



WHEN THERE IS  
***NO SECOND OPINION***



Protecting your most valuable asset in difficult times



Basic Personal

Family Size

Responder Size

## Types of Portable Medical Kits

Types and quantity of equipment and tools increases as size increases. At a minimum, a modified personal kit should be in every Go-Bag, and The other sizes all should be in portable form in your supply kits.



## Threats to our health surround us at every turn

There are three basic forms: Threats from other people, Threats from nature, and self inflicted Threats.

## Natural Threats include:

Virus or bacteria borne illness

Poisoning (internal or external)

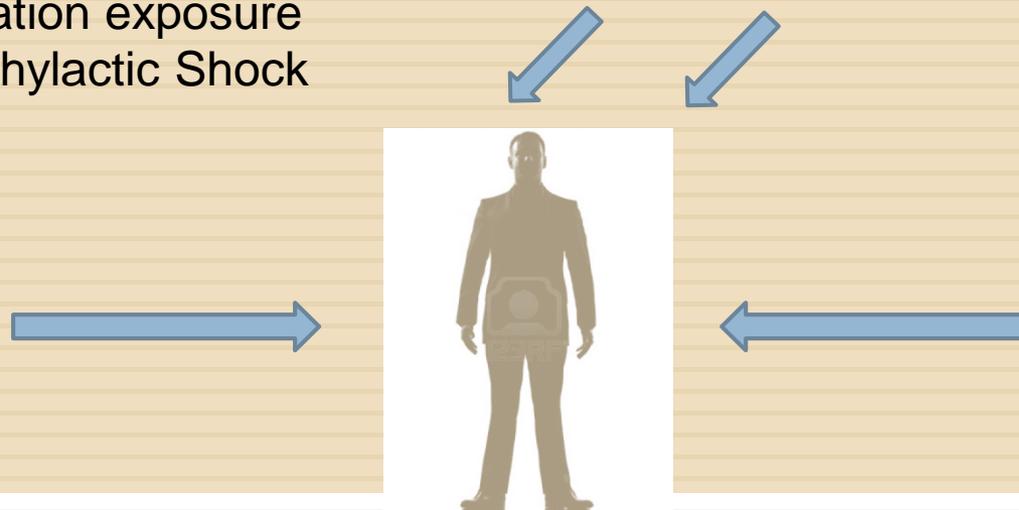
Wildlife (which may be carrying illness or venom)

Insects (whether through bacteria or viral means, or through venom)

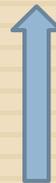
Exposure – extreme weather conditions, cold, damp, heat

Radiation exposure

Anaphylactic Shock



These threats will find you, no matter where you hide.



## Self Inflicted Threats

These include:

Broken bones from running or falling

Twists and Sprains

Punctures and Lacerations

Prior illness related injuries, (asthma, diabetes, allergies)

Stroke

Heart Attack

Depression, Anxiety

Burns

Drowning

Infection

Shock

Pregnancy



**These threats will generally be brought on by ourselves.**

It is vital to maintain good physical shape and stamina as your best prevention against injuries and illness.

## Threats Inflicted by Others

These include:

Punctures, Lacerations

Shrapnel

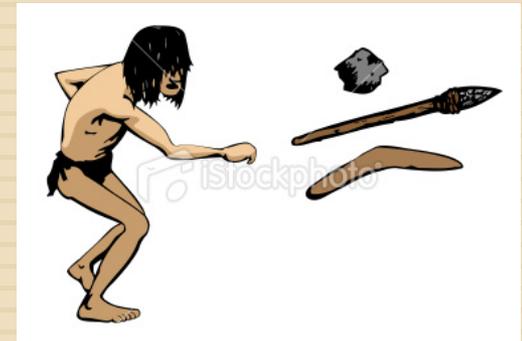
Agents delivered in airborne form (gas)

Burns

Penetrating wounds

Concussion

Pregnancy



These threats we can try to avoid.

Proper training and preparing are your only defenses against these things.



## ***Why Our Emergency Training is Largely Useless***

Most First Aid and Emergency Treatment is designed to stabilize a patient prior to transport to a medical facility where highly specialized people will work with highly technical equipment.

