women

Most of the chapters in this book will apply to both men and women, but this chapter deals exclusively with issues that will be important to women. However, men should also read the chapter to get a better understanding of what the women may be dealing with and how they can assist.



Hygiene

While both men and women can have issues with hygiene and comfort during a survival situation, younger women tend to have more trouble due to their menses. One of the methods that women can use to decrease the duration of their period is to take birth control pills. They do not have to take them for actual birth control, though. These pills will help to reduce the length of the period, and they can help to reduce the cramping as well.

It is important to note that this technique should not be used by those women who are over 35 years old though. It can create clotting problems with their blood.

It is a good idea to have plenty of sanitary napkins and tampons stockpiled. Have enough for a couple of months at least, but it's generally a good idea to have more on hand. You never know what will happen or who may need them during a crisis. They can come in very handy in a number of scenarios. In fact, they can even be used as bandages.

Pregnancy



Something else that you might want to have on hand is several pregnancy kits, as well as prenatal vitamins just in case. If you or someone in your group becomes pregnant, these prenatal vitamins, which you should be stockpiling along with other medications, can come in very handy. They can provide the mother with the additional vitamins she needs to ensure that she and the baby are healthy.

Of course, in a survival situation, and when the country has fallen, it's probably not a good idea. However, even the best prevention methods, other than abstinence, can fail. Make sure you have the supplies that the mother and the baby will need. You might even want to have a book on pregnancy available so expectant mothers will have a better idea of what they can expect during their nine months.

Whether you believe there is a chance that you or someone in your survivor group could become pregnant, it is a good idea to have all of the materials you will need to handle the labor and the delivery of the baby. Keep in mind that you will likely have many of these items on hand already, as they are essential part of any survivor's medical kits.

Items needed to help with labor and delivery include the following:

- Sterile latex gloves

- Sterile gauze
- Sterile scissors
- 3-0 suture, and suture needle
- Laceration pack
- Clean sheets
- Flashlight or headlamp
- Blanket for the newborn

With luck, the delivery will be simple and the baby and the mother will be healthy, happy, and recovering before you know it. However, there may be lacerations and tears during the delivery. These will occur between the rectum and the vagina, an area called the perineum. If there is a tear, you will likely need to place several stitches to help stem the bleeding.

Once the baby is born and healthy, you will also have to think about feeding the baby. While breastfeeding it the natural option and the one that might work the best in this situation, there could always be complications. Some women have trouble breastfeeding, and some babies do not take to it as easily as others. It is still a good idea to have some bottles available, a supply of clean nipples, and powdered formula just in case.

In addition, you may want to have a breast pump available. This way, the powdered formula can last longer, and the mother can still provide breast milk if she desires.

Chapter 6: What Medications Do You Need?

As you can probably imagine, there are many different medications that you will need to gather and stockpile if you want to have the best chance of survival no matter what situation arises. When you are creating your list of medications that you need and that you feel you should have, it is important to take into considerations your personal needs and the needs of your family. You also have to think about the other survivors who might be in your group or those who are in your community.

The more medication you have, the more valuable you will be in a disaster. For those long-term disasters where help isn't coming this can be very important, as you can use your extra supplies and your knowledge to trade.

Getting the Medication



Most of the medications that you will need to buy and stockpile will be very easy to get, as they are over the counter medications. You should be able to get them through most pharmacies in your area, as well as online. Make sure that you take the time to compare the prices at several different locations though so you can get the best price on the medicines you need. Try to get at least a month's supply of the medications you are sure you will need.

However, other medications will be more difficult to get. You can't simply walk into your local pharmacy and buy narcotic painkillers because you might one day need them. You

need to have a prescription in most cases, and this is difficult to get even from a doctor, since they do not want people to get addicted to them.

There is a possibility of getting narcotic medications through overseas pharmacies that are legal to buy from, but it is difficult to know when you are dealing with a reputable source. It's best to start with a very small purchase to make sure they are offering legitimate medications that have not been tampered with. If the product and service is good, then you can buy more from them. Just makes sure you aren't doing anything illegal when you are stockpiling your medication.

When you are stockpiling medications, be aware of the expiration dates. While many of the drugs can be used after the expiration date, they may lose some of their effectiveness. If you have meds that are out of date, it is a good idea to replace them with new whenever possible.

Another option for getting some of the medications you need, particularly antibiotics, is to turn to the pet store. Strange as it might sound, fish antibiotics, commonly called fish mox, are the same types of antibiotics that humans use, and you do not need a prescription for it. If you have access to regular antibiotics, then by all means take them.

In a survival situation though, you might not have the luxury of these meds. The fish antibiotics from the pet store can do the trick, so it is important to keep in mind. Just make sure you look up the recommended dosages for humans. It comes in a powder, which tastes terrible. Your best option is to get some new gel caps so you can make your own antibiotic pills. It will be easier on the people who need to take it.

Learn the Generic Names

You should take the time to learn the generic names for the medications that you will be stockpiling. You'll often find that the generic drugs are far cheaper than the name brands. Since you are likely to be stockpiling far more than just medicine for a potential

disaster, you want to find as many ways to save money as possible without actually cutting items that you will really need.

Types of Medication to Gather

When you are getting ready to stockpile your medicine, the best course of action is to break things down into different categories based on what types of illnesses and ailments they will help you treat. Let's split things up into 10 different categories.



- Allergy Medications
- Antibiotics
- Birth Control Pills
- Breathing Medication
- Children's Meds
- Cold/Flu Medications
- Pain Medications

- Psychotropic Medications
- Skin Medications
- Stomach/Gastrointestinal Medications

Allergy Medications

Many people have allergies to a wide range of different things. Some might be allergic to pollen, while others might have allergies to dander. There are two different basic categories of meds you will want to have on hand. The sedating variety are medications that will help you get to sleep without the allergies bothering you. The other form of allergy meds is non-sedating. This means you can take them without worrying about feeling drowsy or “out of it”. These can be very helpful when it comes to being in a survival situation.

The allergy meds you are currently using should work out just fine for you. If you don’t have allergies yourself, but you want to have meds on hand just in case others in your family or group do have them, consider getting the following.

- Benadryl
- Zyrtec
- Prednisone

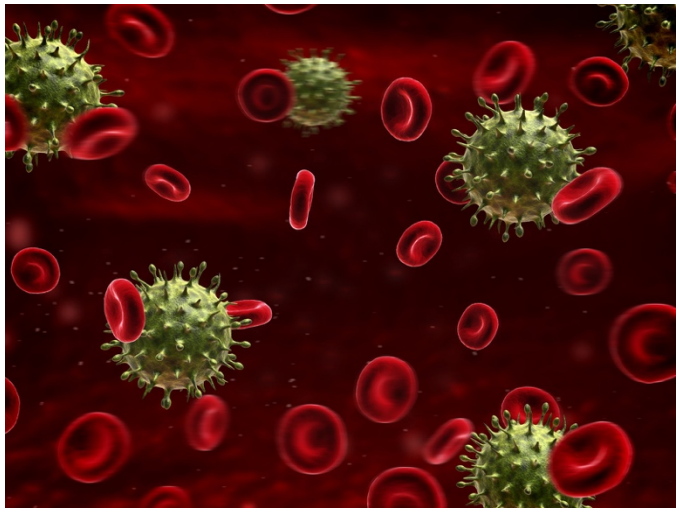
Benadryl is a very common antihistamine that can work well for a number of different types of allergies. Many use it to help with hives, as well as nasal allergies. You do not

need to have a prescription, and you should be able to find this, or something very similar, at most pharmacies, including the generic options. Follow the directions on the box for the dosage.

Zyrtec is another good option. You will generally only have to take one to two of the pills to help with your allergies. Again, they work for nasal allergies as well as for hives. The generics are generally quite cheap. Make sure you do not have patients taking this and Benadryl at the same time.

Prednisone can be a good option for those who have severe allergies. Prednisone is taken in a taper, which we discussed earlier in the book. You start with a large amount and slower taper off the dosage. Many will start with a dose of 60mg for three days, and then follow that up with 40mg for three days, 20mg for three days, 10mg for three days and 5mg for three days.

Antibiotics



Antibiotics are essential for helping the body to fight off all manner of infections. They could be sinus infections, bladder infections, infections in wounds, teeth, and more. You should use the drugs whenever infection is suspected, just to be on the safe side. You don't want the infection to get worse during a survival situation, as the results could be deadly.

Some types of infections are easy to diagnose. People who have fevers, redness around a wound, green or yellow drainage from a wound, or from their mouth when they

cough (or from their nose), it is generally an infection. The redness around the wound is often warm to the touch as well. Other types of infections can be difficult to diagnose, such as bladder infections. In any case, it is better to be safe rather than sorry.

Watch for signs of the infection to show themselves, and if the body is unable to heal itself, then you should start to provide antibiotics. Some of the most beneficial antibiotics to have stored away include the following:

- Augmentin
- Cephalexin
- Bactrim
- Erythromycin
- Cipro
- Flagyl
- Avelox

The dosages for the antibiotics can differ, so make sure you take the time to learn the proper dosages for the *antibiotics that you choose to store*.

Birth Control Pills

There are many types of birth control pills on the market, and they all tend to work the same way. The ones that you choose don't really matter. We've already touched on how these pills can be beneficial for women who are in a survival situation. Not only is getting pregnant in those situations generally a bad idea, but the pills can help to reduce periods.

Breathing Medication

People who have asthma and other breathing disorders will often have trouble breathing during disaster scenarios where there is a substantial amount of dust in the air. Of course, in those situations, even people who do not suffer from respiratory problems can have trouble breathing, so having some of these meds on hand is always a good idea. Inhalers are ideal for this.

You should stock up on meds for the inhaler. Namely, you will want to have albuterol and Primatene Mist. Keep in mind that albuterol is a prescription medication, so you will have to have it prescribed by a doctor. Primatene Mist has the benefit of being an over the counter medication. This can make it much easier for you to stock up. Just keep in mind that it tends not to be quite as effective.

Children's Meds



Young adults will generally be able to take adult medication in smaller dosages. Check the label for instructions. However, smaller children will need to have their own medication, and if you have

kids of your own, or there are kids in the community that might need meds during a disaster, it's important to stock up on them.

The most important items you should consider buying include:

- Children's Tylenol or other pain relievers
- Children's Benadryl
- Children's cold meds
- Suprax
- Bactrim Suspension

Your children may have other medicinal needs, prescription and otherwise. Make sure that you have all of the meds stockpiled that they normally take.

Cold/Flu Medications

Having a cold or suffering through the flu even in the best of times is a pain. It can be impossible to get anything done at all if someone catches a cold or the flu when they are trying to survive after some type of disaster. In addition to resting, you need to have the right meds on hand to help patients get through the sickness. You probably have a few standby medicines that you like to use when you have a cold or the flu. Make sure you have those on hand.

The following are some of the best types of medicines to have around so you can deal with the symptoms including congestion, pain, and fever. As always, read the

instructions on the packaging to make sure you are providing people with the proper dosages.

- Tylenol
- Aspirin
- Sudafed
- Robitussin DM

Tylenol and aspirin can help with pain relief. Tylenol can help to control fevers as well. Robitussin and similar products, available as a liquid and in pill form, can help people to control their coughs. Sudafed and similar products can help with nasal congestion.

Keep in mind that even though Sudafed is an over the counter medication that you do not need a prescription for, it is kept behind the counter. Since this is one of the main ingredients used to create meth, you aren't going to be able to buy a lot of it without drawing some undue attention your way.

Pain Medications



Pain medication is also essential. Whether a person has sore and aching muscles from undergoing a strenuous day of trying to survive after the disaster, or if they are recovering from a sprain, having

some meds available that will help to reduce the pain is nice.

There are quite a few over the counter options that you can consider with these meds. Aspirin, Tylenol, Advil, and Ibuprofen are some common over the counter options. Generics that have the same ingredients are available as well, and they are generally going to be quite a bit cheaper.

Tylenol, as mentioned, helps with pain and fever reduction. Motrin and Advil, as well as their generic counterparts, will help with pain and can reduce inflammation. They can help with fever as well. It's generally best to take these medications after eating, as some patients experience stomach issues if they take the pills with no food in their stomach.

We've also mentioned the need for narcotic pain relievers, and how difficult they can be to come by. Some of the best options for medical purposes include Vicodin and oxycodone. Just makes sure if you have to give these to a patient that their pain actually warrants it. You don't want to give the patient too much of the drug either.

Psychotropic Medications

At first, you might not think that psychotropic meds would be a necessity. After all, when most people think about disasters, they imagine other types of injuries – lacerations, broken bones, and the like.

However, think about what this situation really means. It means that the world has fundamentally changed for these people, whether it is short- or long-term. This means that unease and anxiety, as well as problems sleeping, may be more prevalent than you realize. Having some medication on hand that can help with these issues could be a good idea.

Keep in mind that prescriptions are needed for most of these. Some of the common medicines used to help with anxiety, and to help the anxious and worried get to sleep, include the following:

- Lorazepam
- Xanax
- Clonazepam
- Prozac, for depression

In addition, Benadryl can be helpful when people need to get to sleep and they are too anxious to do so on their own. It also helps that it is over the counter.

You can also find some over the counter medications, which you can also buy online, and these could help as well. They are natural options including Zanivan and Decelerol. It's always a good idea to check out the reviews, as well as the ingredients and the costs, before buying any of the over the counter meds. Also, keep in mind that they are not likely to be as effective as prescription drugs.

Skin Medications

When you are in a survival situation, your skin can undergo quite a bit of damage. You could have bites from insects. You could get cut. You could have a rash from a poisonous plant. There are many possibilities, and you need to have the right medication to help.

Medication to stockpile include the following:

- Hydrocortisone Cream
- Benadryl Cream
- Gold Bond Intensive Healing
- Prednisone

Hydrocortisone is a great option for dealing with rashes, poison ivy, cuts, and similar problems with the skin, as is Gold Bond Intensive Healing. Benadryl cream works quite well for hives.

Even though prednisone is a tablet, you can still use it, in the taper method that we've talked about several times, to help with things such as hives, and it can even help those who are unfortunate enough to tangle with some poison ivy.

Stomach/Gastrointestinal Medications



Problems with the stomach can run the gamut, and that means you need to have a number of different types of meds in stock for whatever you or your patients might be suffering. Whether it is heartburn, constipation, diarrhea, or nausea, the meds that will help each of these issues falls into this category. Let's look at some of the

medications you will want to have with you and in good supply.

- Zantac
- TUMS
- Maalox
- Prilosec
- Kaopectate
- Imodium AD
- Ex-Lax
- Correctol

Now, let's look to see what each of these different medicines will do for you.

Zantac, TUMS, and Maalox will all help to deal with stomach acid and heartburn. Prilosec is also effective at helping to stop heartburn as it turns off the production of acid in the stomach after you've taken it. It is an over the counter medication, and it works quite well. One of the only drawbacks is that it can take a few hours before it takes effect. Many people who take Prilosec do so daily to help keep their heartburn at bay permanently.

Kaopectate and Imodium AD help those who are suffering from diarrhea. Keep in mind that you shouldn't take Imodium AD if the diarrhea is the result of an infection. The Ex-

Lax and appropriately named Correctol will help patients who are suffering from constipation.

Once again, remember the generics. They are going to save you a fortune. Also, always read the labels to make sure you are taking, or providing your patients with, the proper dosage.

Keep It Organized



Once you start to stockpile your medication, it is very important that you keep all of the medications well organized (as you should with all of your supplies). This way, you know exactly where you need to go for any type of meds you might need. You can get plastic bins for each of the different categories that we've covered for the medications.

Label them, and make sure you keep records of what goes out and what goes in the bins, so you know how much you have on hand at all times. It's always a good idea to have more than you think you need when it comes to your supplies.

In addition, you might want to pack a bag that contains some of each of these types of meds that you can grab and go, just in case you need to flee the area where you are staying. You might not be able to get all of your supplies, but you will at least have a small amount that can get you through for a little while.

Check for Allergies to Meds

Something else you need to do before you start handing out medicine in a disaster is to check with people to see if they have any allergies to certain types of medications. For example, some people are allergic to aspirin. You never want to give someone any meds to which they are allergic, as you would then have another problem on your hands.

Remember the Expiration Dates

When you buy meds, you want to buy those that have the furthest possible expiration date. If the expiration date comes and goes, you should replace those items with new. This way, you can be sure that the medicine you have stockpiled will be at full strength and will be effective. If you have some items that are out of date, and you are in a disaster, you can still use them. They may not be as effective though, so keep that in mind.

What About Your Pets?

Here's something that you might not have thought about before. You spend all of that time preparing medication for you, your family, and others in your community that you forget about your furry, feathered, or scaled friends. If you have pets, you probably think of them as part of the family, and you will want to do your best to keep them safe and healthy in a crisis as well.

If your pets are on any medications, make sure that you stockpile those meds as well, just to help keep them in good shape. You can put together a kit especially for the animals in the family.

In addition, now is a good time to learn a bit about basic veterinary care for your animals, just in case you are in a situation where you can’t take your animal to the actual vet due to the disaster.

Chapter 7: Hygiene Products to Stockpile



Health and hygiene are closely related, and just because you are in a survival situation, you can't neglect your hygiene. Living dirty means you and your surroundings are a breeding ground for infection and who knows what else. While it might not be reasonable to assume that you will be able to keep up your normal, current level of hygiene while trying to survive, you need to do the best that you can.

In addition to keeping things clean, these types of products can help to provide the survivors with some semblance of normalcy. This can be important for maintaining their positive attitude during a survival scenario. Simple things like soap and toothpaste work wonders in this area.

The items that we will cover in this chapter are mainly for personal hygiene. Later in the book, we'll be talking about supplies that you need for medical hygiene to help keep wounds clean and to keep infection at bay.

Hygiene Supplies

The following list of items is extensive, and the truth of the matter might be that you simply don't have enough room to store all of them. Consider your space and then choose the items that are most important to you, and that you feel will be the most beneficial for the area where you plan to survive.

Here’s a list, a long one, of all of the items that you should try to stock and store for hygiene during a disaster.

- Antibacterial soap
- Antibacterial wipes
- Antibacterial spray
- Toilet paper
- Toothpaste
- Toothbrush
- Combs
- Small mirrors
- Paper towels
- Scissors
- Fingernail clippers and basic manicure set
- Feminine hygiene products
- Razors
- Shaving cream

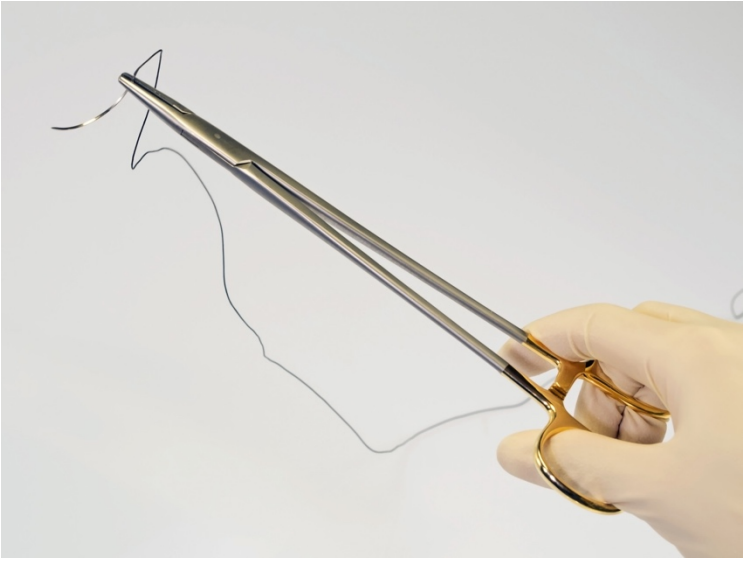
- Sun block
- Chap Stick/lip balm
- Baby wipes
- Diapers (if there are babies, or adults, who need diapers)

It is easy to see why each of these items made the list, and why you should strive to have a stockpile of all of the items on this list. If there are any that you could potentially do away with, it might be paper towels and the antibacterial wipes. They take up a lot of space, and you could use rags (that you wash) in place of the paper towels for cleaning. In addition, you could use some water and vinegar in a spray bottle for cleaning. While it might not be as effective as cleaning with antibacterial wipes for surfaces, it does a good job of cleaning.

Just as when you were putting your plastic containers together for your medicines, you will want to do something similar with these supplies. Make sure they are labeled and easily accessible.

Chapter 8: Medical Supplies and Equipment You Need

We've already covered the medicines you will need to stockpile. Now, we'll be moving on to the other items and equipment you should have on hand for treating yourself, your loved ones, and others who are part of your group of survivors.



Medical Hygiene

For proper care of patients, and to prevent the spread of infection, medical hygiene is extremely important, and you cannot be lax in this area. You need to pay attention to proper hygienic procedures, and you need to have certain equipment and supplies on hand to deal with medical issues.

Here's a list of the items that you will need to have in your medical hygiene supply stockpile. We'll cover what each of these is and does after the list.

- Wound Cleanser
- Rubbing Alcohol
- Betadine Solution

- Gauze
- Butterfly stitches
- Suture thread and needle
- Surgical tape
- Ace wraps
- Bandages
- Surgical masks
- Abdominal pads
- Under Pads
- Latex and non-latex surgical gloves

Wound Cleanser

Whenever someone has a wound, whether it is a laceration, an abrasion, or a puncture, there is a serious risk of infection if the wound is not cleaned out immediately. In a survival situation where water is at a premium, this can be difficult. In addition, you have to be careful about the water that you are using to make sure that it has not also been contaminated.

One of the best ways to help clean out a wound is with the aid of a commercial wound cleanser. You can find a number of brands on the market. They come in spray bottles of varying sizes. You will want to have several of these bottles in your stock at least.

Rubbing Alcohol



Rubbing alcohol can good to have around as well. It can help to sterilize things in a pinch and when you don't have any other options. For example, if you are fresh out of surgical thread, but you have some fishing line, you can use the rubbing alcohol to sterilize the thread. This isn't a foolproof method, but it can work. When you are in an emergency and have no other choice when trying to save someone's life, you do it.

Rubbing alcohol can also be used to clean your hands, and it can disinfect medical tools. If you use medical instruments regularly on a number of patients, this can be one fast and simple way to disinfect them.

Betadine Solution

Betadine, or povidone-iodine, should be a part of your medical supplies as well. You can use it as an antiseptic and to disinfect areas of the body before a surgical procedure. One of the benefits of the solution is that bacteria do not develop resistance to it.

You can find several different sized bottles available. You might want to buy the largest of the containers you can find and then separate it into smaller bottles on your own. It could be cheaper that way.

Gauze

Gauze is another necessity, as it will help to keep wounds clean and free of infection. Gauze comes in many different sizes and styles. The 4” x 4” gauze pads are popular, but you shouldn’t limit yourself just to that size. Have several different sizes that you can use for different sized wounds.

These are generally cheap, but they do tend to take up a lot of space. Regardless, they are an essential part of your medical kit.

Butterfly Stitches

Butterfly stitches, often called butterfly closures, are great for helping to close small wounds that do not need to have traditional sutures. Depending on the length of the wound, you might need to have a couple of these in place. They are easy to apply, and they come in sterile packaging, so they should be sterile until you open them.

Suture Thread and Needle

Sometimes, the butterfly stitches are simply not enough to close a wound. The wound might be large and deep, and the only way to close it properly is with traditional sutures. You can find suture sets that include the thread and the needles on Amazon and plenty of other sites online.

If you've never had to put in stitches before, it can be intimidating, and you should certainly practice. Now, you can't go and practice on yourself or others, but you can find suture practice kits that have a suture pad with simulated wounds. You can practice on this until you are comfortable.

Keep in mind that working on actual people is a *very different experience*, and most people don't like to be stuck with needles repeatedly. Having some type of topical anesthetic that you can use while stitching, such as lidocaine, can help immensely.

Surgical Tape

You need something to help keep the gauze, bandages, and abdominal pads in place, and surgical tape is the perfect solution. You can find surgical tape in different sizes including .5", 1", and 2". The 2" option is very versatile, as you can always cut the tape to suit your needs. You might want to have several different choices available to you though. Try to find hypoallergenic tape for your stockpile to reduce the chance of someone having an allergic reaction to the tape.

Ace Wraps



Ace wraps are great for a wide range of different purposes, and you should certainly have a substantial stash of them available. Keep in mind that you don't have to buy Ace, as there are plenty of other brands out there that might be cheaper and that do the same thing. As with the gauze, there are a number of different sizes available from which you can choose, and it's good to have

several of each if possible.

Bandages

Bandages, large and small, are always a good idea. Whether you buy Band-Aid or an off-brand product is up to you. Just make sure that you have a lot of them, and a good variety of sizes and shapes to help with all manner of small wounds that can crop up in a survival scenario.

Surgical Masks

Surgical masks are an important component to your medical hygiene stash as well. Whether you are dealing with a pandemic, dust from the aftermath of the disaster, or because the air quality is questionable, it's a good idea to have a large supply of them.

In addition, it is a good idea to have them on hand in the event that you have to work on someone who has an open wound. You don't want to breath into and contaminate the wound, and it helps to keep the scent of blood, infection, and other unpleasantness out of your nose.

Here's a trick; have some Vick's VapoRub, or another scent just under your nose so that you are smelling something fresh and pleasant when you are working on a patient.

Abdominal Pads

While you might not like the idea of having to deal with large wounds, they can happen in a survival situation, and you need to be prepared to deal with them. The abdominal

pads are thick and absorbent, and they can work well for large wounds that are secreting a lot of blood. You can simply tape them over the wound.

Under Pads

The under pads, often called Chux pads, are thin, sterile pads that you can place your medical instruments onto. You can also use this as a sterile work surface for suturing, minor surgery, and more. The pads are available in different sizes. In this case, it's generally a good idea to choose the larger variety, as they will be more versatile.

Latex and Non-Latex Surgical Gloves



Surgical gloves are essential. If you are working on a patient, you want to be as sterile as possible for your patient, and you need to keep yourself safe from any blood borne illnesses he or she might have.

Latex gloves are the standard option, but you might want to consider getting some of the non-latex surgical gloves instead. Nitrile gloves and vinyl gloves could be a better option, as they are not going to pose a problem for someone who is allergic to latex.

These gloves come in small, medium, large, and extra-large. Some have powder in them, while others do not. You should get a variety of sizes in case you need to have someone help you with your procedures. They will need gloves that fit them as well.

When you are buying these gloves, there could be the temptation to go the cheap route. The problem with cheap gloves though is that they tend to rip when you put them on, which means you could be wasting as many or more gloves than you are actually using.

It might be a good idea to buy some small boxes from a couple of brands to find out which ones you prefer. Then you can stock up on those.

The Medical Instruments

Now we'll be getting into the different instruments you should have on hand. Each of these is an essential tool for your survival medical kit and it is a good idea to have several of each available.

Here's a list of the most essential medical equipment you need to have, followed by some information about them:

- Stethoscope
- Sphygmomanometer
- Clamps
- Forceps
- Bone rongeur
- Scalpel
- Cannulas

- Syringes and needles

Stethoscope



A stethoscope is useful for listening to the heart, as well as the lungs. You can find stethoscopes of varying quality in a number of places online, and they are available in a number of colors. Keep in mind that you want to go for quality rather than your favorite color here. Pick up two, just in case something happens to the first. Also, be sure to get some additional earpieces for them. Over time, they can come loose and get lost, and they tend to get dirty.

Sphygmomanometer

This is just a fancy name for a blood pressure cuff. Combined with the stethoscope, this device will let you take peoples' blood pressure. While you might not be using this item every day in a survival situation, it can still be a good piece of medical equipment to have on hand.

You can find these for sale online, and many local pharmacies will have them as well. Again, you want to buy something of decent quality so it will last, especially in a survival situation.

Clamps

Clamps can be useful for a number of different medical tasks in a survival situation. You can use them to clamp blood vessels on an injury, or while performing surgery, for example. There are a number of different types of clamps you should consider adding to your stash of medical equipment. They include:

- Kocher clamp
- Pean clamp
- Mosquito clamp

You should have several of each type of clamp, as you may be working on more than one patient at a time. Even one patient could require several clamps.

Forceps

Forceps can be very useful when you are trying to suture a wound. Trying to get the needle to pass through skin and tissue is not easy, and the forceps help to give you the power and leverage you need.

Bone Rongeur

This instrument looks similar to a pair of pliers, but it has sharp edges. The tip of the instrument has a scoop shape to it, and it is used for gouging, or removing bone. It opens up areas for surgical procedures in many cases. One of the uses in survival medicine might be to cut the ends of a bone from fingers that have been amputated crudely (such as through a crushing injury). Cutting away this piece of bone can then allow the skin to close over the injury.

While not common in survival scenarios, these types of tools are helpful in cadaver dissection to cut through ribs.

Scalpel

The scalpel is another necessary medical instrument you should have on hand. You need to have several scalpel handles, as well as a number of blades. The #10 blades are versatile and can work for a number of different scenarios. However, you might want to have some other blade sizes on hand as well.

Cannulas

If you or others in the group have difficulty breathing, nasal cannulas can be a good option. The cannulas come in different come in different sizes, and you will want to have some available for both children and adults. The cannulas help to provide oxygen to the lungs through two prongs that go up the nose.

Syringes and Needles

Whether giving medication or a local anesthetic, syringes and needles need to be a part of your survival medical equipment. They come in a wide range of different sizes, and it is a good idea to get a substantial amount of them to have in your stash. The needles and syringes should not be reused under most conditions. It is dirty and could lead to infection.

While it is possible to attempt to sterilize reusable needles and syringes, this should only be attempted when you have no other choice.

Learn the Medical Tools



Once you have the medical tools, don't just pack them away for an emergency! You need to know how to use each one of them. You need to know how they feel in your hands, how they work, and how to clean and store them properly. Make sure you know how to put the blades in the scalpels and that you know how to take accurate blood pressure readings.

These are the basics, and you *need to know them*. Learn the tools just as you would learn how to fire and clean a weapon. You want to be as comfortable with them as possible when the time comes to actually use them.

Your Medic Bugout Bag

While all of these supplies are certainly important for your main stockpile, you should have a special kit that you can take with you if you have to leave in a hurry. It should contain all of the items here, just in smaller quantities. Think of this as a field kit. Make sure it has the essentials and that it is ready to go at a moment's notice.

Buying the Supplies and Equipment

Honestly, you can't have too much of this stuff. The amount that comes in a typical first aid kit that you buy at the pharmacy isn't enough. Buy what you feel is a good amount, and then add some more. You don't have to "go crazy" with your purchases, but you want to have enough supplies to handle any type of situation that comes your way.

You don't have to buy everything at once either. You can slowly add to your stockpile, buying the most essential items first and then adding to it over time. Keep your eyes out for sales and going out of business events for grocery stores and pharmacies. You can often find some great deals.

Chapter 9: How to Buy/Make Medical Response Bags



You want to be ready for anything that could possibly come your way in a crisis. Different types of injuries and ailments naturally require different types of instruments and care. You may find it beneficial to make, or even buy, medical response bags geared toward different types of injuries.

Let's first look at what you need to do to put together medical response kits on your own, and then we'll look at how you can buy and choose premade kits. There are advantages and disadvantages to both methods, and we will discuss those as well.

Types of Response Bags

Having response bags available for all sorts of different types of medical emergencies can be very beneficial. When everything is ready to go in one of these kits or bags, dealing with emergencies quickly and effectively is much easier.

The items that fill each of these kits should be wrapped in a clean, sterilized towel and then remain unopened until you need to use them.

Here's a list of the three common types of response bags you should create or buy:

- Superficial wounds
- Sutures
- Fractures and other difficult to care for wounds

Minor Wounds

The pack for responding to minor wounds doesn't actually need to be sterilized, but the equipment that's inside of it, such as the bandages and the steri-strips, should come straight from sterile packaging when you use them.

A minor wound would be something such as a scrape or a cut that isn't very deep. It's not going to require stitches, and it should heal with relative ease as long as it is properly cared for and sterilized.

Here are the items you should keep in your response pack:

- Bandages – Have a variety of Band-Aids and steri-strips in the kit. This will ensure that you are able to take care of a number of different types of minor wounds.
- Surgical Tape – Surgical tape is also a necessary part of the kit. Though the Band-Aids can adhere to the skin on their own, gauze will not. The tape helps to keep the gauze in place over wounds.
- Gauze – Have some different sized gauze available in these kits. If you can only put in one size, then make it the 4" x 4" variety, as it is very versatile. If the wound is larger, such as a long abrasion, you can simply use several pieces of gauze and then affix it to the wound area by using the surgical tape.

- Neosporin – This, or another type of antibiotic ointment, is essential as well. You can place this on the wounds to help reduce their chance of getting infected.

- Surgical Gloves – Ideally, you will have some gloves in your kit as well. The gloves help to reduce the chance of infection.

- Clean Rags – Some clean, sterile rags can be used to help dry the wound after you've cleaned it out with water. This will ensure that the area around the wound is dry enough that the tape or the Band-Aid will stick.

- Betadine Swabs – Use the betadine swabs to clean out the wound before applying a bandage. These are a good option because you can do a better job of cleaning out a wound than you can by using water.



- Water – Water can also be used to clean out the wounds if you do not have the swabs. Having some extra water on hand for the patient is also a good idea.

Keep in mind that once you treat and cover the wound, you should check it after about 24 hours, possibly sooner if you notice that it is still bleeding or oozing. Check the wound for signs of infection, clean the area again, and then cover the wound again.

Sutures

Your suture bag needs to be sterilized, and you can do so using the method that follows toward the end of the chapter. The items that will be in this kit help you deal with wounds that are more problematic and deeper than the minor wounds we talked about earlier. They can help you take care of lacerations.

These kits should include all of the following materials:

- Surgical Gloves – Again, you will want to have sterile surgical gloves when dealing with the patient. Make sure you have several pairs of gloves in the bad just in case one pair rips.
- Betadine Swabs – Again, you will be using these swabs to clean out the wound before you start to stitch it.

- Lidocaine – You will want to have 2% lidocaine solution. This is a local anesthetic that you will use to inject around the site of the laceration to number it. People don't like the idea of getting stitched up without anesthesia. It comes in a bottle, so you don't have to worry about sterilizing this. You can add it to your kit after you've sterilized the rest of the items.

- Syringe – A 6cc syringe with a 22-gauge needle. You will fill up the syringe – the amount you need will vary based on the size of the laceration. A large laceration may take a number of injections around the site before it is sufficiently numb.

- Suture Material – You will also want to add your suture needles and thread to the kit you are putting together. Make sure that you have several packs of thread and needles. You can't always be sure you are going to deal with just one laceration on your patient.

- Suture Holder – This tool can help to hold the suture needle in place while you are working.

- Gauze – You should have a substantial amount of gauze in this kit. You will likely be using some of it to soak up blood so you can see what you are doing. You will also want to have some for after you've finished suturing. You will need to cover the wound.

- Surgical Tape – The tape will help to hold the gauze in place for you.

After you've stitched the wound, you will need to check on it after about 12 to 24 hours based on the severity. You want to look for signs of infection, and you need to be sure that your stitches are holding.

Fractures and Other Difficult to Care for Wounds



Sometimes, a patient might suffer from wounds that are far more difficult to care for. They might have a laceration that goes too deep for mere stitches to heal, or they might have a fracture. Let's look at what you can do to add to your kit to get it ready for these types of wounds.

Fractures

First, let's look at fractures. You should by some readymade splints online, and make sure you have several different sizes, so you can accommodate injuries to different

parts of the body. A splint for the leg is going to need to be larger than one for the forearm or a finger, for example. You can find splints available for both children and adults. Have several different options available, and consider building kits for each.

Deep Lacerations

If you are dealing with deep lacerations, you will be able to use most of the same items that you have in your suture kits. However, you will need to add a few more things to make it viable for these deeper wounds.

You need to have an irrigation syringe (a large syringe without a needle attached). You also need to have clean water. You will fill the syringe with the sterilized water and then flush out the wound to clean it before you begin suturing. For these types of wounds, use absorbable catgut suture material, or something similar. The reason you want to choose absorbable material is because you may be working on tendons, muscles, or other tissue, and you want the suture to reabsorb into the system naturally. If you use other material, it could case abscesses and infections.

Sterilization of the Kits

For the kits that need sterilization, it is very easy to do, and this is going to come in quite handy when you are trying to survive and don't have access to things like autoclaves for sterilization.

To sterilize the items in the towel-wrapped pack, you will be using heat. The amount of heat applied will affect the amount of time before sterilization occurs.

- 300 Degrees – Heat for 150 minutes

- 320 Degrees – Heat for 120 minutes

- 340 degrees – Heat for 60 minutes

Once you sterilize the bags, do not open them again until you need to use them. You will need to re-sterilize them once per year.

Should You Buy or Make the Kits?

You can often find some kits and bags that claim they have all you need for first aid (we'll touch more on this later because often they don't), and you shouldn't confuse those for response kits. There are similarities, but the response bags are geared toward treating specific types of wounds and injuries.

Rather than buying any of the premade bags, you will find that it is generally a better, and cheaper option to make your own. This way, you can get exactly what you need, make sure you are only choosing quality items, and you can shop around for the best price on those items.

Chapter 10: Natural Sources of Healing



While most of the book is concerned with utilizing medical equipment, supplies, and knowledge to help your loved ones and other patients you are treating, there may come a time when you don't have access to all of those fancy items. Sometimes, you have to look for alternative solutions for medicine and treatment, and it is very important that you learn them before we continue.

This way, you will have access to both modern and traditional treatments, which can give your patients the best chance to survive and thrive.

Using Herbs

First up, we'll be talking about different types of herbs that you can use to take care of a wide range of different types of ailments. It is highly recommended that you learn how to identify the different plants that you need, and that you even learn how to grow them on your own. This way, you can have a fresh and ready supply whenever you need it. In addition, you can use this knowledge, and some of your extra herbs, to trade with others who might have something you need and who may want medicine in return.

Pain

A number of different types of herbs can help people to deal with pain. The following are some of the best options to consider. Some of these are available online. If you are

going to be finding herbs in your area that will work for pain, or for any of the other ailments you or your patients might have, you need to start looking up the plants that are available in your geographical location.

- White Willow Bark – You can use this to help with many different ailments including joint pain, back pain, and as a general pain reliever. Some people who have taken it complain of an upset stomach, and it should not be used by children.

- Turmeric – This spice can help with arthritis pain, and there is evidence that it could help with autoimmune disorders as well.

- Ginger – Making a ginger tea can help to relieve pain, including arthritis pain and inflammation.

- Peppermint – You can make a peppermint tea and get the same pain relieving effects that you would get from ginger.

- Cayenne Pepper – You will use this topically. Mix three to four teaspoons of the pepper into about a cup of olive oil or vegetable oil and apply it to the area that is in pain.

- Bay Laurel – Crush the leaves and make a tea to relieve pain.

Fevers

Those who are suffering from fevers might find relieve from herbs as well. The following are some options to try if you have a patient who is suffering from a fever.

- Catnip – This is more than just an indulgence for felines. You can put a few teaspoons into some hot water to make a tea. Let it steep for about ten minutes, remove the catnip by straining, and then drink it.

- Peppermint – Follow the same instructions as with catnip to use this fever reducer.

- Yarrow, Elderberry, Peppermint – Put a teaspoon of each of these ingredients into some hot water and let it steep. Strain it and drink to help reduce the fever.

Cold

For colds, you are dealing with a number of different symptoms you will need to treat. After each of the symptoms that follow are the herbs that can help to clear them up for you.



- Congestion – Use garlic, mustard, horseradish, cayenne pepper, or coltsfoot. You can make teas out of these individually, or you could mix them together.

- Sore Throat/Coughs – Honey, lemon, thyme, eucalyptus oil, and caraway powder can be added to a sugary syrup. Take two spoonfuls to help lessen your cough and sooth your sore throat.

Gastrointestinal Issues

Those who have stomach issues such as constipation or diarrhea can benefit from taking herbs as well.

- Diarrhea – When a patient has diarrhea, it can remove a lot of water from the system, and this can lead to dehydration if you are not careful. Always drink plenty of water. To treat diarrhea, you can use Oregon grape root, oak bark, geranium oil, clove oil, and goldenseal. Meadowsweet can be used with children safely.

- Constipation – A number of different herbal teas can help to prevent constipation including dandelion tea and chickweed tea. Flax seed, as well as aloe juice can help those who are already dealing with constipation.

Keeping It Together

In addition to herbal remedies for a number of different conditions and symptoms, you have to find ways to keep your morale up, as well as the morale of the other survivors. You need to be able to relax without letting all of the stresses of being in a survival situation eat away at you.

Let's look at some of the ways you can relax, and teach others to relax, naturally. These might not seem like essential survival tools, but they really can make a difference to your mindset as well as how your body feels.

Yoga and Tai Chi

Both of these can be beneficial to the mind and the body. They can help you to relax and stay calm. They have been shown to help those who are dealing with depression, as well as anxiety. When you are in a survival situation, you can be sure that depression and anxiety will set in if you don't take steps to control them.

Take some classes for each of these, and put just as much effort into learning how to perform the exercises and movements as you do with learning medical techniques and how to shoot. It can serve you and your group well in the future.

Learn to Meditate



It is also a good idea to learn to meditate. You don't have to become a New Age guru who subsists on wheatgrass and a calm mind, but learning how to clear your mind is essential for survival. When you can meditate, you will find that you don't need to rely on medication to help you with anxiety.

Meditation is easy, and it is a good idea for you to start learning how to do it right now, long before you are in a crisis.

Find a quiet place where you can be alone for at least fifteen minutes to half an hour. Close your eyes and then focus on the air coming into and out of your lungs. Breathe slowly and deeply and let your muscles relax.

Concentrate on relaxing the muscles in your body one section at a time. Start with the muscles in your face and neck, and then work your way down the rest of the body. You can keep your mind blank, or you can concentrate on imagery that you find appealing, such as sitting in a beautiful, peaceful meadow.

When you first start, you will find that it is difficult to concentrate for more than a minute or two. You have tons going on in your mind, even before there is a crisis. Start with just three to five minutes. Take it slow and start to increase the amount of time you meditate each day. Eventually, you will want to get to the point where you can do this for fifteen minutes or more.

It might sound silly, but this really can help you out quite a bit when it comes to keeping your head clear, calm, and firmly planted on your shoulders.

Seek Out More Methods

When it comes to alternative medicines and ways of relaxing, there are plenty of other options out there that you can try. Make it a point to learn as much as possible now, and to seek out new information, so you can be ready for anything.

Chapter 11: The First Aid Kits You Need



When disaster is upon you, chances are pretty good that you won't be able to rely on anyone but yourself for survival and medical care, so you need to know what to do and how to prepare.

As you are putting together your stockpile of medical supplies, and other supplies, you should also have at least a basic first aid kit put together *right now*, just in case you need some supplies before you can get your stockpile together. Let's look at the elements of a basic first aid kit that you should have at your home, as well as a filled out kit, bugout kit, and your vehicle kit.

Remember, these should be *in addition* to the items you are stockpiling. Use the following lists to put together your kits.

The Basic Kit

A simple first aid kit needs to have all of the items on this list, at a minimum:

- Bandages - Bandages such as Band-Aids, in different sizes and shapes, are essential.

- Gauze – You should have two rolls of 2” gauze, as well as four to six 4” x 4” gauze pads.

- Surgical Tape – Have at least one roll.

- Antiseptic Wipes – Have at least ten to twenty of these in the kit to clean out wounds before applying dressings.

- ACE Wrap – Have at least one of these in the kit to help you deal with sprains.

- Pain Relievers – Have six pain relievers, such as Tylenol capsules, that can help to deal with fever and pain.

- Surgical Gloves – Keep the wounds clean while you are bandaging them up.

- Scissors – You will need these to cut the gauze and the tape.

- Epi-Pen – You need this in case someone goes into anaphylactic shock.

A Filled Out Kit

While the basic kit might be fine for your home today, it’s a good idea to give it a little more oomph so you can deal with more issues. Let’s look at a list of the other things you should add.

- Everything From the Basic Kit – You will want everything from the basic kit, but you need to double or triple up on all of the items.

- Betadine Swabs, Hydrogen Peroxide and Rubbing Alcohol – You can use these in addition to the wipes to clean out the wounds. These may actually work better for some types of wounds.

- Surgical Masks – Have these on hand so you do not contaminate the wounds while you are working on them.

Please keep in mind that you can add more to your first aid kit, and you should. Think about some of the situations that you might run into and add those additional items, while still keeping the weight down enough that you can carry it with you if needed. For example, you might want to have some suturing material with you.

The Bugout Kit

In addition to the first aid kits, it is prudent to have a bugout bag that's ready to go. We've already talked about the items that you need to have in your medical kit, but you should also have a bugout bag ready to go just in case you have to flee. You will take this bag, along with the medical kits.

The following are common items that should be added to your bugout bag:

- Pack – You need a high quality, sturdy pack that will be able to hold everything.

- Water Bottle, Full – Always carry water with you, and carry a bit more than you think you need. Consider carrying some water bags with you that you can reuse and refill whenever you have the chance. Straw filters can prove to be helpful as well.

- Water Purification Tablets – These can come in very handy when you aren't able to get access to fresh, clean water.

- Flashlight and Batteries – You never know where your journeys will take you or when you will be traveling, so a flashlight is always a good idea. You might want to consider getting a flashlight that doesn't rely on batteries, as this can reduce the weight of the pack.

- Basic Hygiene Kit – This should contain things such as a small bar of soap, a toothbrush, toothpaste, hand sanitizer, toilet paper, and any other items you deem necessary.

- Radio – An AM/FM radio. You can get a battery operated radio, or one that you hand-crank.

- Fire Starting Material – Waterproof matches, flint and steel, and a lighter. Never have just one source of fire. Murphy's Law dictates that if you have just one, it's going to fail you.

- Food – You want just the basics. Some protein bars, trail mix, and dry soup packets are good options.

- Clothing – Have some comfortable clothing for different climates and times of day. Make sure you have some extra socks as well. Few things are as depressing as having to walk around in soggy socks, not to mention the fact that it can cause issues with your feet.

- Your First Aid Kit – Ideally, the kit that you've put together will fit in your bag.

- Shelter – A tarp or a tent means you will have shelter when you need it. Here's a bit of advice. Think about the terrain you will be in if you have to bug out and get

a tarp or tent that matches the terrain. Bugging out generally means you don't want to be seen easily, and that means you don't want bright blue or pink tents! Stick to natural colors and blend in with the surroundings.

Keep in Shape

Here's something that's important to keep in mind when you are putting together all of these kits and when you are getting ready to survive in general. We touched on it earlier, but it is a good idea to cover it again. You have to make sure your body is in good shape if you want to survive.

Take a moment to think about the items that you are carrying. In the military, a hospital corpsman who is out with the marines has to carry his medical gear, along with his weapons, ammo, food, and other equipment. They are in good shape because they need to be. Now, look at the items in the bugout bag, along with the items in your medical kit. All of that stuff is heavy.

Once you put your kit and your bugout bag together, take it out for a test hike. You might find that it's more difficult to carry than you imagined. You need to practice with this weight and get into good enough shape that you can carry it without becoming completely exhausted.

After all, you are the medic. If you were in the military, you would be responsible for carrying all of this gear, and you'd still have to be able to fight and provide medical attention after a long day. While you might not get to the point where Force Recon or the S.E.A.L.s are breaking down the door looking for a new recruit, you do want to get to the point where you can hike with your gear and still be functional after you set it down.

The Vehicle Kit

For your vehicle kit, you will want to have everything that is in the above kits, but you may want to have more of each of the items. It's a good idea to make sure that the bugout kit that you have for your vehicle actually stays in the vehicle. Having it sitting at home isn't going to do you much good if the disaster happens while you are at work.

Put it in the trunk and leave it there. Keep in mind that you will need to change out things like the water and the food and anything else that might expire, such as the batteries, occasionally.

Always Ready

By putting together all of these kits, it means you are always ready no matter what happens. That feeling of preparedness will give you more peace of mind. However, even though you have the medical equipment and supplies that you need, and your bugout bags are ready to go, you also need to start developing the skills it takes to be a medic in the field.

In the next chapter, we'll be covering some of the most important elements of first aid and medical care so you can start learning the real skills it takes to survive and be a medic.

Chapter 12: First Aid Knowhow – The Basics

In this chapter, we'll be covering some of the basic elements of first aid that you need to know. Later in the book, we'll be covering much more. For now, though, commit these basics to memory.



The ABCs of First Aid

The ABCs of first aid are simple to remember, as they are *literally* A, B, and C.

- Airway
- Breathing
- Circulation

The very first thing you have to do in any situation where you need to give aid to someone is to make sure the area is safe. You wouldn't do anyone any good if you were to run into a wet basement to save someone being electrocuted. The same thing would end up happening to you. Make sure it is safe and then proceed with the ABCs.

Airway

You need to establish an airway for the victim. You do this by adjusting their neck (unless they have a broken back), and remove any obstructions, such as debris or vomit, that could be blocking the airway.

Breathing

If the person is not breathing, you will need to begin cardiopulmonary resuscitation, which we will go over in detail later in the book.

Circulation

Check for a pulse. If you can't detect a pulse, begin CPR. Again, we'll cover this later in the book in detail.

Those Really Are the Basics

When it comes to knowing the bare bones basics of first aid, these three elements – airway, breathing, and circulation – are generally what you learn first. Understand that there are the most important parts of emergency first aid.

Without any one of these three things, the patient will die. Of course, there is a whole world of other first aid techniques out there that go into showing you how to put all of these things into action, and we will be covering those throughout the rest of the book.

Just make sure you commit the ABCs to heart, as they can serve you very well now as well as in the future in the event of a disaster.

Never Too Much Training

Something else that you should consider is that even though this book is going to give you a fantastic foundation for everything you need to know and learn about survival medicine, there is no such thing as knowing too much. You can never learn enough about any aspect of survival, and that is especially true when it comes to medicine. Keep training not only with the techniques in the book, but make sure you seek out some real world training in your area as well.

Chapter 13: Bullet Wounds



Bullet wounds are some of the most serious types of wounds you can deal with, and you will find that most of the first aid classes that you can find in the civilian world simply don't cover them. It's not hard to imagine why. Even though you hear about gun violence all of the time on the news, the chance of most people needing to treat a gunshot victim without emergency services on the way is minimal.

Of course, in the middle of a disaster, or when the government collapses, things are far different. You might end up needing to provide aid to someone who has been shot, so it is important to understand the basics of how to do it.

Don't Panic

First, and this can be extremely difficult for most people, you have to try not to panic. Yes, someone was shot, and yes, you have to do something about it. Panic is natural because you know how serious these types of wounds can be. Even army medics and Navy corpsmen who have trained for this are nervous when they have a squad mate who has been shot and who they need to care for and protect.

You have to get over that case of nerves, and you have to act smartly. Fear is natural, but don't let fear or panic cause you to do anything stupid.

For example, the first thing you have to do when you are dealing with someone who has been shot is to make sure that the victim and you are both safe. The movies that you see about the hero running through a hail of fire to get to his fallen comrade who has been shot are just stupid, and if you follow the “advice” of action movies, well, you aren’t going to make it to the end credits if you know what we mean.

Check the Area

If you were simply to run across the field to grab someone who has been shot, you could put yourself in danger as well. Waiting and assessing the area doesn’t mean you are a coward. It means you have a brain in your head. If you, the medic, were shot while trying to help someone, you wouldn’t be doing anyone any favors.

From your location, you want to get an idea of what happened. Did you see the shooter, and where is that shooter now? Do they have their sights on you or others in your group? Do not move to help the victim until you are sure that others aren’t going to get shot as they move to help.

Move to Safety

Once you have ascertained that it is at least relatively safe to approach the victim, do so, but don’t stay there. If there are one or more potential shooters in the area, you will want to move the victim to a location where you can both be safe.

Occupy the Victim

You should try to keep the victim warm and conscious. Talk to the person to help them stay awake, and try to get their mind off the bullet wound. This is easier said than done because, well, the person just got shot. Do your best though, and continue speaking to the person in a reassuring, confident tone while you continue with the rest of your work on the wound.

The ABCs

In the last chapter, we talked about how important the ABCs are and how they will play into all of your other medical duties. Here, you can see them in action as we tend to our fictional gunshot victim. There's a slight difference here though, as we will be adding a couple of additional letters, as you will see.

Airway

Check the person's airway to make sure there is nothing blocking it that could prevent them from proper inhalations and exhalations. If they are unable to speak, it could be due to shock. You will want to open their mouth to check for anything that might actually be obstructing the airway. If they are unconscious, you will want to do the same thing.

Breathing

You need to pay attention to their breathing. Are they able to breathe on their own normally? Is the breathing irregular, bubbly, or raspy? If someone is not capable of breathing on his or her own, you may need to start rescue breathing. We'll be going into that later in the book.

Circulation

Circulation is extremely important to watch with gunshot victims. Controlling the bleeding is essential, and based on where the wound is located, and the type of wound, there are different methods of doing so.

Let's look at what you need to do in order to control bleeding for gunshot victims based on the part of the body where they were shot and how much they are bleeding.

- Extremities
- Head
- Chest
- Abdomen

Extremities

For gunshot wounds to the arms and legs, or the hands and feet, you will want to examine the wound quickly to determine how much it is bleeding. For a wound that merely grazes the body, you may only need to apply direct pressure. This can help to stem the bleeding.

Wounds that continue to bleed may need a tourniquet. While it is true that tourniquets can be dangerous, so can bleeding out of a gunshot wound in a survival situation. A tourniquet might be the only option you have available if you want to give the victim a chance to survive.

You can make a tourniquet on your own with a long, strong strip of cloth and a stick. You will tie the cloth above the location of the wound – it needs to be closer to the heart than the wound is to work, naturally. Then, you will take the stick, something that's about five to six inches long or so, and tie this onto the tourniquet. You can then wind the stick, which tightens the cloth, until the blood flow stops. At that point, you will tuck the stuck under the wrapped cloth to keep it in place.

In addition, you can buy some premade, professional tourniquets today as well. It might actually be a good idea to add these to your first aid stockpile, as they can be very beneficial for more than just gunshot wounds. With luck, you will never have to use a tourniquet. However, it's good to know how just in case the odds are stacked against you.

After you have tightened a tourniquet, you do not want to loosen it again, as this can let the blood start to flow again. Ideally, you will only have to keep the tourniquet on until you can get help from a doctor or at the hospital. Hopefully this will be an option for you.

Head

Gunshot wounds in the head are very serious. Most of the time in a survival situation, a person who has been shot in the head and who has had the bullet penetrate the skull, will not survive. Many will be killed instantly, and there is nothing you can do.

However, not everyone is going to die instantly. Sometimes, people can survive getting shot in the head for a time, or permanently. Your jobs it to make sure they remain as calm and as comfortable as possible in the time that they have.

A bullet that just grazes the head can still be serious, as the head tends to bleed a lot, even from a small wound. If someone has a wound to the head from a grazing bullet, some direct pressure, as well as some painkillers and infection prevention, will likely be all it needs.

Chest

The chest is a different matter altogether, as different types of wounds require different care. Gunshot wounds to the chest need to have pressure on three sides, so they can allow air to escape, except in the cast of sucking chest wounds. This will allow the air to equalize the pressure in the body.

For a sucking chest wound, all of the sides of the wound need to be sealed completely to make sure that there is no air escaping from the inside and no outside air getting into the body. Another name for this type of wound is an open pneumothorax, which means that the bullet has penetrated the thorax and air is being drawn into the pleural cavity, which can expand the pneumothorax. You can seal these with a bandage and then seal all of the sides of that bandage tightly.

Abdomen

For those who have been shot in the abdomen, you will want to cover the wound and put pressure on it. These wounds can be very dangerous, as there is a chance that the bullet has perforated the colon, torn up the intestines, or shredded some organs. The outlook is not good without professional care in a hospital. Even if the patient survives the initial gunshot wound for a while, there is a real risk of infection setting in, especially if the intestines and colon have been damaged.

The Other Letters

We mentioned that with gunshot wounds, we should add a couple of additional letters to the ABCs. Let's look at what they are now.

Disability



After you've checked the airway, breathing, and circulation, you will want to look for any disabilities caused by the gunshot. Namely, you are looking for any movements that don't seem right. You are looking for deformities of the legs, arms, neck, and other body parts that could indicate damage to the bone.

You will also want to see if you can learn whether there is a spinal cord injury. Unless it is physically obvious, this can be difficult to determine on your own.

Exit Wound

Many times, a bullet will not merely lodge itself inside of a person, although it does happen. Bullets travel at a high velocity, and when they hit a person, they tend to keep on going right through that person.

This means there is likely to be an exit wound, and there could be just as much, or more, bleeding occurring at the exit wound. In fact, many times the exit wounds will be larger than the entry wounds are.

Because of the bleeding, you need to be ready to treat the patient for shock. You should keep them warm and elevate their legs to help stabilize their blood pressure as much as possible.

Don’t Expect Miracles

Another one of the myths that movies and television teach us is that you can simply grab a pair of tweezers, give the patient a swig of whisky while you dig out the bullet (which in the movies always looks remarkably whole rather than flat or splintered), and then your buddy will be ready to face the bad guys by the sequel or the beginning of the next episode.

Well, reality isn’t like that.

Reality is brutal, gross, and unfair. The reality of gunshot wounds is horrific, and it’s something that you should never look forward to facing. You want to know the basics of how to care for you group and your loved ones in case it happens, but you can’t expect that they will all survive a gunshot wound.

Sometimes, the limited medical care you are able to give them won’t be enough, even when you’ve gone ahead and done further training. Reality means infections. It means shock, pain, and sometimes it means death too.

Be as prepared as you can possibly be, but make sure you are ready for the grim possibilities that a survival scenario will throw at you as well.

We’re going to be going deeper into what it really takes to survive later in the book. Just make sure you are ready for the bad as well as the good.

Chapter 14: Keeping Sanitary in a Crisis



When you are just trying to survive, sometimes it can be easy to let other important things slip past you, namely sanitation. You can't expect there to be a garbage truck coming by each week to remove all of your trash after the fall of the country! You have to make sure you have methods of disposing of your trash in a sanitary manner, or else you will end up spreading sickness and disease within your own community.

Fortunately, if you know how important it is to take care of your trash and you make preparations on how you can do this on your own, you will be prepared for the crisis. You will not have to worry about your place becoming a dump.

Let's look at some of the most important items that you should add to your stockpile to help with sanitation, in addition to the items that we've already covered for hygiene earlier in the book.

- Soap for clothing (It's important to keep your clothes clean, especially if you are dealing with blood and other bodily fluids.)
- Matches (additional for starting fires to burn trash)
- Portable toilets (The use should be pretty obvious.)

- Paper bags (to store medical waste, sanitary napkins, etc. until you can burn it)

Disposing of Your Trash

As we said, your friendly neighborhood waste disposal crew isn't likely to be swinging by to pick up your trash in a crisis. This means you have to think about what you can do with your own garbage so it doesn't become a problem.

Fortunately, there are some good and simple methods that you can use to take care of things on your own.

Burning

One of the things that you might want to do to get rid of your trash is to burn it. Having a fire pit that you can use to burn soiled paper, as well as medical waste, is a good idea. However, you do not want to burn this right in the center of the area where you are trying to survive.

Have the hole outside of the area where you live, cook, and perform your medical care. Make sure that you burn the medical waste quickly as well – same day if possible. The same is true of other waste, such as sanitary napkins. The waste has the potential to attract rodents and larger animals, so get rid of it.

Recycling and Reusing

If you have plastic containers or glass jars, don't get rid of them. They might come in handy. Once the original material is out of the container, wash it and dry it, then you can store it. You can use items such as this for storage, for example. When you are in a

survival scenario, always think about the ways that you could reuse and recycle items, as you never know what might come in handy. Try to think outside of the box.

Composting

With some of your leftover foods and scraps, you might want to try your hand at composting for a garden. We'll talk about this in detail at the close of this chapter in the bonus survival tip.

Disposing of Human Waste



If you are like most people out there, you take flushing your toilet for granted. You go to the bathroom, do your business, flush and wash your hands, simple as that. Well, what happens when the toilet doesn't work right? You panic and call the plumber. You want things to get back to normal as fast as possible.

Of course, when you are in a survival scenario, things aren't going to go back to normal. Your toilet might stop working, or you might have had to bug out to an area that doesn't have toilets and running water.

What are you going to do then?

It might not be pretty, but you have some simple options that you can use to take care of things.

Dig a Hole

This is about as simple as it gets. All you have to do is dig a hole, take care of your business, and then cover the hole again. It's not pleasant, but it might be the only option you have if you are traveling, or if you are just starting to set up a camp or small compound.

It might not be fun, but you will get used to it until you can do something a bit better for your bathroom needs.

You could also dig a trench rather than a hole, which might be a better option if there are several people. You can hang a sheet or set up a tarp for some privacy, which is advised. It's bad enough to have to be in a survival situation; you don't want to have to deal with shy bladder and shy bowels at the same time.

While these options can be good for those who have to survive in the short-term, they aren't an ideal solution for a long-term crisis. You may find that it's a much better idea to eventually build an outhouse.

Learn to Build an Outhouse

If you are used to indoor plumbing, needing to have an outhouse stinks. Quite literally. Even the best outhouses in the world are going to have some odor. You can try to mask this odor with flowers and similar tricks, but there is still going to be a scent. Eventually, you will get used to it though.

Now, even though it's not the best throne in the world, it might be necessary to have an outhouse, so let's learn the basics of building one.

Outhouses are not very difficult to build, and you could build one for your bugout location now. You should also take note of the materials that you will need, just in case you ever need to build one in another location after moving you base of operations a subsequent time.

The Location

Think about where you are going to be putting the outhouse. If you have a water source that you use, such as a well or a stream, you need to make sure that you have the outhouse at least 50 to 100 feet from it, otherwise there is a chance of contaminating your water supply with human waste. You also do not want it to be too close to the living quarters.



It is also a good idea to try to place the outhouse in an area that gets a lot of natural shade. Otherwise, the sun and heat can cause the scent to become overwhelming.

Excavation

With a shovel or similar implement, you need to dig a hole that is between about three and six feet deep. If you have a large number of people in your group, a six-foot hole, or having several outhouses is a good idea. The hole should be between 10" and 15" in diameter.

The Building and the Bench

Here's the thing. The outhouse doesn't have to be fancy. It needs to be functional, and you can eventually add a few things for some added comfort, but the design of the outhouse just needs to be simple.

First, you will want to build the bench that goes inside of the structure and over the hole that you've already dug. The bench should be two feet wide and two feet high. You can build the skeleton of the bench by using 2x4s cut to size, nailing them together, and then cutting pressboard or plywood to size, and nailing that onto the structure. It also might be a good idea to sand the surfaces a bit. After all, you don't want to get splinters.

Next, you need to erect the building that surrounds the bench. The construction to the building is similar to the bench. You will need to have four 2x4s, each seven feet long. You will then need to have some plywood or pressboard that you can use to build the walls and the roof of the structure. You want to have three walls and a roof, and you will place this over the bench and the hole that you've already made.

More Options

You could hang a door on the structure if you wish, but you could also simply use a curtain for privacy. Keep in mind that this is a relatively lightweight structure, and you would therefore want to have a lighter door on it. You can also cut a hole into the door, if you go that route, to provide more ventilation. Those who are in environments where it snows might want to insulate the walls of the outhouse to make it a bit more bearable for cold weather.

Of course, if you have the skills and the material, you can do much more with the outhouse, and you can build it to be as large and as comfortable as you would like.

These are just some basic, simple instructions for those with limited time and materials attainable.

Just because the outhouse is made from wood doesn't mean you will need to sit on wood necessarily. You might want to buy a modern toilet seat and lid (or several so you have spares), which you can affix to the bench. Having a cover to the seat can help quite a bit with the aforementioned smells.

You could put in some shelving, and even make a smaller box that can hold toilet paper if you would like. There are plenty of possibilities.

Dealing with the Scent

No one likes the idea of using an outhouse after they've spend their entire lives inside and comfortable when using the bathroom. One of the things that causes most people to turn their noses up at the idea, quite literally, is the odor. You can do a few things that can help you deal with this.

One option is to keep a bag of lime or lye in the outhouse. After using the restroom, the person can pour a cup of the material down the hole. This can help to remove some of the odor.

Another option, and one that you can to use in conjunction with the lye or lime, is to have lavender or other scented materials hanging in the outhouse. You will have to change these out regularly, and you will not have access to them during some points of the year when they aren't growing, but they can be helpful when they are in bloom.

Think Out of the Box with Materials

Keep in mind that in some cases, depending on the survival scenario, you may need to swap out some materials for what you have on hand. You can think outside of the box to find materials that can work for you. You might want to consider using aluminum siding to help with the construction of the outhouse, for example.

Buy a Porta Potty

Here's another option that could work well for you if you are prepping now, and you have an area where you know you will be staying in the event of a disaster. You could actually buy a portable toilet – the same type that you might find at an outdoor concert, a park, or any other number of locations.



There are many available in different sizes and styles, and they could be worth the investment for you, especially if you do not want to go through the trouble of building your own.

Once More, Personal Hygiene

We talked about the importance of personal hygiene earlier, but it is important to reiterate here. You need to do your best to take a shower or a bath whenever you can. You should try to keep your nails trimmed, your teeth brushed, and your hair trimmed and combed. You also need to try to keep your clothing clean.

While water might be at a premium, you should try to allot some of it for cleaning. A little bit of soap and water can go a long way in cleanliness and in improving your morale and the morale of those around you.

Cleaning clothes can be difficult, and you might not want to waste water on washing your clothes. That's understandable, but you also have to realize that disease and infection can spread with dirty clothing.

If it rains, gather the rainwater, or even have some of your clothes out in the rain. Put a bit of soap on them if you can. If you come to a river or a lake, even if the water might not be good to drink, you can still use if for washing clothes.

You can dry the clothes in the sun. Collect some flower petals and dry them, then roll them onto the clothing until they crumble. It can provide a decent scent. It's not as potent as deodorant or laundry detergent for cleaning, but it can give the clothes at least some type of pleasant scent.

Make Your Own Hand Sanitizer

Keeping your hands clean in a survival scenario is important. You can buy and stockpile hand sanitizer, but you might eventually run out. Fortunately, there is a very simple way to create your own. All you need to have is aloe vera gel and 99% isopropyl alcohol. In a plastic bottle (perhaps one of the empty pump bottles of hand sanitizer you've used already), you will want to combine one part aloe vera with two parts alcohol and mix it up. If you do not have any aloe vera, you could mix the alcohol with water in a one to one ratio. It won't be gel, but it will still help to sanitize the hands.

Bonus Survival Tip: Composting

We mentioned that you should do your best to recycle and reuse when you are in a survival situation, and a big part of that is going to be composting. Composting can provide you with healthy dirt that you can use for your garden, which should help to make your plants grow even better.

Making a compost heap is simple to do, and you should teach everyone who is in your survival group what they need to do.

What Should Go into the Compost?



Here's a list of the items that you should put into the compost pile:

- Dry leaves
- Shredded newspaper
- Grass clippings
- Dead flowers
- Vegetable peelings
- Fruit peelings
- Manure (*only from grass-fed and grain-fed animals*)
- A bucket of garden soil

You must never put any meat scraps into the compost pile, as this could spread sickness and other issues.

How to Build a Compost Heap

Creating your own compost heap is very simple to do. Here are some simple steps that you can follow.

You need to have a good bottom layer to start. This should be made of brown, dead leaves, or it could be cornstalks or even straw or hay if you have it available. Next, you will add a layer of fruit and vegetable scraps on top of the first layer. Follow this with a layer of soil spread across the top of the fruit/vegetable layer. Add another layer of a similar type of material you used for the first layer. Add some water to the heap.

Then, continue to add the layers in this same manner until the pile is around two or three feet high. Let it sit for about a week or two, and then use a shovel, pitchfork, or similar implement to mix and turn the pile. You want to take the items that are in the bottom and middle and place them on the middle and top.

You will notice that the pile will start to appear as though it is smoking. This is steam and heat being released by the process of decomposition, and that is a sign that things are going well with the composting.

When Is the Compost Ready?

In time, you will notice that the middle of the composting pile becomes very dark and it crumbles when you touch it with a shovel. This means that it is ready to use in the garden. It works well to enrich the soil and acts as a fantastic fertilizer.

Do You Need a Bin?



While you do not necessarily need to have any type of bin or container for the compost, you will find that it could be helpful if you do. You can find some commercially available composting bins available in different styles. Some of them even contain a tumbler mechanism, so you can turn a crank and mix up the compost rather than doing it with a shovel. One or two of these could be a good investment for you.

You could decide to build a bin as well. Just a simple box structure that measures about 4' x 2' should work well for you. If there are a large number of survivors, you might need to have more than one of the bins.

Another one of the reasons that you might want to put your composting into bins is to help keep animals out of the scraps. Naturally, all manner of animals will be interested in leftover vegetables and fruit, so keeping it locked away will help to keep the pests at bay.

Why Is Composting Important?

Composting is extremely useful whether you are in a survival situation or not. You are able to get rid of scraps of vegetables and fruit and actually put them to use. They help to give soil the nutrients it needs to grow healthier and stronger plants for your garden, thus making more food for you and the other survivors. You get more scraps and you continue to compost. It's a big, happy circle, and being able to garden can help you to survive.

In addition, it ensures that you do not have rotting scraps of food, which can cause a bad odor, not to mention bring rats and other scavengers to your camp. The last thing

you want is to have pests that can bring disease and that could be a health danger to the community.

Chapter 15: No Doctor… What Do You Do?



The information in the book will give you enough knowledge to help you to deal with many different types of scenarios and injuries that you might have to face, but that doesn't mean things are going to be easy.

If it is a small and contained disaster that will be over in a few days or in a few weeks, there is still a good chance that you will not be able to get to the doctor or to contact emergency services. They will be overloaded, so you need to have the capability to take care of some things on your own if you can.

In the case of a long-term crisis where things aren't likely to get better anytime soon, this is even more important.

Thus far, we've talked about the things that you need to do if you are dealing with some minor injuries and illnesses, and have just scratched the surface on how to take care of more problematic injuries, such as the gunshot wounds we've covered.

Serious Problems

What happens when people are suffering from serious problems and illnesses? What if someone has sepsis or appendicitis? What if someone is suffering from a minor illness, but the symptoms are worse because of their lowered immune system due to their age

or condition? Well, you have to do the best you can with the knowledge and medicines that you have on hand.

That's why it is so important to have a large stockpile of medication and to be ready for as many potential problems as you possibly can.

When it comes to trauma, you have to do the best you can with your laceration kits. You have to try to splint bones and hope they heal properly. If someone has a traumatic head injury or a spinal injury, there is often very little that you can do in a survival scenario. You don't have the ability to x-ray someone, to provide IVs, or to take care of many types of traumatic injuries.

As mentioned, the real world can be very harsh, and you have to accept that some people, even those who are very close to you, might die. With that said, the book will do its best to help you prepare for as many different problems as possible, so you can increase the chance of survival for you and your loved ones.

Source of the Injury

One of the most important skills to build is to discover the source of the injury. It's part of building a medical history on a patient, and it might be able to give you more insight into what happened, and how you can go about treating the problem.

There are certain questions you will need to have answered, either by the patient or someone who was with them if they are unable to respond. In some cases, you might not be able to get the answers to all of these questions, but you will want to do your best to get whatever information you can.

Let's look at the questions you should be asking. The order in which you ask them does not really matter.

- When did the injury occur?
- What was the cause of the injury?
- How did the injury happen?
- Where did the injury occur?

You want to know the *Time*, *Cause*, *Method*, and *Location*. Let's look at how this would work with an actual patient who comes to you in the following scenario.

The Scenario



Imagine that it is three years after the disaster, and things are never going to be getting back to normal. A patient, a member of your group, is brought to you being carried by two other members. They found the patient limping his way back toward camp and brought him directly to you.

It seems as though he has an injury to his foot or his leg, and he appears to be in great pain. At this point, anything could have happened to it. He could have fallen, tripped, or landed wrong. However, you have to question the patient to learn as much as possible about what happened. This can help with the diagnosis of the injury, and you can learn more about potential dangers out there.

"How did the injury happen?"

The patient responds by saying that he was hunting.

“What caused the injury?”

He says that he stepped in a trap that sprang closed over his foot and ankle.

“Where did the injury happen?”

He says that he was hunting on the other side of the river and several miles to the south, an area where you and the others haven’t explored yet.

“When did the injury happen?”

It happened about four hours ago.

In some cases, you might want to get even more information. For example, you might want to know the type of trap in this scenario, as it can give you a better indication of the type of damage it could do to an adult human’s foot and ankle.

Types of Information Gleaned

From the information that you received above though, you can get a better idea of the type of injury caused by the trap that snapped on him and you know the location of the injury even before you look at the patient’s leg. You know where this occurred, and that there is a chance of more traps in the area, possibly put in place a long time ago and left, or perhaps put there by a survivor who was trying to catch some dinner and who inadvertently caught a person. Maybe it was another group trying to keep their area safe by putting traps out. Regardless of why it happened, you and the rest of the group now know to be careful in that location.

You will have a better idea of the extent of the injury that occurred – whether it was a fractured bone or just some bruising and swelling. You know that you are dealing with an injury that is only several hours old as well.

The goal is to be able to conduct a quick examination of the person based on the injuries and what they said happened. Keep in mind that people can lie, but their injuries

can’t. For example, if someone were to come to you with a nasty cut and they say that it only happened a day or two ago, but it shows signs of gangrene and rot, you know they aren’t telling the truth.

To be honest, this type of questioning isn’t really much different from what you would experience when walking into an emergency room. Unless you are bleeding out and unable to speak, they will ask you what happened, how it happened, and where it happened, as well as when it happened. It serves to give the medical professionals a good starting point when they are trying to take care of your injuries.

You would ask similar questions to someone who came to you with an illness. When did it start, what are the symptoms, what have they done differently or what happened that was out of place before the illness developed.

Most of the time, patients will be honest, but some might lie due to embarrassment. It’s important to try to get to the truth of the matter so you can treat them properly.

Chapter 16: Medical Distress – Know What to Look For



Not all injuries are going to present themselves with swelling and bleeding. Sometimes, a person might be in medical distress, but they might not have any outward signs of an injury that most people will notice.

It is important that you train your eye to look for certain things in the body that will indicate that not all is right with the person.

Things to Observe

One of the first things you will want to do is look at the patient's appearance. Any signs of pain or deformity in the bones or active bleeding are obvious signs of injury. The following are the hidden things that many people might miss.

Pallor

If the patient appears pale, or if their eyes seem unfocused, it could be from emotional shock or it could be from internal blood loss. If someone appears pale because of internal blood loss, it is likely to get worse over time. Emotional shock, troubling as it might be, will go away after a time.

Pulse

Even if the person doesn't appear injured, their pulse can help to give away the truth. If the pulse is extremely weak, or if it is very rapid, it could indicate a problem. The pulse for most people is between 60 and 100 beats per minute. If it is too high above or too far below this number, it could indicate a problem with the patient that you will need to address.

Finding the pulse is easy. You can place your fingers along the side of the neck, along the wrist, or at the inner crook of the elbow to find a pulse. Practice finding and recording pulses now so you know how to do it in an emergency. Count the beats for 30 seconds and then double it to get the pulse rate.

Here's something important to keep in mind. Never use your thumb to check the pulse on someone, as you can feel the pulse in your own thumb and this could throw off your count.

Confusion

You will also want to look for any signs of confusion in the person. Internal bleeding can cause a lack of blood to the brain, which can lead to people feeling confused, dizzy, and generally befuddled. They might not know where they are or when it is, or they might keep asking the same question repeatedly even though they've received the answer. Head injuries can cause this to occur as well.

Find Out What's Wrong with the Patient

If the patient is able to speak, then you will want to get as much of a patient history as possible. Knowing that the patient has had heart problems in the past can be extremely important, for example. However, you can't go with their medical history alone, and in some cases, the patient might not be responsive.

You need to perform a check of their body to get a better idea of what is wrong with them so you will have a better idea of how to help. There are four things you will want to do when performing a body check of your patients.

- Look
- Touch
- Tap
- Listen

You start at the head and then work your way down through each section of the body to the feet. You perform each of these steps as you travel down the body. Below, we've separated them to make them easier to read, but just keep in mind that you will be doing all of these steps simultaneously.

Look



The first thing you want to do is to look at the patient and observe them for any signs of distress as mentioned above. You are looking for physical

signs and symptoms that are obvious, such as injuries, as well as those that aren't quite as obvious, such as pallor, abnormally sized pupils, or pupils that are uneven. If you have access to a light, such as a penlight, you will want to shine it into the eyes to see if they dilate equally.

You should also look into the ears to see if there is any blood flowing that could indicate a head injury.

Touch

Touching, or palpation, is essential to find out whether there are any injuries such as fractures on the body and how severe they are. Start at the head by applying gentle pressure to the skull to determine if there are any abnormalities that could indicate a fracture. The areas around the nose and mouth need to be checked for fractures as well.

You will then move on to the neck and the spine by pressing gently to see if the patient is in any pain. In the event that you find a fracture, you want to try to align the body, and turning the body into the correct position will require several people. One of the people needs to hold the head, while the others turn the torso and the legs. They need to move slowly and at the same speed, which can be difficult to manage. If you are on your own and trying to help a patient, it can be impossible.

The only time you should move a patient who has a spinal injury is when you have no other choice. It's best to wait for professional emergency services in these situations, but in survival scenarios, this might not be a possibility.

Once you have checked the neck and the spin, you will press on the collarbone, the shoulders, and the shoulder blades. Then move to the ribs, the abdomen, and the hips to make sure they are stable.

You will then move to the legs and press on the bones of the upper and lower legs, and then the ankles. Do this before you check the arms, as injuries to the legs can sometimes be more severe and problematic, so you will want to check for those injuries soon.

Then, you will go to the arms, first taking the pulse. If the pulse is rapid, it means that the blood pressure is low, and if it gets too low, the patient could become unstable. Once you have the pulse measured, you will check the fingers for fractures. You will want to perform a capillary refill test to determine the quality of circulation. Press down on the patient's fingernail until the area under the nail turns white, then let it go. Watch to see how long before it regains its pinkish red color. It should take three seconds or less. If it takes longer, or if it stays white, it means there is an issue with the circulation, such as hypothermic shock due to being out in the cold.

You can then move on to the other bones of the arm to check for fractures and other issues.

If you find fractures, you will want to attempt to move the bone back into place if it is severely misaligned, and then you want to splint and immobilize the area so the patient doesn't move the area and so it can heal.

Tap and Listen

When you get to the chest and abdomen during your palpation tests, you will also want to tap on them and listen to see what you hear. It should sound similar to tapping on a muffled drum. This means that there is air in the lungs, and that is a good sign. If you find that it sounds as though the lungs are full or clogged, it could mean that fluid has started to accumulate in them.

When you listen to the abdomen, you are listening for the sound of gurgling. This is a good sign if you can hear them, as it means the system is working as it should. If you can't hear any gurgling, it could be an indication of peritonitis.

The best way to listen is with a stethoscope, as it will make the process much easier. If you don't have a stethoscope with you, you can still perform the test. It just might be more difficult to hear anything, so you will want to make sure the area where you are performing the tests is as quiet as possible.

When You Are the Patient

If you are on your own, or if no one else with you has any medical training, you will have to do your best to diagnose yourself and prescribe your own course of recovery. Whether it is through medications you need to take, or splinting your own fractured finger, sometimes, it is really all up to you. That's a scary thought, but it could happen.

While you might not be able to avoid this situation if you are someone completely on your own, if you have a group of people you are going to survive with, such as family members, friends, and other people in your community, it doesn't have to be like this.

You should make it a point to have several people at least who have medical knowledge in your group. This way, you can work together with patients, take care of one another, and make sure that everyone has the best chance of survival. This might not always be possible, but this is certainly something you should strive for.

Chapter 17: Keeping Things Sterile

We talked a bit about the importance of cleanliness and keeping things sterile when it comes to your medical tools and your workspace. Now, we'll go into greater detail regarding how you can do that and how you can minimize the risk of infections caused by your actions on patients. Keep in mind that infections are still one of the top problems in hospitals around the world. They can be very difficult to eradicate completely. However, you can take steps to reduce the risk.

Boiling Helps

With the metal instruments that you use, as well as any glass, boiling can help to get rid of most of the germs and it can help to sterilize the items. However, you have to keep in mind that sterilization using boiling is not always 100% effective. However, if you do not have any other means of sterilizing your equipment, this is the best way to handle the situation.



Washing the Hands

In the past, when people performed surgery, they didn't bother washing their hands. They didn't even use any sort of gloves. Back then, people simply didn't know about how disease and germs were spread, and they didn't realize that their own actions were

causing infections and harming their patients. They were ignorant of the damage they were causing.

If there were a disaster that caused the world to essentially cease to exist as we know it, you can be sure that these types of things would happen again. People who don't know any better would be trying to help friends and family and they would inadvertently be spreading disease and infection.

You know better. Before you work with a patient, you should always make it a point to wash your hands, and you should always wear sterile gloves (you should have plenty in your stockpile). Use sterile items, and wear masks. You can do your part to make sure that you don't spread any diseases and that you don't infect patients.

However, there's such a thing as going too far. If you notice that your hands are starting to get cracked and raw from too much washing, you have to be careful. Because of the open wounds, you could end up getting an infection. Keep clean, but watch your own health as well.

As we mentioned in the last chapter, it is important to make sure that there is at least one other person who has the same medical knowledge and skill that you have in your group. This way, you can trade off duties, as well as verify that you are treating for the same conditions.

Sterilizing Other Items for Medical Use

We've stressed the importance of having all of your medical supplies and equipment available for you long before any type of disaster strikes. However, things don't always go as planned. Even if you have all of these items at your home or your bugout location, life and reality might throw a wrench into your plans. Sometimes, you might not have access to the instruments in your medical kit.

In those cases, you may find that you can use other tools for the same job. You can head to a local hardware store on a run, or to someone's garage for that matter. The pliers, blades, and other items that are regularly used for building or auto work can double as medical instruments in a pinch.

Of course, you need to know what it is you are getting to make sure it will work for the situation at hand. If you've done as you are supposed to have done and you have practiced with the medical instruments you've bought, you will have a good idea of what unorthodox tools will and will not work.

There's nothing wrong with these tools, as long as you take the time to sterilize them through boiling as we mentioned, as well as washing your hands, and using gloves and masks.

However, you might be thinking that it might not be possible. If you don't have access to your regular medical kit, it's generally because something went sour. You had to flee your location for some reason, for example. You are dealing with a patient that was injured while you were all away from the camp, perhaps, and you have to act quickly. This means you might not be able to sterilize the equipment.

This doesn't mean that you can't help the person. You can still provide medical care, minor surgery, and stitching with the tools that you find even without sterilizing them if it needs to happen *right now* in order to save their life. The difference is that you will want to keep the wound open. Do not close it, and make sure that it is washed and inspected daily. You will treat this like you are treating an infection, even before signs of an infection set in.

This way, you are ahead of the curve, so to speak, and you can stamp out the infection before it really has a chance to set in and cause a problem. Using strong alcohol on the wound can help to minimize the chance of an infection (although infection is still possible), so use some if you have it on hand.

The Last Ditch Efforts for Stopping Blood Loss



Please keep in mind that the following methods for treating wounds are not recommended under the vast majority of circumstances. In fact, these should be considered the last ditch choices, the decisions that you have to make when it seems as though you have no other recourse.

While tourniquets can work on injuries of the limbs, they don't work for injuries to other areas of the body that are causing a lot of blood loss. In some cases, they might not be the best choice for the extremities either. You might have to consider using one of the two following methods.

Gunpowder Cauterization

This is an old school method of stopping bleeding. Gunpowder would be poured into a wound and then ignited. The resultant fire burns out very quickly – within seconds – but it is very hot. It can kill germs, and it will cauterize the wound to stop bleeding. However, it will also burn the muscle below, and this could cause an infection.

Metal Cauterization

The principle behind this is similar, and it is just as unpleasant. By heating metal in a fire, such as the blade of a knife, and then taking that heated metal and pressing it against the wound, it is possible to cauterize it and to stop the bleeding. This will likely burn the muscle below as well, and even though the heat can remove many of the germs and impurities, there is still a chance for infection. After all, you will then be dealing with a burn, which is prone to infection.

Once again, we reiterate that these are only used in times of dire emergencies when there is *no other method of help available*.

Also, if these methods sound painful, that's because they are extremely painful. People may actually pass out due to the pain caused when this sort of treatment is administered. In addition, you can expect them to scar badly.

Even though these methods can help to stop blood loss, there is still a good chance they will become infected, so you have to be on the lookout for that as well.

Chapter 18: Understand the Basics of Triage



Triage is a French word that essentially means “sorting” or “to sort”. Over the years, triage has become a medical term that applies to sorting patients in the order they will be treated.

In the medical field, especially in combat medicine and survival medicine, that’s exactly what you are going to have to do, no matter how unpleasant of a process it really is. You have to choose who gets treatment first, or at all in some cases. You will use the methods that we covered in Chapter 16 to assess the patients and to determine who needs attention first.

In the civilian world, the patients who have the most severe injuries are seen first because they need the medical attention the most. In many military scenarios, those who are most severely injured and who are likely to die might not go first because the docs want to get those who have lesser injuries, and the greatest chance of surviving and returning to battle, the attention first.

The Survival Scenario

What about in your situation when you are trying to survive?

Hopefully, you will not have to deal with a situation where you have a large number of patients with injuries all at the same time, but you can’t count on that. You could have to

deal with a lot of injuries or illnesses at the same time for any number of reasons, and you have to be prepared for it mentally and physically.

It can be physically exhausting to deal with a large number of patients, and we'll reiterate here just how important it is to have several people who can help you with the medical services for your group. Do not try to tackle everything alone, or you will get too tired, and you will end up making mistakes that could cost lives.

Triage is where things can become truly taxing on your mind, and that's mostly because you want everyone to survive. In addition, you likely have emotional connections with people who are in the group. Naturally, you are going to care more about your children, spouse, and friends than you do about outsiders to the group.

This means that it can be mentally difficult for you to take care of an outsider who has a life threatening injury before you take care of a member of your group who has only a slight injury.

In those situations, the right thing to do is to help the person who needs help the most, even if you don't know them. If someone in your group can hold off on treatment for a little while, then that's the decision that you have to make. It's not an easy decision because your emotions will be telling you to do just the opposite.

Make sure you start to think about situations like this now, even if you may never have to deal with it. This ways, you will start to be mentally preparing just in case the worst scenario does play out.

Color Coding the Patients

Here is a simple method that you can use to color code patient severity levels and to set up your own triage system. This way, those who are taking care of the medical needs of the patients will have a shorthand way of knowing the survivability of each patient.

You will separate the patients into five colors that indicate the level of severity of their condition:

- White
- Green
- Yellow
- Red
- Black

White

The patients who are in this category are in good shape and they do not need to have much attention. Perhaps they have an abrasion where they scraped their knee. They can wait for medical treatment, or they can often take care of it on their own or with the help of someone who has even just minimal training in the field. They can go home and get out of the way as soon as they've had their treatment.

Keep in mind that if you have a large number of people to care for in a survival scenario, these are the patients that can wait. You might want to have these patients help you with some of the other patients if needed.

Green

The next patients on the list are in generally good shape as well, although they do have wounds that will need to be treated eventually. They might have a minor laceration that needs disinfecting and bandaging, for example. You can often give them pain medication while they wait, and they might even be of some use to you in helping with the other patients.

Yellow

They might not always show outward signs of injury, but they still need to be checked. Other times, they will have fractures or heavy bleeding that is still controllable using direct pressure and suturing. You will often want to keep these patients in the treatment area for observation, as their injuries might get worse. You will often want to take care of these patients before the patients in the next category, since those who are in the red tier will likely require much more treatment.

Red

People who are in this category are in a bad way physically. They often have critical injuries, but they can survive those injuries when given proper treatment. Of course, in a survival situation, you might not have the means or ability to provide them with the care they need.

Do what you can for them, and then wait to see what happens. Hopefully, they will survive and start to heal. However, there is also the chance that they could worsen, and then would be relegated to the black category.

Black

Sometimes, patients that you assess will have injuries that are so severe that no matter how much you do for them, they are simply not going to make it. These patients are in the black tier of the system. Some of the common examples of injuries that would cause someone to fall into this tier while in a crisis situation include the following:

- Large burns
- Severe trauma
- Massive head injuries leading to coma
- Sepsis
- Shock
- Massive blood loss
- Cardiac arrest

They are too far gone, and rather than expending your medical supplies, medicine, and time on those patients, the best thing you can do is to make them as comfortable as possible before they pass away. It could take only a few minutes, a few hours, or it might take days for this to happen. Give them some painkillers, and try to have people sit with them while they pass.

Then, you can spend your time working on the patients who have the best chance of survival and recovery.

Does this sound harsh?

Well, life is harsh and survival can be brutal. As much as you would like to save everyone, you will not have the equipment or the knowhow to take care of everyone, especially those who are in bad shape medically. You have to make sure that you are making decisions that are the best for the group, not for your conscience.

Simplifying Things Further

You might even want to make things simpler to understand. It might be easier to have this simple method in a survival situation, in fact. You will separate the patients into three basic categories.

- Those who will live
- Those who will die
- Those who will live if they get medical care right away

You can make color coded tags that you can apply to the patient's bed, if you are fortunate enough to have a situation where there are beds and places for the patients to be. When the patient arrives, you can add their name and injuries to the tag. You might want to make sure that the only people who know about your color code are you and your other medical personnel. After all, someone who comes in for treatment and who is given a black or a red tag is going to panic if everyone knows what they mean.

Keep Learning New Skills

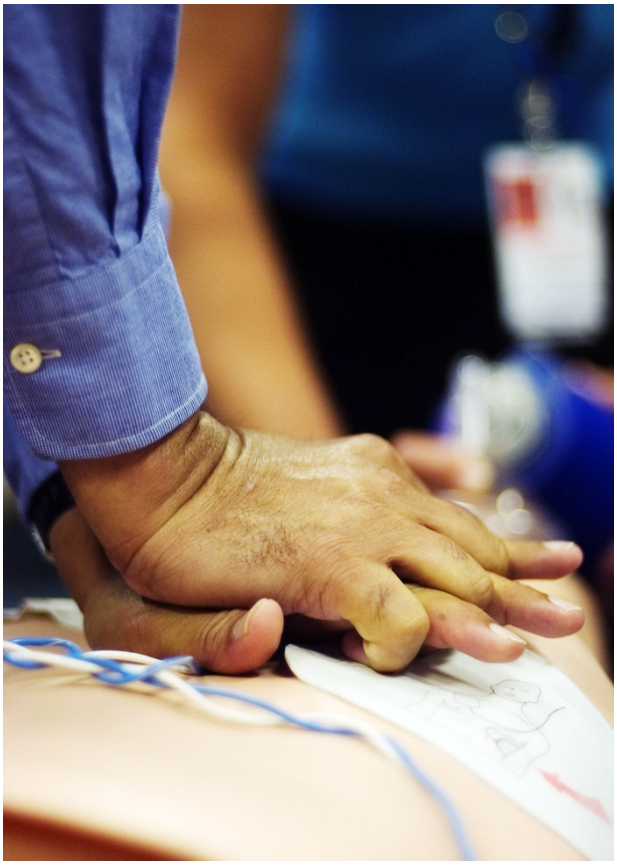
A recurring theme in this book is the fact that you need to keep “upping your game” so to speak. You need to learn new skills so you can be better suited to whatever the future might hold.

Some of the most important skills to learn include the following:

- Dealing with fractures and learning to splint properly
- Dealing with burns – mild to moderate
- Dealing with bleeding – mild to moderate
- Dealing with lacerations

As you start to learn more skills and techniques, you will want to revisit your list of materials and equipment you are stockpiling to reflect your increased knowledge.

Chapter 19: CPR



In some cases, cardiopulmonary resuscitation, or CPR can help you to save a person's life. It's not a magical technique though, and even when you know CPR, a person who is too severely injured will not be saved by it.

The goal of CPR is to restore a person's breathing and circulation so they can get oxygen to all of their organs. Without oxygen, a person will start to die within about eight to ten minutes. The best course of action is to take a class in person that can provide you with the training and skills that you need for a real world scenario.

However, the information that follows can give you a primer on what you need to know to perform CPR in an emergency.

Check the Patient

When you are determining whether you should initiate CPR, the first thing to do is to check and assess the patient to see whether they are conscious or not. If the person is not conscious, you need to see if they respond when you speak to them and tap their shoulder.

If you are fortunate enough to have two people who are able to help the unresponsive patient, and you are not in a survival situation, then one of you should call 911 while the other person initiates CPR. In the event of a drowning victim, or if the victim is otherwise not breathing, you will want to initiate CPR for a full minute and then call 911. If 911 services are not available due to the crisis, then you need to start CPR right away.

Something that you might want to add your stockpile is an automatic external defibrillator, also called an AED. These devices are able to “shock” the heart back into pumping in many cases. Having one or more of these on hand could be a good option. Just make sure you know how to use one of these devices properly so you do not injure yourself.

The Need for Oxygen

You need to remember the principles of the ABCs we discussed. All of the organs in the body need to have oxygen in order to survive. Different parts of the body are able to survive for different lengths of time without oxygen. This can give you a good idea of the type of damage that can be done to the body the longer an area is deprived of oxygen.

The muscles and bones can continue for several hours without oxygen. Many of the internal organs, including the liver, have the capability to live for about one to two hours. The heart can live for about an hour without oxygen, as well. The brain is another story. It will begin to die after several minutes without oxygen.

You will have approximately four minutes to restart the flow of oxygen that the brain needs, and this oxygen needs to be delivered via the bloodstream.

Starting CPR

Make sure the victim is in a safe location, so you will not be injured while performing CPR. If they are in a burning vehicle, or otherwise in a dangerous situation, you will need to move them first.

Spinal injuries, in cases where someone is in imminent danger, are considered secondary. While you wouldn't normally want to move someone who has a spinal injury, there are cases where they would be in greater danger if you don't. You have to judge each scenario individually. If it is too dangerous, take them to a different, safe location and then begin to check them.

Then, it is time to put the ABCs into action.

ABCs of CPR



You will start with 30 chest compressions, counting each of them as you go. To perform the chest compressions, you will make sure the patient is on their back and on a flat and firm surface. You will kneel next to the patient, close to their head and shoulders. Be on the left side of the patient if this is at all possible.

Place the heel of one palm on the patient's chest over their heart, and then your second hand on top of the first. Remember that the heart is actually toward the center of the chest, and not on the left side as all of those old cartoons would have you believe.

You want to lean over the patient so you are able to press straight down with each of the compressions. You should try to compress the chest about two inches by pressing

down with your bodyweight, and you want to get into a rhythm of 100 beats per minute. After the 30 compressions, you want to check the airway.

Tilt the patient's head back with the palm of one hand and use your other hand to open their mouth and airway. Check to see if the patient is breathing on their own accord. If they are not breathing, then you can begin rescue breathing.

Keep in mind that if you feel the person has suffered a heart attack and that is the reason they are not breathing, you will want to continue with a series of chest compressions followed by checking their airway and to see if they are breathing.

When you are performing rescue breathing, you can do so in one of two ways. You can give mouth-to-mouth breathing, which is the most common style and is what you will use on most patients. However, if the patient has damage to their mouth and you are unable to use that as a viable airway, you will then perform mouth to nose breathing.

Breathe for one second into the patient and watch to see if their chest is rising. Then give a second breath. If you notice that the chest doesn't seem to be rising, change the position of their nose, mouth, and head and breathe again. Watch to see if the chest is rising and falling.

The cycle for CPR is 30 chest compressions followed by two rescue breaths, and continue repeating the cycle. If the patient moves and starts to breath, you can discontinue CPR and then see what else the patient needs.

Those who have an AED can use the defibrillator in conjunction with the CPR. You can do five full cycles of CPR, and then use the AED once. Then, do another five cycles of CPR, and then another shock with the AED. Again, you will continue until the patient is able to move and breathe, or until they expire and there is nothing else you can do.

Child CPR

The performance of CPR on children who are between one and eight years old is very similar to how you would do CPR for an adult. However, the main difference is that the chest compressions need to be shallower. Instead of doing the compressions with both hands, you will do them with only one. In addition, you have to be more careful when providing rescue breathing. Children's lungs are smaller, and you need to be careful when you are refilling them with rescue breathing.

The other principles are all the same. You can use an AED on children. Some of the devices have children's pads, but if your model doesn't have them, you can use the adult pads. Again, you want to keep on going until you get a response from the child or until they expire.

Baby CPR



Babies need to be treated very gently when performing CPR, as you can imagine. Most of the time, when a baby isn't breathing, or when they seem to have had a cardiac arrest, it is because they were choking, and in some cases because they were drowning. If the baby has choked, you want to treat for choking first and clear their airway. You can use your finger to sweep the airway to try to remove anything that may have become lodged in their throat.

If there is no discernible reason as to why they arrested, then you will start CPR. You will start by seeing if there is any response in the baby. To do this, you will want to touch and stroke the baby's face to see if there is any response.

Make sure the baby is on a firm surface. When performing CPR on a baby, you will use only *two fingers* to perform the chest compressions. In this case, you will only compress the chest about 1.5”. However, you want to keep the compression rate of 100 beats per minute.

After the 30 compressions, you will tilt the baby’s head back slightly with the palm of your hand and then listen for the sounds of breathing and look to see if their chest is rising and falling. If not, then you will start rescue breathing.

Performing rescue breathing on an infant is different from an adult or even a child. You will put your mouth over both the nose and the mouth of the baby. When you perform the breaths, they are gentle puffs. You aren’t blowing into their lungs. Watch the chest when you breathe to see if it rises, and then give the second breath. If you don’t see the chest rise on the first breath, you will want to reposition the head.

Again, you will follow the cycle of 30 compressions to two breaths, and you will do this until there is a response or until help arrives. If you are in a situation where no help is coming, then you will continue until the baby expires and there is nothing else you can do.

Remember

With all of these CPR techniques, if you have the ability to call 911, then you will want to do that before you start CPR, or have someone else do it when you initiate CPR. Having professional help, if it is available, is always the best solution. Of course, this won’t always be possible when you are in a survival scenario.

While this book has given you the basics, it is highly recommended that you take a first aid and CPR class. This way, you can get some hands on experience with the training dummies.

Performing the Heimlich Maneuver



When someone is choking and they have something lodged in their airway, you will want to perform the Heimlich maneuver. It's very simple but effective methods of clearing out an obstructed airway for adults, children, and infants.

If an adult or a child is not breathing, you will want to stand behind them (you may need to kneel if you are dealing with a child). Make a fist with one of your hands and place it below the sternum. You will then place your other hand over your fist, and pull in and up sharply so you can push the diaphragm upwards and into the lungs.

This causes the air that is in the lungs (there is always about 500ml of air in the lungs as a reserve capacity) upwards, helping to clear the blockage so the patient can breathe again.

When an infant is choking and you can't remove the object by opening their mouth and sweeping with your finger, you will want to give them back blows to dislodge the object. You will turn the baby so he or she is face down on your lap and hold them securely with one hand. Make sure that you are not covering the baby's mouth and that their neck is not turned. Their head should be slightly lower than their chest.

You will then perform five back blows to the baby with the heel of your free hand. They should be firm, but they also need to be gentle because you are dealing with a baby. The heel of your hand should connect with the back right between the baby's shoulder blades.

At that point, you will check the baby's mouth to see if whatever was causing the blockage has been removed. It might fall out, or you might have to reach in and pull it out. Always be careful that you do not inadvertently push it back into the airway when doing this.

If the airway is still not clear, you will need to perform five more back blows. If the airway doesn't become clear, you may have to initiate CPR.

Keeping Calm

When you are faced with scenarios where you need to perform these types of maneuvers, it can be very stressful. You have someone's life in your hands, and if it is someone close to you, then your stress levels are likely to be even more elevated. Try your best to remain as calm as possible, remember the rules of these techniques, and perform them professionally. Again, taking a class can help with this, as you will often be more confident with the techniques that you learn.

Chapter 20: What Will You Face in a Crisis?



In the immediate aftermath of a disaster, the biggest medical problems you will face are trauma, and as time passes the majority of the issues you will see are chronic diseases, although trauma can still occur.

Consider some of the different types of disasters that can occur. Tornadoes and hurricanes bring wind, and they can topple buildings and cause crushing injuries, lacerations, and more. Earthquakes can cause similar types of trauma. You might face burns, fractures, and much more.

Of course, there is also the human element, as the aftermath of a disaster can cause some people to turn very nasty against one another. Sometimes humanity can come together in the face of a crisis, but this is not something on which you can rely.

Let's look at some of the ways that injuries can present themselves in the time following the disaster so you can get a better idea of what you might be dealing with.

Reasons for Injury

Immediately after the disaster, there is still plenty of room for injury. As people try to navigate their way through rubble and debris, they can end up hurting themselves. The same types of injuries, such as lacerations, puncture wounds, sprains, and fractures can occur during the cleanup phase.

During the rebuilding phase, you will find that injuries will occur as well. Someone might smash their finger with a hammer when they are trying to put together a composting bin, or someone might cut themselves after shattering some glass while they are trying to put in a new window for their shelter.

For many, there will be an increased risk of burns after a disaster. This stems not only from the immediate aftermath where buildings might be on fire, but also from simply living after the disaster. If you suddenly have to use campfires and build fire pits, then there is naturally a greater chance that someone will end up getting burned.

Most Common Types of Injury

We now know some of the main reasons that injuries will occur during and after a crisis, and now it's time to take a deeper look at the actual types of injuries that are most likely going to come your way at some point.

- Abrasions
- Punctures
- Lacerations
- Burns
- Fractures
- Open wounds

Abrasions

An abrasion is essentially a scrape, and someone can suffer this type of injury in a variety of ways. They might fall and scrape their skin against something, or they might be walking or running and scrape against an object as they are on the go. An abrasion can happen to any part of the body, and even though they are not generally very serious, they can be painful and they can slow a person down.

In addition, if they are not cleaned and bandaged right away, there is a good chance that infection could set in. The best course of action is to clean the wound and make sure that any grit or debris is removed, and then coat it in something like Neosporin. Finally, you will want to cover it with gauze and hold it in place with tape.

Punctures

Puncture wounds can happen through a variety of different means as well. A person may be punctured by a nail or screw, from an animal bite, or from a stabbing wound. These also need to be cleaned out, and they may need to have stitches depending on the size and nature of the wound. Because these wounds tend to be very deep, you may not want to stitch them after cleaning them out. Instead, you will want to keep the area clean and covered, and you will want to watch for infection.

Lacerations

Lacerations can occur from glass, debris, slashes with a knife, and a host of other possibilities. As with the other injuries, these can occur on any part of the body, and they will often bleed heavily. You will want to make sure these wounds are cleaned, and then suture them.

Burns

Where there is fire, there will be burns, and you are likely to see some of these types of injuries. These types of injuries can be extremely painful, and they can take a long time to heal. In addition, they are prone to infection.

To treat first and second degree burns, you will want to clean them with soap and water, and you want to be as gentle as possible. Then, you can cover them with a dressing (you can use bacitracin if you have it), and tape the dressing in place.

If you are dealing with a third degree burn, you aren't going to be able to do much for them in the first few days after the burn. You will want to try to clean the wound to remove any debris. Then you want to cover it with dry gauze. You have to keep an eye on these wounds for infection because they are generally bad enough that the muscle tissue is showing, and infection is a real possibility. The patient will likely need to have some pain relievers during this time.

Open Wounds

An open wound is one that involves having pieces of skin and flesh missing, and it can take a long time to heal. You will want to clean the wound with soap and water, and make sure there is no debris left in the wound. You will then take dry gauze and pack the wound, and finally cover it with a layer of gauze and tape.

With these types of wounds, you will need to change the dressing each day. Remove the old dressing from the wound. There is a good possibility that it will "stick" to the wound, so you may want to use some water to help remove the gauze inside of the wound. Check for signs of infection, repack the wound, and cover it again. It can take quite a bit of time to heal.

Understanding the Wounds

When discussing wounds, it is important to understand the difference between new and old wounds and why this differentiation makes such a significant difference. A wound is considered to be new or fresh if the injury occurred less than eight hours ago. If the wound is more than eight hours old, then it is considered an old wound.

What's the real difference? With an old wound, you will never use any stitches. This is because you don't want to close it. Wounds that are old must always be considered contaminated. The body is still capable of healing without stitches; it just might take more time. With old wounds, you have to be on the watch for infection, and you need to do your best to keep them as clean as possible.

Chapter 21: Stop the Bleeding and Keep the Wound Clean

Stopping bleeding is going to be one of the most important things you can do when you are trying to survive in a crisis and you have patients in severe need. It is important to know a bit more about blood to understand what you are seeing. Arterial bleeding is bright reddish purple because it has a substantial amount of oxygen in it. Venous bleeding tends to be much darker, as it doesn't have oxygen – it's returning to the heart to get that precious oxygen.

Most of the time, bleeding can be stopped with compression. By putting pressure on the wound, the body will begin to try to "stop the leak" through coagulation. You see this on the small scale with scabs, but it can work on much larger scales as well.

Clamp a Blood Vessel

Things can get a bit more complicated though, and you might have to utilize some of your surgical equipment to stem the flow of blood in some cases. In some large wounds, large blood vessels are exposed, and you will need to use a surgical clamp on it to stop the bleeding. Once you have clamped the vessel, you need to tie it off using a surgical knot.

Once you have tied the knot, you will then release the clamp. If you tied the knot correctly, you will find that the vessel stops gushing blood. If it is still bleeding, then you did it incorrectly. It's a good rule of thumb to tie a second knot, *even* if you are sure the first one is holding. It's better to be safe than sorry.

When you are tying the knot, you need to make sure that the thread forms a straight line on the vessel and that it is tied in the middle. It can't be crooked.

It can be very difficult to see, so you will need to have some gauze handy so you can soak up the blood and get a good look at what you are doing.

If you don't have the materials to tie off the vessel, you can always resort to using direct pressure. You will want to apply direct pressure to the wound for between five and ten minutes. It's important to note that when you are applying direct pressure, you can't check on the bleeding. The pressure needs to be constant for at least five minutes, longer for wounds that are bleeding heavily.

After that time has elapsed, then you can check the wound. If it is still bleeding, you will need to apply direct pressure for another five straight minutes before checking again.

If you don't know how to tie surgical knots, you aren't alone. Most people who aren't medical professionals don't know how to do this. You can visit www.AnimatedKnots.com to find a wealth of surgical knots that you can try. It's a very good idea to practice these now until you can do them quickly and without looking.

Sutures, Staples, and Steri-Strips

Suturing, which we've already discussed, is another good method of closing wounds and stopping bleeding. In addition, you can buy surgical staplers that you can use instead of sutures. You should still learn how to suture, but having a surgical stapler can reduce the amount of time it takes to deal with a wound. These staplers are actually relatively cheap, and you might want to consider adding one of these to your list of medical supplies.

The steri-strips we mentioned earlier can be an effective option for some wounds as well. You will put one side of the strip on one part of the wound, pull the flesh together, and then place the other side of the strip on the opposite side of the skin. You will need to use several of these, maybe more, depending on the size of the wound.

Tips for Keeping the Wound Clean

We can't stress enough how important cleanliness is when it comes to any aspect of the medical field. If you aren't keeping a wound clean, the risk of infection skyrockets. Even in the best of times, infections can kill. When you are in a crisis, things can go from bad to worse in a heartbeat.

Change the Dressing

You can't just provide a dressing for a patient and forget it. You will need to change the dressing regularly – generally once a day, but this can vary and need to happen more often based on the type of wound. You never want to wait more than a day though. Change the dressing and always keep an eye out for infection.

Never Use a Wet Dressing

Moist areas are breeding grounds for bacteria, so don't use a wet dressing, as this is an invitation to an infection. You want to keep it dry, and that's yet another reason that you want to change the dressing regularly.

Don't Cover It with Plastic or Other Impermeable Materials

While you might believe that covering a wound with a piece of plastic, or some other material is a good idea, this can be a big problem for the wound. You need to aerate the

wound. Yes, you want to bandage it so that no new debris or bacteria can enter the wound, but you need to make sure that the wound gets plenty of air to heal properly.

One of the other issues with covering a wound in this manner is that it can cause moisture to accumulate very quickly. As we've already discussed, moisture is where bacteria breed and thrive.

Chapter 22: Non-Traumatic Illnesses

Before we get deeper into dealing with trauma, we'll be looking at some of the non-traumatic illnesses and issues that you might have to contend with in a crisis and after the crisis. These types of illnesses run the gamut, and we'll be covering a number of them here.

Common Illnesses You Might See

The types of illnesses you will see during an emergency, as well as afterward, are often the same that you would see even if things were normal. For example, the good old common cold isn't going anywhere anytime soon. It can be a real pain even in the normal world. When there is a survival scenario, it can be even more difficult to manage and deal with.

One of the reasons for this is because people are generally in such close proximity, and they have to share not only space, but also items. It can spread very quickly in a group.

Some of the other types of common illnesses you could see include the flu, ear infections, gastritis, skin rashes, bronchitis, and diarrhea (which is often derived from viruses and bacteria). In a survival scenario, you will find that parasites are a common cause of this, often because people are drinking water that they shouldn't, and because they are not washing their hands properly.

Hyperthermia and hypothermia can be a problem as well. Mental illness can rear its ugly head in times of crisis as well, and it might not always be easy to recognize this. If you are the survivor of a nuclear disaster, there is also the very real potential for radiation sickness.

Types of Infections

Infections come in three different varieties. They will be caused by:

- Viruses
- Bacteria
- Parasites

Viral

Viral infections are the most common, and they are transferred from one living thing to another, such as one person to another. Some of the common symptoms of viral infections include fever, congestion, coughing, and a sore throat. They could also present themselves as vomiting, nausea, or diarrhea.

To prevent viral infections, you will want to make sure that you are using clean surfaces, and that people pay attention when they are coughing, sneezing, and touching things. Wash your hands after using the bathroom, before preparing and eating food, and before and after performing any type of medical treatment.

It can take several days for a viral infection to leave your body. During that time, patients need to drink plenty of fluids, and they need to treat the symptoms caused by the infection.

Bacterial



A bacterial infection can be very serious, and it can often be hard to tell a bacterial infection apart from a viral infection. The nasal congestion, if present, will often show itself as a thick yellow or green when you blow your nose. Patients will also have a fever, and those who have diarrhea may notice blood. Those who have infections on the skin will find that most of the time, they are bacterial in nature. You can tell that you have an infection because the area will be red and warm to the touch, and pus will often drain from the wound.

To help prevent the spread of these types of infections, you will want to keep the wound clean and always keep an eye out for any signs of infection so you can treat it immediately.

Some bacterial infections will need to be treated with antibiotics, but that is not always the case. You may be able to treat by applying heat to the wound, which can kill the bacteria.

Parasitic

This type of infection is broken down into three different types – ecto-parasites, helminths, and protozoa.

The ecto-parasites include mosquitoes, ticks, fleas, and similar insects. The helminths are worms. The protozoa are a common parasite as well, and they include giardia, which you might be familiar with. This is often found in water that's not clean, and it can lead to diarrhea.

You have to be aware of the parasites that are in your area, and you need to make sure you boil water before using it. Treatment will depend on the type of parasites you are dealing with, so make sure you learn the parasites in your region, and how to counter them.

Hypothermia

When the body's temperature drops below the normal range, it becomes very dangerous. If the temperature drops below 96.8 degrees Fahrenheit, you begin to feel numb. As the temperature drops further, you start to lose focus, and at 93.2, you will become unconscious and fall into a coma.

To treat patients who are suffering from hypothermia, you want to warm the body, but you need to do so gradually, or else they could suffer a heart attack. You will want to use dry heat, and you should start by applying blankets. Don't drink alcohol, because even though you might believe it makes you feel warm, that's not the case. Your body will actually lose more heat.

If you have the ability to use an IV, a warm saline solution can help to warm up the body. It's also possible to help someone warm up by utilizing body heat.

Hyperthermia

The common word for hyperthermia is fever, but it doesn't always simply mean a fever from being sick with a cold or the flu. Whenever the body temperature rises to more than 100 degrees Fahrenheit, the person can go into shock. This can happen due to infections causing the body temperature to rise, or it can be due to head exhaustion.

You will want to lower the fever, and you can do this by using cold compresses. Soaking fabric, such as a blanket or even a sheet, and applying that to the patient can help to reduce the temperature. The patient should also drink plenty of fluids. This may need to be introduced via IV if the person is unconscious.

If the reason for the hyperthermia is an infection, you will want to wait for three days before giving them an antibiotic. In the meantime, you should provide the patient with medication to reduce their fever. The reason you don't want to introduce the antibiotic right away is so you can give the body the chance to fight the infection. If you always give antibiotics, the infections can become resistant to them, which means they will ultimately be more difficult to defeat.

Understanding Infarctions



An infarction occurs when the blood vessels close almost completely due to an accumulation of fat and plaque, resulting in a heart attack. The patient may feel nauseous and may break out in a cold sweat. They may have a feeling of pressure in the chest, and it will often radiate in the shoulder and down to the fingers.

When you are in a survival situation, there is really nothing you can do for a patient who has suffered from this condition. While you can't treat the infarction, you can provide some treatment after the fact. Even this will be difficult in most survival scenarios though. Morphine can help to calm the pain, and oxygen can help to keep the patient breathing. Nitrates can dilate the blood vessels, and aspirin can help to reduce the hardening of the blood vessels.

People who suffer from this are in very bad shape, and survival is certainly not guaranteed.

Understanding Strokes

Strokes share some similarities with heart attacks. However, in this case, the blockage of the blood happens in the brain. As you know, the brain needs to have oxygen within four minutes before it starts to die, and this means drain damage can occur. People who suffer from a stroke tend to lose many functions that they once took for granted. If the damage happens on the right side of the brain, it will affect the left side of the body. If it happens on the left side, the right side is affected.

Again, it's not possible to stop a stroke when you are in a crisis. You can only hope that the person pulls through. Even if they do, they will likely have lost a substantial amount of their function and will need care.

The best way to deal with a stroke or heart attack is to take prevention measures now. Healthy eating and maintaining a healthy weight, while getting rid of vices such as smoking, can help to improve the body so the risk is lowered.

Problems with the Lungs

You might also find issues with a patient's lungs, and they could have some serious problems. Pulmonary edema means that the lungs are filling with liquid. It is generally a pinkish red foam, and the body doesn't get enough oxygen because of this. The heart will fail. This is not something you will be able to treat in a survival scenario.

A pulmonary embolism is another problem that could occur. In this case, there is a blood clot in a vessel. The clot has likely come from another area of the body, and it

clogs the vessel so the patient can't breathe. This occurs in the legs quite often. The patient will eventually asphyxiate. In the hospital, they have drugs such as heparin, which they can inject. It is an anticoagulant. However, this isn't going to happen when you are in a survival situation.

Pneumonia is an infection that causes part of the lung to become inflamed. Some of the common symptoms seem similar to other colds and flus at first. The patient might cough and feel irritation in the lungs. Without treatment, it can cause people to become bedridden.

You can tap on the patient's back to listen to their lungs. If one or both of the lungs sounds clogged, then it could very well be because of pneumonia. In some cases, when the patient breathes, it will create a crunchy sound.

Peritonitis

Peritonitis occurs when there is an occlusion in the digestive tract. In some cases, the intestines have twisted and cause the blockage. In other cases, there might actually be something in the system that is causing the blockage. It can be difficult to determine if this is the problem in a survival situation. Some of the symptoms include a swollen abdomen, the inability to pass stool, and vomiting. In the latter stages of the condition, the patient may actually vomit fecal matter as it comes back through the occluded system.

In a crisis, you aren't going to be able to do anything for the patient, as they will likely require surgery. However, if you believe that the crisis will be over before long, there is a way to buy them some more time. You must not allow the patient to eat or drink anything. Instead, you will need to administer fluids through an IV if you are fortunate enough to have them available.

You may be able to treat it with antibiotics, and the patient may eventually need a laxative or an enema. This is not always enough though, and the best-case scenario

would be to have the patient taken to a hospital where they can perform the appropriate tests and provide surgery.

Ulcers

Ulcers are not communicable, but you might find that several people in your group suffer from them. That's because stress can cause ulcers, and for those who already have them, it can cause them to become worse. While there are prescription medications that some people take, they might not be available in a crisis. In that case, you should load up on medications such as Omeran, which can help to reduce the symptoms of the ulcer.

In addition, trying to change the diet to items that are a bit blander can help. While you might not have too much choice in a survival scenario, it is a good idea to at least try to watch the food the patient is eating if they suffer from ulcers.

Chapter 23: Radiation



Radiation is a serious possibility in some survival scenarios. If the disaster is related to a nuclear bomb being dropped, or if there were a meltdown at a reactor, then radiation sickness could occur.

The best course of action is to stay as far away from the radiation as possible, as there are few treatments that can really help, and you can imagine that these treatments will likely be nonexistent in the aftermath. Radiation sickness kills, and it is important to know and understand where radiation might be.

In fact, you should invest in at least one Geiger counter, which can measure radiation. Of course, you also need to know how to read the counter and to know what are unsafe levels. If you are in an area that is exposed, you need to leave immediately. Here's something scary. If the radiation covers the area where you have all of your supplies, well, they are going to be contaminated as well. You will have to get new ones along the way.

Here's another scary fact that you need to realize. You might not show any symptoms of radiation poisoning right away, and you might think that you are in the clear. However, symptoms might start to present themselves several weeks, or even several months, after you have been exposed.

Signs and Symptoms

Here's a list of the most common symptoms and signs that you might experience after being exposed to radiation.

- Bleeding from the nose, gums, or rectum
- Bruising more easily than before
- Bloody stool
- Dehydration
- Fatigue
- Confusion
- Fainting
- Loss of hair
- Fever
- Skin issues – redness, inflammation, soreness, swelling, and possibly bleeding, open sores, skin falls away
- Ulcers of the mouth
- Vomiting, possibly blood

- Nausea
- Weakness

People may respond differently to radiation exposure, even if they were exposed to the same amount of radiation. Those who are generally the most affected are the very young, the elderly, and those who are still in the womb.

What Can You Do?

Unfortunately, there really isn't much you can do when you are dealing with radiation victims and you are in a survival situation. You will want to make sure the patient is breathing. Get their clothes off and wash the body with soap and water to remove as much of the contamination as possible. If there is an emergency facility in the area, you will want to head there as soon as possible. Stay away from the contaminated area, and make sure that you do not keep the contaminated clothing, as it still carries radiation.

If you are able to get to an emergency facility, they will provide various treatments to help lessen the effects, but these do not always prove successful. In addition, you will not have access to the drugs or treatments when you are in a survival scenario. You would have to rely on the specialists for this, and if they are not available due to the crisis, things will not likely turn out well.

One treatment that many preppers have on hand is potassium iodide, which helps to prevent radioactive iodine from attacking the thyroid gland, and can allow it to pass through the urine. This isn't going to completely save someone from the effects of radioactivity though.

Eventually, when the symptoms and signs appear, you will need to treat patients for their symptoms as best you can. For those who have suffered a lethal dose of radiation

and who only have a short time to live, try to make their last days as comfortable as possible.

Chapter 24: Dealing with Infectious Disease

Why are we talking about infections and infectious disease so much? It's because this can be a true killer when you are in a survival situation. People are under stress, they may have other injuries, and this makes it much more difficult to fight off infections – even if they might have been able to in the normal world that we live in today.



Far More Dangerous

Let's take some time to think about just why these infectious diseases will spread quickly and affect so many people after the fall of the world we know. People are desperate, and they will do things that aren't very smart. They are surviving in the moment. This means that they might drink some water without boiling and disinfecting it. They might eat food that they find, never thinking that it could be carrying a disease. They might eat infected animals as well.

Consider the danger of getting diarrhea in a survival scenario. If you have diarrhea, you are going to be expelling a substantial amount of water. This causes you to get weaker, so you can't do the things you need to do in order to survive. Because you are weaker, you make bad decisions, and maybe you even drink more of the contaminated water. Then you will start to hallucinate and not be able to take care of yourself at all. Within a couple of days, you will have wrung most of the water right out of your system, and you could die after slipping into a coma.

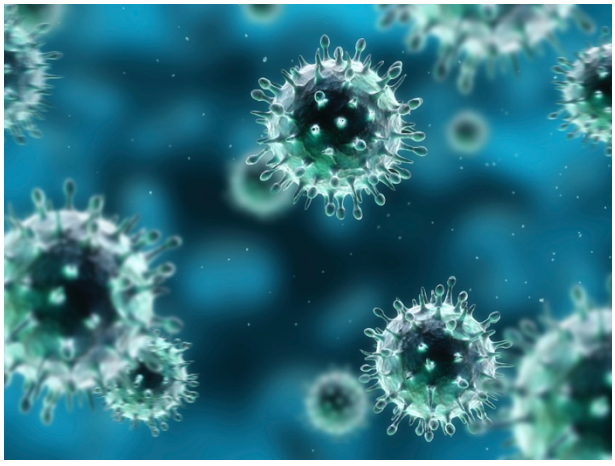
Most Common Types of Infections in Disaster Scenarios

When you are dealing with a disaster, infections are one of the top problems that will hamper your efforts during a recovery. When people have infections, they are often slowed down, they feel ill, and in some cases, they will not be able to do anything at all to help. As you can imagine, this is a huge problem. It can sometimes be difficult to realize that an infection is setting in, as fever might not be the first of the symptoms that shows.

Different types of infections will have some different telltale signs, which you will want to remember, although keep in mind that these can mimic other conditions. Therefore, it is very important to keep a close watch on people to see if they develop further signs of infections.

We've covered some of these signs before, but they bear repeating. A person who has a respiratory infection will often have a sore throat and a cough, as well as nasal congestion. Those who have gastrointestinal infections will often suffer from nausea, diarrhea, and cramps in the abdominal region. Those who have urinary tract infections will often have burning on urination, as well as an increased frequency of urination. Those who have a skin infection will have redness and tenderness around the wound, and a pus discharge from the wound.

Now, let's get into some of the most common infection types you will see in these situations.



The Flu

While the flu might be a common infection that you can handle in the normal, current world in which we live, it's a different story

when you are in a survival scenario. You can't just hole yourself up in your cozy bed and wait for things to get better. In a crisis, people are often packed into smaller living quarters, and the infection can spread quickly from one person to another. From the fall months through to springtime, this can be a problem, as this is when the flu tends to be most common.

Some of the symptoms associated with the flu include:

- High fever
- Aches and pains
- Fatigue
- Cough
- Congestion
- Loss of appetite

It can be very difficult, and sometimes impossible, for people who are suffering from the flu to function. Bedrest, along with hydration, are the best cures. It takes the body time to recover, so the patient could be laid up for a week or more.

To help minimize the spread of the flu, try to isolate those people who are sick as much as possible. Make sure that you keep the surfaces where these patients touch clean, and tell the patients that if they are going to cough, do so into their sleeve or the crook of their elbow. This can help to reduce the flu from infecting even more people in the group.

Upper Respiratory Infections

You will find that upper respiratory infections share quite a bit with the flu when it comes to symptoms, although people are not usually laid up for quite as long. These types of infections are spread through the air in most cases, often when people sneeze and cough, similar to the flu.

Some of the common symptoms include:

- Sore throat
- Fever
- Congestion
- Cough

Once you get and recover from one of these infections, you will not be able to get the same infection again, which is a good thing. You can treat these conditions using cough medicine, as well as decongestants if the patient is stuffy. To help with the sore throat, and other pains, you can use some simple meds such as Aleve or Tylenol, which you should have stocked up on. Again, the patient needs to stay hydrated, and the area around them needs to be kept clean. Because this is contagious, isolation for the patients is also a good idea.

Infections from Food

In a disaster, infections from eating contaminated food are unfortunately common. People don't always take the time to think about the consequences of what they are eating if they are hungry and haven't had any food in a few days. This can prove to be a huge problem though, as it could cause an infection such as salmonella to take hold.

Some of the common symptoms of infections from food include:

- Cramping
- Nausea
- Malaise
- Vomiting
- Diarrhea

The patient may also notice blood in his or her stool. While these infections can be crippling, they tend to blow over within a few days, and generally no longer than a week. Rest and plenty of hydration are essential. You do not need to use antibiotics with this type of infection. In fact, doing so could cause the patient to suffer even more diarrhea.

The best way to deal with these types of infections is to stop them before they even begin. Preserve your food in cold temperatures and make sure you always cook it thoroughly.

While it might not be possible to take the temperature of meat when you are cooking it in a survival situation, if you are able to establish a base camp, and you can get access to a meat thermometer, you should try to cook different types of food until they reach the following temperatures to minimize the risk of illness

- Fish – 145 F
- Raw poultry – 165 F
- Raw beef (whole pieces), lamb, pork – 145 F
- Ground meat – 155 F
- Veggies and fruit – 135 F

Even with the best preparations though, there is always a chance that a food infection could occur.

Common types of food infections include:

- Staphylococcus Aureus – This causes food poisoning, and even cooking with high heat will not kill the bacteria at play. Symptoms will generally show themselves a couple of hours after ingesting the contaminated food, but they can occur more quickly – in as little as half an hour.
- Campylobacter – These infections will usually start to show symptoms between two and five days after eating the affected food. It causes severe diarrhea, and in some cases, there may also be vomiting. Most of the time, this condition will only last for about seven days, but if someone has a poor immune system, it could become a serious problem and could even lead to death. Because of the loss of liquid, hydration is important. You will also want to replace the electrolytes in the patient's body. A mixture of water, salt, and sugar (10 parts water, one part salt, and one part sugar) can help with this.

- Salmonella – While raw eggs and raw chicken are the primary causes of this infection, it can happen with other types of food as well. It is unfortunately common and affects more than a million people in the US alone over the course of a single year. In a survival scenario, you can imagine that this problem would be even greater. The symptoms will generally start between 12 and 72 hours after ingesting the contaminated food, and will usually last for between four and seven days.

- Norovirus – This illness causes severe diarrhea, and it can travel from one person to another. Millions of people are affected by this each year, and it can cause the body to lose a substantial amount of water. Hydration is therefore very important. Within a few days, the illness should be out of the system.

- Toxoplasmosis – When beef and pork are undercooked, it could cause a person to develop toxoplasmosis. This can be very dangerous to women who are pregnant, and it can cause birth defects or stillbirths. Treatment for this type of illness is pyrimethamine, which is a drug often used to help with malaria. It can be difficult to get. Those who are affected and who take the drug should also take plenty of folic acid to keep their body in balance.

Infections from Water

A number of waterborne infections can occur as well, with giardia being one of the most common. The reason for this is simple. Humans need water, and in a survival situation, clean water can be difficult to find if you haven't stockpiled plenty of it. The infections usually occur because of human or animal feces in the water.

The most common symptoms include:

- Abdominal cramps
- Diarrhea

As long as someone continues to drink the contaminated water, the symptoms will last. In addition, the symptoms can last a long time even after no longer drinking the water. In some cases, it can last for several months. It is very important to continue hydrating with fresh water. You can also take Flagyl twice a day to help remove it from your system.

The goal should always be to prevent the infection in the first place. You do not want to drink from any questionable water sources. Of course, this can sometimes be tricky in a survival situation. Therefore, you should always boil your water, or decontaminate it through other means, before drinking it.

Wound Infections

As we've discussed, when you receive an injury during a disaster, or in the aftermath, wound infections are a very real possibility. The common signs and symptoms of these types of infections include:



- Redness around wound site

- Swelling
- Tenderness
- In some cases, red streaks might appear on the skin around the wound

The red streaks are lymphangitis, and it can turn very serious very quickly. You need to treat this with antibiotics as well as local heat.

With all wounds, clean them completely and remove debris and other foreign matter that might be in the wound. Keep the wound covered so it doesn't become wet or dirty.

Beware of Mold

This is something that many people don't stop to think about when they are in a survival situation, since they tend to already have quite a few other things they have to worry about. However, it is important that you do not underestimate the danger that mold can present.

If there is flooding, or if there are wet conditions in buildings, there will likely be mold as well. Some people are susceptible to mold and they will be the first to show symptoms. Those who have respiratory illnesses are especially at risk.

It can be very difficult to prevent mold inhalation in these scenarios, of course. If you are in an area where there is or could be mold, wearing surgical masks is a good idea. Then, you can actively look for the mold and remove it, or move to an area where there is no mold.

Some of the common symptoms of mold exposure include:

- Nasal congestion
- Eye irritation
- Skin irritation
- Wheezing and difficulty breathing

Some people may have more problems with mold than others will, and they will show signs and symptoms sooner. However, anyone who stays around mold for too long has the potential to develop them.

Chapter 25: Trouble in Your Area

When you are coming up with your plans for survival, you probably already take your location into consideration. You know the lay of the land around your home and your place of work, not to mention your bugout location. You know the topography, the types of animals in the area, and how to get from Point A to Point B. In addition, you know the patterns of the seasons.

You think you are prepared.

Your Geographic Location



However, have you taken the time to stop and think about the different types of medical issues that could arise that are specific for your particular area? If not, then you could be in trouble, and it is time to remedy that.

If you are in an area that has hurricanes, then you have to be aware that flooding, as well as damaged buildings could be a factor in the disaster, and that infection through waterborne illnesses could occur.

Those who are in the northern states, and the northern part of the Midwest must remember that hypothermia could be a problem, so they need to have shelter, warm clothing, and a means to have fire. Those who live in the Southwest might have trouble when it comes to finding drinkable water, particularly in the summer months. Even in the winters, water can be scarce, and the water you find might not be drinkable without boiling it first. In fact, always boil the water you are drinking.

People in hot areas also need to find ways to stay cool, or else they could suffer from heat exhaustion and heat stroke. Those who live in tropical and subtropical areas have to contend with diseases that are carried by mosquitos, such as the West Nile virus. Lyme disease is prevalent in the Northeast, and Valley Fever can affect those who are in the Southwest.

Know Your Region

To give yourself, your family, and your group the best chance of survival, you will want to take the time to seek out knowledge on the specific illnesses and issues that could affect your region. Then, learn what you need to stockpile and what you need to do in order to help treat people who come down with those conditions.

This is another level of preparation, and you will want to get started on it right away.

Chapter 26: More on Trauma



We've talked a bit about the various types of trauma that patients might suffer in a disaster and in the weeks, months, or even years that follow. Now, it's time to look a little deeper into various types of trauma so you can have a better idea of how you can help patients who need it.

Remember the Body Check

As we've discussed, when you are assessing the patient, you need to perform a body check starting at the head and working your way down to the feet. In some cases, the injury might be obvious, but you will always want to make sure there is nothing you are missing.

You will be checking the morphological and the functional aspects of the patient. Morphological refers to the structure of the body in this case. For example, you will be looking for anything that is odd and out of place visually, such as a limb that's at a crooked angle. You are looking for obvious signs of injury that the person might have suffered, such as a gunshot wound.

At this point, you will not be able to know how bad the condition is, but you can often get a good estimate just from the visual morphological indicators.

You will also consider the functional aspect of the body during the exam. This will involve looking for injuries that are not visible, and this is where the palpation we discussed will help. You will feel the body to look for injuries and anything that is out of place.

You need to pay attention to the patient at this point as well. Are they indicating that they are in pain when you are feeling a bone? Is the patient able to move the body part normally?

The most important elements to deal with in trauma, in order, are the blood vessels and bleeding, which you will need to stop, followed by nerve endings, which need to be protected from further harm, and tendons. It is possible to stitch tendons together, but in a survival situation, not only will the healing time be longer than in a normal setting, there is a chance that the results might not be as good as one might hope. This is simply because the tools and techniques so often used in these scenarios will be lacking.

Now, let's learn some more about the various types of trauma and ways that you may be able to deal with them.

Head Trauma

The head and the neck have a lot of blood vessels, and they are very close to the surface of the skin. This means that when cut or damaged, these areas of the body tend to bleed quite a bit.

While it can certainly be frightening to see a lot of blood pouring from a wound in someone's head, it might not always be as bad as it looks. Even a relatively superficial laceration can bleed a lot. Most of the time, the bleeding will stop with direct pressure, although they may require stitches. If the bleeding stems from a cut to the carotid artery though, the bleeding isn't likely to stop with direct pressure, and many times it can result in the death of the patient.

When you start to examine the head of the patient, you are going to be feeling the skull for deformities and problems. For example, you will look for depressions in the skull that should not be there, as well as fractures. If you feel these things, then it is a very severe

problem, and it often means there is going to be pressure on the brain caused by swelling.

In time, the patient will lose consciousness if they haven't already, and they may get to the point where they are no longer capable of breathing on their own. In a survival situation where you are the only medical help available, you will not be able to do anything to help these patients.

If you have the capability to get the patient to a proper medical center though, surgeons may be able to help. It requires a neurosurgeon though. They will perform a technique called trepanning, which essentially means they cut a hole into the skull to relieve the pressure. While you might be tempted to try this if you don't have any other help available, be aware of just how dangerous it can be.

Head injuries could still be present if you do not see immediate signs of physical trauma. You will want to look into the patient's eyes and check their pupils. Use a light source to see how the patient responds to the bright light. The expansion of the pupils should be the same in both of the eyes, and if that's the case, then they probably do not have a brain injury.

However, when there is an issue, you will notice that the pupils do not contract equally. If the trauma is on the left side, then the right eye will not react properly. If it is on the right, then the left eye doesn't react. Remember, the hemispheres of the brain control the opposite site of the body.

The Glasgow Coma Scale

The Glasgow Coma Scale can help to give you a better idea of the patient's condition. It is easy to use, and you might want to commit it to memory, or at least have a handy cheat sheet that you can keep with your medical supplies.

The scale has numbers that you will assign to the patient's score based on the examination. The higher the score, the better. Let's look at the scale. You will be testing in three different areas – eyes, verbal, and motor.

- Testing the Eyes
    - Doesn't open eyes – 1
    - Opens eyes in response to painful stimuli – 2
    - Opens eyes in response to a voice – 3
    - Opens eyes spontaneously - 4

- Testing Verbal
    - No sounds made – 1
    - Unintelligible sounds – 2
    - Says the wrong words – 3
    - Confused – 4
    - Normal conversation – 5

- Testing Motor
    - No movement – 1
    - Moves when painful stimuli introduced – 2
    - Abnormal movement with painful stimuli – 3
    - Withdrawal from painful stimuli – 4
    - Localization of painful stimuli – 5
    - Moves on command – 6

When you are examining the patient, you will perform this test to give you a better indication of how they will fare. Based on the responses, you will add up the numbers assigned to each of the sections.

Let's look at an example.

You have two patients who have been brought to you. Patient 1 does not open his eyes at all, under any of the above conditions. He would score a one for Eyes. He does not make any sounds, so he gets another one point. He also doesn't move, and gets a third single point, for a grand total of three.

Patient 2 opens her eyes when you speak to her, and this gives here three points. When she speaks, she seems confused, but this still gives her four points. She is also able to move on command, for six points. This gives her a grand total of 13 points.

The Glasgow Coma Scale has the point system in place to let you know approximately how severe the situation is. Let's look at it can compare the patients.

- Minor/Good Condition – Score of 13 to 15
- Moderate Condition – Score of 9 to 12
- Severe Condition – Under 9

You can see that Patient 1 is severe, and they will probably not pull through. Patient 2 on the other hand is doing quite well despite the head injury, and will likely be okay. However, you have to remember that it can take time for head injuries to truly reveal themselves. You need to make sure you observe the patient for at least the first 48 hours after a head injury to look for any signs of trouble.

Eye Trauma

Let's talk about the eyes first. Most of the time, trauma to the eyes involves something getting into them that shouldn't be there. It could be any number of things, such as grit

and small pieces of debris from a building that falls, or it could be a splinter, kicked up gravel, or really just about anything else.

When there is something in the eye, it is irritating, and the initial response is to rub it, but that's a bad idea as it can cause whatever is creating the irritation to become worse. You need to flush the eye with water – clean water – to help remove the contaminant. Eye drops can be used as well, but if you have antibiotic eye drops, you should only use those with actual infections of the eye.

You can tell that an eye has an infection because it will secrete cloudy liquid, or even pus. If there is no sign of an infection, you will want to wash the eye with clean water. You could also use saline solution. Something that you want to avoid is actually using soap or anything else that could irritate the eye further. It doesn't matter what type of contaminant is in the eye, water is the best solution.

Once you have washed out the eye, you might want to put a bandage over it while it heals. To do this, it's a good idea to use gauze and to put it over the closed eyelid. Check on the eye often though, just to make sure that it hasn't developed an infection.

Ear Problems



The ears, well at least the outer portion of the ear that we see, tends to be more decorative than anything else. All of the most important bits are hidden away inside. However, the ears can give you a good indication of further trauma.

For example, if someone is bleeding from his ears, and the blood doesn't come from an obvious laceration or abrasion on the ear, it could indicate that there is a bone fracture at the base of the skill. In these cases, the blood is actually coming out from the ear canal. These patients will also often have hematomas around their eyes. This is a very serious condition, and if they don't get to the hospital, it is likely they won't be going anywhere ever again. Those who are in survival circumstances and who do not have any access to a modern hospital are in trouble.

If a person can't hear out of one of their ears, the most likely culprit is earwax buildup. This can also cause earaches. Fortunately, this is generally going to be easy to care for. All you need to have is some oil, a syringe, and a cotton ball.

You want to add several drops of oil to your ear, so that it gets down into the ear canal. This will serve to loosen up the wax. The oil should be warm, but you do not want it to be too hot.

You actually want to let the oil sit in the ear for a long time – about six hours. You don't want it to leak out either, so you might want to have the patient put it in overnight. You can cover it with a cotton ball and tape it in place. Have the patient sleep with their head to the side with the ear that has the oil in it facing up.

After the oil had done its work, you will want to take a syringe (without a needle), fill it with clean water, and then push the syringe plunger to squirt the water into the ear canal. You should point the syringe toward the upper part of the ear canal to help flush out the earwax. You want the water to get behind the earwax plug so it pushes it out of the ear. You might have to do this several times.

Ear infections can hurt quite a bit. You can use the above treatments to try to help with the infection, but if you notice strange discharge or pus from the patient's ear, you will want to treat it with antibiotics. Augmentin works particularly well. If the earache has pain but there is no discharge, simply resting and letting it pass is the best solution.

Some patients might have suffered a ruptured ear drum. It's rare, but it can certainly happen during a crisis. The sound of an explosion, gunfire, crashing buildings, and

more can be very loud and cause damage to the eardrum. If this occurs, the best thing to do is to rest and to let it heal. In some of the most severe causes, there could be temporary or permanent damage to one of both of the ears. Immediately after hearing a loud noise, most will hear a ringing in their ears. This should go away, although how long it takes to go away is dependent on the patient, and the severity of the injury.

Trauma to the Neck and Spine

The neck and the spine are unfortunately easy to damage in these types of situations, and the injuries can be severe. Someone who sustains injuries could lose the use of their limbs, or they could lose their life.

If the injury takes place at the base of the skull, where the neck connects, and the first vertebrae is broken, the patient will likely die. It's akin to pulling the plug on the brain, meaning the body will not be able to breathe or circulate blood. Any injuries to the bones of the neck and the spine are very scary, and people need to be extremely careful when they are in bad situations to help minimize the risk of these injuries.

However, not all injuries to the neck have to deal with the spine and nerves. Sometimes, the injury happens to the muscles and the tendons. Even though these injuries can certainly be painful, they are much less of a worry than a spinal injury.

When you have injuries to the muscles and tendons in the neck, they will feel similar to a pulled muscle just about anywhere else on the body. They simply seem more prominent, and often more painful, because every movement you make with your head can instigate more pain.

The best thing to do with these types of injuries is just to let them heal. They will do so in time. Of course, you will likely want to give the patient some medications to help during this process. Some anti-inflammatory meds, are a good option, as are pain meds. The patient also needs to be careful about moving their head suddenly. They can move it, but they have to do so slowly and gently. This means they probably shouldn't

go watch any tennis matches. Of course, that's probably not a problem in an apocalyptic survival scenario.

The carotid artery runs through the neck as well, and damage to this artery means a person could bleed out very quickly. It isn't possible to stop bleeding on the carotid by applying direct pressure. You need to have a clamp, such as a Pena or Kocher, at your disposal. If you haven't added them to your list of medical equipment yet, you will want to do so now. As always make sure you know how to use the clamp. Practice using it before you actually have to do so in a real life situation.

Trauma to the Thorax

The thorax is the chest cavity, which is home to the heart and the lungs, and many different types of trauma could affect these areas of the body. It is important to understand the basics of the thorax's components.

Between the lungs and the chest cavity is the pleura. This is a thin membrane that covers the lungs and the viscera in the body. There is an area between them that has nothing – no fluid and no air. When air or blood gets into this region, it causes a problem.

If there is air in the pleura, it is called a pneumothorax. If there is blood in the area, it is a hemothorax. These happen often when there is some type of chest trauma, such as a large puncture wound. When the pleura starts to fill up with blood or air, it gives the lung no room to inflate. Naturally, this means the patient can't breathe, and their lung will collapse. It can be very painful.

If the patient's lung collapses, not all is lost, as long as they have their other lung still in good shape. The patient will still be able to breathe, but it is important that something be done about the collapsed lung.

You can tell if a lung is collapsed by listening with a stethoscope. You will listen to several different spots along the back – the upper back, middle back, and the bottom of the ribcage. Do this on each side. You will listen to hear the difference between the way the lung functions. You can tell whether there is air, blood, or both in the lung. All are difficult to deal with.

Inflating a Lung

It has to be stressed that you should never attempt to inflate a lung unless you have absolutely no other choice and you are in a situation where you are damned sure that help isn't coming. It's very easy to have this (as well as other emergency techniques) go south even when you are doing everything right. Lady Luck doesn't always like to cooperate.

However, if you have no other option, then, you can do the following. It is the fastest method available to help save someone's life who is suffering from a pneumothorax, and it relies on medical supplies that you should have handy.

There are other ways to inflate the lungs and to relieve these conditions, but they require more medical equipment and medical skill. You may be able to find some trauma first aid courses that can teach you these other methods. For now, though, we'll just keep it simple.

You will need to have a large, thick needle and a syringe. You take the needle and penetrate the pleura between the second and third rib. It will take pressure to get through the pleura, but when you do, you will actually be able to head the air being released from the pleura so the lung can re-inflate. In some cases, you may need to aspirate, and actually draw the air out with the needle.

Once again, this is not the sort of thing that you do in your backyard on the weekend for fun. It's serious, and it's dangerous, and you should only attempt it when you are in a crisis and you are certain that no help from professional medical staff is available.

Fractured Ribs

The ribs are an essential part of the skeletal system. They help to keep all of the organs in the upper torso safe, and they make it possible to breath thanks to the support they give the lungs. Of course, in a survival situation, there is always a chance that you could break a rib. Like any other injury, fractured ribs are no fun. They hurt, they slow your movement, and it can be hard to get anything done.

When you press on the ribs, you may actually feel and even hear them as they grind against one another. It's not a pleasant sound or feeling. As long as the ribs didn't puncture a lung though, the patient should actually be fine.

The only thing you can do for them is to wrap them to keep them protected and to help minimize movement, and then wait. You will also want to provide the patient with pain medication that they can take every couple of hours to help deal with the pain. Most of the time, the ribs will be healed within a couple of weeks.

Injuries to the Abdomen

The abdomen houses a number of organs, but there are only two *types* of organs. There are the full organs that are filled with flesh including the kidneys, the spleen, the pancreas, and the liver. There are also empty organs including the stomach, the intestines, the duodenum, and the bladder.

The full organs will bleed more than the other organs will, and they are generally the most affected by concussive injuries such as falling, and getting hit or kicked. Even when there is no penetration to the abdomen, these organs can bleed, and sometimes in a survival situation, you will not even be aware that they are bleeding. Without a

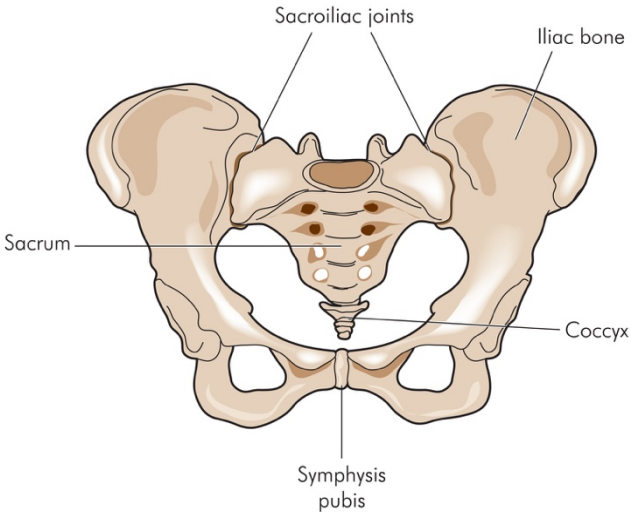
hospital and intervention from doctors, there is nothing you can do. The person will either heal and live, or they will die.

Sometimes, when the injuries are not too severe, the body can heal itself, but it is very important to make sure that the person rests, so they do not cause the bleeding to start up again. You need to make sure the patient rests and doesn't move for at least a week, preferably longer. Even if they feel fine and believe they are healed in less time, there is still a chance that the injury could open and they could start to bleed again.

As mentioned, it can be difficult to tell if a patient has internal bleeding. However, there are some signs you will want to watch for that can give you an indication. The patient will likely experience pain, but they might not only feel pain in the abdomen. When the spleen is injured, it can cause pain in the left shoulder, and when the liver is injured, it can cause pain in the right shoulder. This is due to irritation of the diaphragm.

Patients also tend to be very pale when they are bleeding internally. Perforated organs can release things such as stomach acid and fecal matter in to the body, and without professional medical help, the patient is very likely going to die barring a miracle.

Fracture of the Pelvis



Collisions in vehicles, falling, and other accidents can cause the pelvis to break, and this can cause the body to lose a substantial amount of blood. You will be able to determine if a patient has a broken pelvis during the body check. When you press down on the pelvis during the

check, you will be able to tell whether it is stable or not. You will also be able to tell based on the amount of pain the patient feels.

If you feel the pelvis move in your hands, it means it is broken, and you have to take action to help fix it. You will want to immobilize the area. You can do this by creating a wrap or belt and placing it around the patient's back, and then tying it so it is secure and the pelvis is in the proper position. The patient should not move – they most likely can't move much anyway – while the body heals. This can take a long time, and even when you have immobilized the pelvis, it doesn't mean that the person will heal. Pelvic fractures can cause a person to lose a couple of liters of blood, as well.

There is a chance that they will not survive, and there is a chance that even if they do survive, their mobility could be affected in the long-term.

Injuries to the Arms

Every part of the body is essential in a survival scenario, and that's especially true of the arms. Without full use of the arms, a person will be very limited in what they are able to do to survive. The arm is home to two large arteries, the ulnar artery and the brachial artery. When these arteries are cut, it means there will be a substantial amount of bleeding, and you will need to act quickly to help the patient.

You first need to compress the artery using direct pressure, and you need to make sure the arm is raised above the head, as this will slow the flow of blood. Eventually, the bleeding should stop, but make sure you are extremely careful with the arm and that you do not move it. If you do, the bleeding could start again.

When it comes to arterial cuts on the arm, they can be even more troublesome during the winter. You might think that the winter would make things easier as it would slow the blood flow, but that's actually a problem. With less warm blood flowing to the area, it means that frostbite can set in much faster, so you need to be very careful.

The nerves, veins, tendons and arteries travel down the inside of the arm, and this is where the serious injuries are most likely to occur. If the patient has trouble with the tendons, they will have trouble moving one or more of their fingers, or they might not be able to move them at all. The patient might not be able to curl their fingers, or they might not be able to open their hand completely.

If one of the tendons has been cut, then it needs to be stitched if the patient hopes to be able to move their fingers again. This is best left to a doctor, but since this is about survival medicine where you may not have access to a doctor ever again, it could be up to you.

The first thing you need to do, if you have the materials, is to inject the wound, not the skin, with 10ml of lidocaine. This will numb the area for the patient so you can begin working. You then have to locate the tendon, which can be difficult. Often it snaps back into the arm like a rubber band. When this happens, you may need to cut along the arm to find it. Make sure you cut along the length of the arm rather than going transversely.

You might need to place a temporary tourniquet on the upper part of the arm to slow the blood flow. Just makes sure you do not leave the tourniquet on for more than an hour, as tissue damage will start to set in at that point.

Once you located the tendon, you need to stitch the ends together. This is something you should practice now. Get some meat from the butcher shop that has tendons in it, and then practice with them.

After you have sewn the tendons together, you need to make sure the arm is immobilized in the position that you sewed it. You can make a cast using plaster rolls and cotton wool, which you will have between the arm and the plaster. You will need to keep the area of the wound accessible through the cast though, since it will need to be cleaned at least twice per day. Then, you can cover it back up with a clean dressing.

The arm should be immobilized for at least two weeks so the tendons have time to heal. Doctors can do a good job at sewing tendons and the patient will generally still have all or most of their movement once it heals. However, if you are in a survival scenario, and

since you aren't a doctor, the results might not be as promising. The mobility could be limited.

That's why the best course of action is to have a surgeon take care of this if possible. If not, then you simply need to do the best that you can in the situation.

Injuries to the Legs

The legs are just as important as the arms are, and the methods for dealing with various injuries to the legs are very similar to what you would do with the arms. You can sew tendons, suture wounds, and take care of fractures and sprains (which will be discussed below). Injuries to the femoral artery are very serious, and a person can bleed out very quickly when this artery has received an injury.

Clamping the artery could stop the bleeding, but the leg will still be damaged, and unless there is immediate medical help available, they will likely lose the leg or die, or perhaps both. Direct pressure doesn't work as well on the femoral artery simply because the artery is so large. It *could* stop the bleeding in some cases, but the patient will have to refrain from moving so they do not cause the bleeding to start up again.

The leg can also suffer a number of different tears to the ligaments and the muscles. Many times, these will get better with rest, but it is easy to aggravate the wounds again if the patient does not get enough rest and time to fully recover.



If you have a patient with a non-displaced leg fracture, you need to immobilize it as soon as you possibly can. If the patient is in a dangerous location, it is possible to move them, either on a

stretcher, carrying them, or they could move on crutches or even dragging their leg if the situation truly demands it. You just want to make sure that you can get them to a safe location where you can splint the leg and keep it immobilized.

With luck, the leg can heal properly within about four to six weeks.

Dealing with Fractures

Fractures can be very simple, or they can be a complex mess. Sometimes, when a bone breaks, it doesn't move out of place. With these types of injuries, you will be able to splint them and let the patient rest until they heal fully, which is generally about four to six weeks. Other times, the bone moves out of place, or it may even break enough that it punctures the skin. This is called a compound fracture.

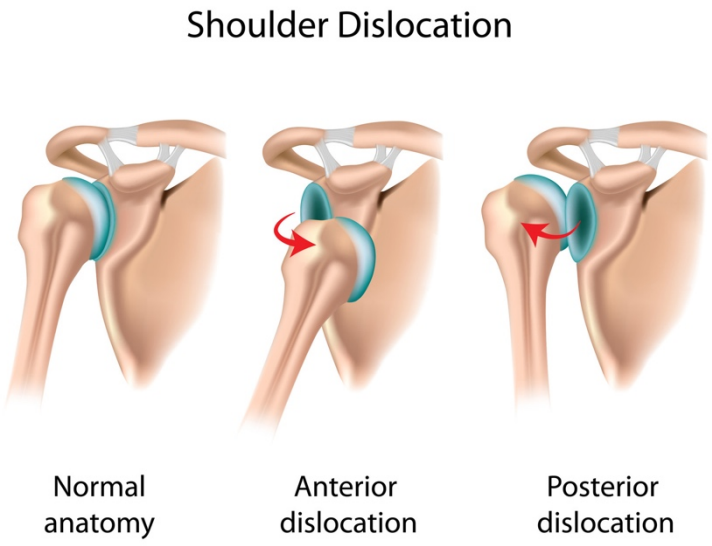
Is It a Fracture?

First, you have to determine whether it really is a fracture or not. During the body check, you will be looking for deformations of the bones, and well as pain in the patient. You will likely find a bruise on the skin near the location of the break. This is because the bones bleed when they break. If the deformation of the area shows an obvious broken bone, or if it is pushing through the skin, you can still make things right. It does mean some pain for the patient though, and if you have lidocaine, you will want to inject the area around the break, but do not inject into the bruised or red area. You will want to inject between 5ml and 10ml of lidocaine.

Once you have injected the lidocaine and it goes to work, you need to reposition the bone and put it back into place so it can heal. Even with the local anesthesia, this can be painful to the patient, not to mention disturbing. Things will go much easier if you

have one or two people who can help you. One can help to realign the bones, and the third person can help to distract the patient.

Keep in mind that with fractures, there is also the potential for nerve damage. You aren't going to be able to do anything for the nerve damage, which in severe cases can cause the limb to become essentially useless, even after the break heals.



Dislocations

When someone suffers from a dislocation, it means that the bone has popped out of the joint. It's generally not too serious, although it is painful. When this occurs, you need to put the patient's bone back into the joint. Shoulders are the most common dislocation injury, and they will generally happen as the result of a fall.

The bone needs to be placed back into the joint quickly – hopefully within a couple of hours at most. If the bone isn't put back in the joint within a day, surgery is likely the only option that can work, and if you are in a long-term survival scenario, that's not going to happen.

Do not let the movies dictate how you put a bone back into place in the joint. You aren't going to repeatedly slam someone's shoulder into a wall and miraculously have their shoulder be fine. In fact, if you do this, there is a good chance that you will end up with a fractured shoulder and a host of new problems – including someone who is miffed that you smashed their shoulder into a wall.

To put a shoulder back into place, the patient will lay on a bed or on the ground. You will then pull on their arms gently while keeping your leg against the joint to brace it. The

patient can then move their hand slowly and allow the muscles to relax as much as possible. When they are relaxed, the bone will pop back into the joint on its own accord. Never try to force it! Allow the muscles to relax and the body will do most of the work for you.

It is possible to do this on your own as well. If your shoulder has popped out of joint, you will want lie on your stomach and hold the arm on its axis. Again, let the muscles relax, and the arm will go back into place.

Is It a Dislocation or Worse?

The pain can be quite severe, and it is not always easy for a patient to know whether they have dislocated or broken their shoulder unless they have had dislocations before. You should be able to tell when you do the body check. If you find that there is a gap in the joint that the other shoulder doesn't have, then it is a dislocation. If you notice that there is bruising and swelling in the area, then there is a good chance it is a fracture.

If it is a fracture, then you need to treat it like other fractures. It needs to be aligned and put in its natural position, similar to what you would do with an arm or leg fracture. Then you can immobilize the area as best as possible and tell the patient not to move their shoulder for several weeks.

Sprains

Sprains are most common in the knees and the ankles, and they can happen with alarming frequency when you are in a survival situation. A sprain occurs when a ligament is pulled, and it can result in rapid swelling, as well as substantial amount of pain.

To treat a sprain, you will need to remember the acronym RICE, and do the best you can with the supplies that you have.

R stands for rest. You need to get off of the injured limb, and you should not put any weight on it for about 48 hours. The I stands for ice. You might not have any ice in a survival scenario, but you can use cold compresses if you are in a pinch. Now, if you do have ice, or snow, in a cold climate, you need to make sure that you don't put it directly on the skin, as this could cause frostbite if you aren't careful.

The C stands for compression. You should wrap the sprained area with an ACE bandage. The E stands for elevation, so you want to make sure that you have the area elevated above the heart. This will help to reduce the swelling.

Amputation

Amputation is not pretty, but sometimes it might be necessary to save a life. When the limb has been damaged beyond repair, or when it has already nearly been severed, then amputation is likely in the patient's future. When you are in a survival situation, and you don't have access to hospitals and doctors, the amputation is up to you.

Once again, it's not like the movies. It's not going to happen like *The Walking Dead* when people simply chop off limbs. Instead, it is a process. The first thing you have to do is stop the blood flow to the limb. You do this by placing a tourniquet above the area that needs to be amputated. You will also clamp the vessels that are bleeding.

After the bleeding has been stopped, you will then need to wash out the wound to make sure there is no debris, grit, or dirt in it. Use clean, fresh water to clean the wound, or else you will simply be introducing bacteria to it, which can cause an infection.

Once this is done, you will need to use a bone rongeur to cut the end of the bone and to remove the ragged chips. This is because new skin will eventually grow over the stump area, and it needs to be smooth and free of any jaggedness on the bone.

You want to try to keep as much of the muscle intact as possible. You could cut off some additional bone and then use the muscle to cover the end of the bone so it will heal over it. Keep as much of the live tissue as you possibly can and cut away the rest.

You will then treat the site of the amputation just as you would any other wound. It needs to be kept clean and it should be covered to keep it free of infection and debris.

If the amputation site gets infected, you can use betadine to clean it. This should help to kill the infection. It is best to dilute the betadine with saline solution in a 50/50 mixture, since betadine can actually destroy muscle tissue. Once the infection is gone, then you can go back to just cleaning out the wound with water.

The body, as long as you are keeping the patient hydrated and as healthy as possible, can help to heal the rest. Change the dressing once a day and look at the wound. After a week, you can cut down and change them every other day as the healing process progresses. Continue to keep an eye out for infection.

The Patient's Mindset

If you think performing an amputation is rough and traumatic, imagine what the patient is feeling. They have just literally lost a part of themselves, and even though they might be grateful they are alive, they may not feel whole. This type of injury can take a huge psychological toll on a person. It's a good idea to make sure you talk with the patient to see how they are doing. Try to make the situation as pleasant as possible. This can be difficult, but it is important to help them keep up their spirits as much as possible.

While they won't be much help physically for a while, and they need to get their rest, try to keep them busy mentally. Make sure they have things to think about and to get their mind off of the amputation.

Problematic Punctures

Puncture wounds, such as stab wounds and bites, can be difficult to care for. We touched on them earlier, but is it important to go over them in further detail here. Even though a puncture wound might not look terrible on the surface, it's the depth of the wound that can be a problem. There is a deep cavity, and even though the surface could heal quickly, there is still that hole to worry about.

If there were any bacteria on the nail, the knife, or the teeth that bit into the patient (and there likely will be), then there is a good chance that an infection is on the way. These cavities are the perfect place for bacteria to grow. It is hot, moist, and the bacteria can feed and breed. This means that the cavity will start to fill with pus.

You need to get rid of this pus or the infection is going to continue to worsen. If the wound is still open, you should see the signs of the infection. The problem comes from wounds that are closed. The skin might have healed on its own accord, but there could still be an infected hole beneath. Other times, the wound might have been sutured – rarely a good idea with punctures. If the wound is closed, then you need to reopen it to drain the pus. To do this you will want to first inject the area with lidocaine and then cut into it with a scalpel.

You will know if there is an infection in the wound by the telltale signs – redness, tenderness, swelling, heat, and possibly red streaks. The pus will find a way to work its way through the body. In the best case scenario, it exits on the outside. In the worst case scenario, it goes through the flesh and into the body. If this happens in the abdomen, then it could actually cause peritonitis, which can be deadly.

Most of the time, simply removing the pus and cleaning the wound – and keeping it clean – is all you need to do. However, if the infection is persistent, you may want to consider providing antibiotics for the patient.

Dealing with a Knife Wound



There is no such thing as a routine knife wound because they can all be quite different based on a number of factors. Is it a slash or a gash, or is it a stab wound? How deep is the stab wound or how long and deep is the slash? Did the person injure themselves, or were they attacked? This means there could be more than just a single knife wound, not to mention other injuries.

Even though the wound was made by a knife, you have to treat the wound the same as other types of wounds. A slash made by a knife is still a laceration. A stab wound is still a puncture wound. You need to treat them as such. You need to stop the bleeding, you need to keep the wounds clean, and you need to watch them for infection. Ideally, the patient would go to the hospital, but this book does not deal with an ideal world.

Trauma's Not Easy

Trauma is not easy for you, and it is certainly not easy for the patients. However, you can see that the basic principles are the same for many different types of traumatic injuries. Dealing with trauma injuries can be very overwhelming when you are brand new, and you really have to do your best to get your head in the game before you have to face the situations in the real world.

Learning the information presented in this book, is a great start, but you will want to keep on learning more techniques, and you will want to practice them as much as

possible. Of course, you can’t practice all of the techniques, but you can start to at least get your mind mentally prepared for these types of situations.

Chapter 27: When the Meds Run Out

Even if you stockpile a massive amount of drugs and equipment, if the disaster is long-term and things are not going to be getting back to normal anytime soon, you will run out. Yes, this is a very frightening thought, but it is a possibility that you may have to face. It's better to think about this now and have a plan that you can follow in the event it happens.



Finding More

The first thing you might want to consider doing is looking for more medications. Depending on your location and the conditions, this might be possible. There may still be medicine to be found out there. Even after modern civilization has fallen away, there might still be some items left, and you should always keep an eye out for them.

You will want to look for them in pharmacies, grocery stores, convenience stores, gas stations, and anywhere else that you might think to look. You could look in clinics and hospitals, as well. Do not be surprised if the goods in these locations have already been picked clean though. You might get lucky though, so it is worth a shot.

In addition, you can look in homes. If civilization has gone the way of the dodo, and people have abandoned their homes, then you will want to check those places for supplies, including medicine. You never know what meds you might be fortunate enough to find that you can add to your dwindling stockpile.

Here's another idea to consider. If you are in a location that has businesses and office buildings, they will generally have at least one first aid kit, and generally they will have more. These kits can provide you with meds, as well as extra medical supplies that you can use.

Quitting the Meds

Some types of medication need to be tapered off before quitting, while others you can simply quit cold turkey. It doesn't mean that your body doesn't still need the meds. It just means you won't have to deal with withdrawal symptoms from the medication. The patient will still be suffering from the conditions of their sickness or disease, and then they have to quite taking medications, those symptoms can worsen quickly.

The medication types you need to taper off of include:

- Anxiety medication
- Depression medications
- Pain medications
- Prednisone

Trying to Live Without Medications

Here's the cold hard truth. Some medications are necessary for a person to live. Without those meds, that person will eventually die. If you don't have access to the

medications, then there is nothing you can do to help them unless you are able to find more of the meds soon.

Others, those who aren't currently dependent on medication for survival, may be able to do some things that can help them to prolong their life. In fact, some of these things you should start right now.

In addition to the herbs mentioned earlier in the book, there are some other things that you can do to help increase your chance of survival.

First up, make sure you are at a healthy weight. This is far more important than you realize. You can't just whip yourself into shape in the days following a disaster. If you aren't already in good shape, then you will probably die. You want to keep yourself at a healthy weight as this can reduce your risk of heart problems, diabetes, and high blood pressure. It is also going to help you with all of the survival activities that will be expected of you. If you are diabetic, be careful with your sugar.

When you are in good shape and you are eating right, you will develop a stronger immune system, so you should be less likely to contract diseases.

Deal with Addiction Now

Here's another thing that people don't pay much attention to before they are thrust into a survival scenario. Not only are the prescription drugs going to be difficult, or impossible, to get, but so will all of the vices that people have. Kicking a drug habit is difficult in the best of conditions. If you are trying to survive, then imagine how much worse it will be trying to deal with an addiction.

Keep in mind that when we're talking about addiction, we're not just talking about the powerful drugs like heroin or meth. We're also talking about addition to alcohol and nicotine. If you are the type of person who can't function right without a morning cigarette or two, then what are you going to do when all of the cigarettes are gone? It's

going to be a few miserable days, or longer, as your body tries to adjust without the nicotine.

The best thing you can do, no matter how “mild” you think your addiction might be, is to quit now, before the disaster. This way, you won’t have to worry about withdrawal while you have all of those other things to concern you.

Let’s look at some tips that you can use now for yourself, or for others in your life, to help get them away from their addictions.

Find the Reason to Quit

They say that people aren’t able to quite something they are addicted to unless they are in the right frame of mind to do it. They actually have to admit that they have a problem and that they really want to quit. That doesn’t mean that they will suddenly be cured of their addition. That potential to come back to the drug, whatever it is, will always be there. However, it does mean that they are ready to take steps toward getting better, and that is where everyone has to start.

Work with a Specialist

Since the world hasn’t fallen quite yet, you or your loved ones who are addicted will have the ability to get to work with professionals in addition treatment, or even go to a rehab facility. While it is possible to quite some drugs without outside help, many people find that having a specialist who can guide them through the process and who can understand what they are going through can be a real help.

It might be something you at least want to consider.

Find a Support Group

Having a group of people who have gone through the same experience, whether your poison is alcohol or heroin, can be a huge help as well. They can serve as a support network for you. Sure, family around you that is encouraging is great. However, people who have actually been in the shoes of an addict and who really understand can be even more powerful allies in these cases.

When the Time Comes

When a patient is dependent on prescription medications to live, and when those meds run out, we've already told you what happens. The person dies. It is a good idea to find ways to help people make their peace with this. The sooner they are able to do that the better. It's never easy, but having some preparation in place ahead of time can make a big difference at the end.

Chapter 28: Dealing with Psychological Stress

Thus far, we've mainly talked about the physical aspect of staying alive and keeping others alive through the use of medical techniques and medicine. However, you also have to think about the psychological factor of survival. While you have taken the time and energy to prepare your stores and supplies, and to have improved your survival skills, that might not be the case with everyone you run across after the disaster.

Some people in your group might have the same mindset as you do, and you can help to keep one another motivated and positive in light of everything that is happening, and that's great. However, there might be other in your group, or who come to your group, or even family members who are having psychological troubles after the crisis.

You need to do what you can to make life seem as normal as possible if you want to help everyone's psychological health. Here are a few things that you can do that should help.

Build a Sense of Community

People are social creatures and they thrive, for the most part, when they are in a community setting. Having other people around can make the world seem a little less miserable and dark. Try to develop a sense of camaraderie amongst everyone as well.



Keep Busy and Train

When you are busy working and training, you have less time to dwell on the negative aspects that life might be dealing you right now. As long as people are healthy and able to keep busy, everyone should be working in their role and helping others as needed.

Remember the Importance of Sleep

Many people find that they have trouble getting to sleep when anything new or different happens. If they are in a new house, they can't sleep. They can't sleep in a hotel, or the day before they start a new job. In a survival scenario, everything seems new and scary, and it can be hard for people to get to sleep. Having plenty of sleep is essential to reducing psychological stress though. By having people work and train regularly, it should help to tire their body so their mind can rest.



Make It as Pleasant as Possible

Even though the world might be in a shambles, you should do your part to make your little area as pleasant as possible. Smile, grow flowers as well as vegetables, have

gatherings and tell stories, put up some decorations to make your new place a home, not just a survival shelter.

These four simple things can make a real difference, so do not overlook them with your group.

Conclusion:

You Need to Continue Learning

We're at the end of the book, and we've covered quite a few different medical topics and survival topics that will be of immense use to you. However, you shouldn't simply finish reading this book and believe that you are prepared for everything. Yes, there is a lot of information here that will be extremely valuable, but you should think of this as the *beginning* of your journey toward medical self-reliance in a survival situation rather than the end.

Keep reading and keep looking for classes in your area that will provide you with as much knowledge as possible. The more you know, the better prepared you will be.

Train Others

As we mentioned earlier in the book, you should not be the one to shoulder all of the responsibility when it comes to medical treatment in a survival situation. Sure, you might find yourself alone and without the others for help at some point, and you need to make sure your skills are on point. However, by training others in the medical field, you will greatly increase your chance for survival. Everyone can help out.

In fact, you shouldn't just relegate additional training to the medical field. Everyone should be well-versed in other areas of survival as well, so that way, not all of the knowledge is lost in the event one person dies. For example, what would you do if the only person who knew how to grow any food passed away? You'd have to guess and try to figure out how to plant and grow your crops. Don't live like that, because you can't survive like that.

Get on board with cross training in as many areas as possible. You might be the main medical person in your group, but you should also have training in basic gardening, shooting and hunting, skinning animals, and the like.

Do this, and you will have the best chance of surviving. Good luck!