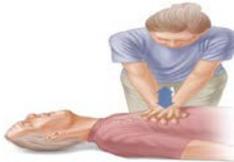
*Most emergency treatment is not curative in itself.*

### **\*CPR & Chest Compressions**

“If the victim is not breathing (or is just gasping for breath), **call 911** immediately and go to step 2. If someone else is there to help, one of you **call 911** while the other moves on to step 2.”

“**Begin chest compressions.** If the victim is not breathing, place the heel of your hand in the middle of his chest.

If you are not trained in CPR, continue to do chest compressions **until help arrives** or the victim wakes up.” (First Aid Manual)



While CPR may restore breathing and heartbeat, nothing is done here to address the cause. In the case of drowning, this may be a ‘cure’, in all other cases it is not going to address the problem.

# Why Our Emergency Training is Largely Useless

## \*Pressure bandages

“Regardless how severe, all bleeding can be controlled. If left uncontrolled, bleeding may lead to **shock** or even death. Most bleeding can be stopped before the ambulance arrives at the scene. While you're performing the steps for controlling bleeding, **you should also be calling for an ambulance to respond.** (First Aid Manual).”

The point here is that YOU are now the ambulance, the paramedic and the surgeon.

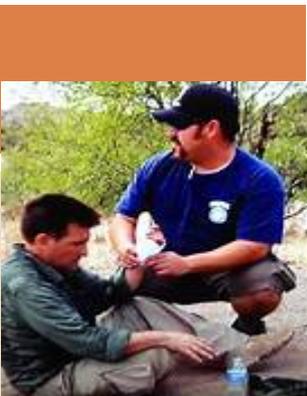
Yes, you must stop the bleeding, but you must also proceed to clean, sterilize, irrigate and dress the wound, assuming this is possible. Lastly you will be stitching up the wound yourself.

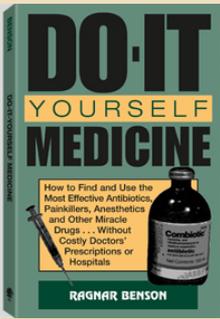
Remember the “midget-digit” man of Doomsday Preppers who shot his thumb?



A member of the camera crew was an EMT, a helicopter flew him to the hospital, and a few hours later, “Presto!”, thumb reattached !

In reality, this would be an amputation from the git-go.





## *Why Our Emergency Training is Largely Useless*

### \*Broken Bones

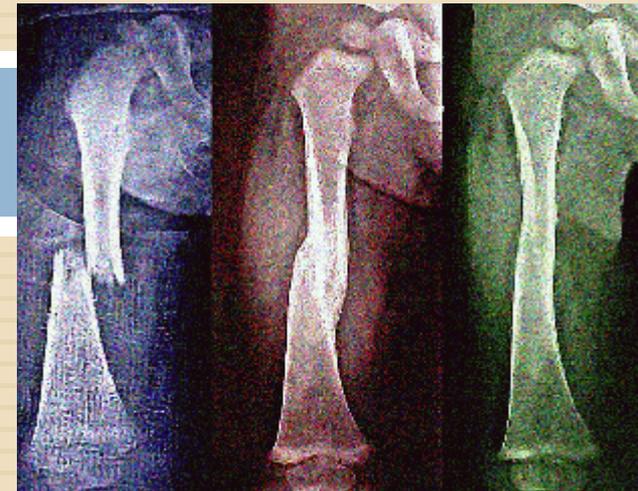
“Have the injury treated by a physician or a qualified medical professional as soon as possible.”

“Apply ice packs to limit swelling and help relieve pain until emergency personnel arrive.”

“A broken bone, or fracture, is an injury that requires immediate medical attention. Aside from the actual breakage of the bone itself, other symptoms may accompany the bone injury, depending on the severity of and circumstance in which the injury occurred. Here's what you can do to help keep the victim comfortable and prevent further injury until help arrives. “

In Bensons book, “Do It Yourself Medicine”, he points out that people who are mechanically inclined make for natural bone-setters...

Not much help here for the rest of us...





## *Other Related Problems*

\*Infectious disease, fever, flu, strep, biological contamination

Standard treatment here is isolation, personal protective gear, sterilization, disinfectant, with a healthy dose of antibiotic.

Not much chance of that happening unless you are with a fair sized group, sheltered in a well laid out facility.

Most groups will be small, close contact will be normal, little to no protective gloves, masks, etc.

Diseases like this used to be big killers in medieval times. Guess what, they're back.

Any disease such as this may be fatal, not just to the victim, but to the group.

The “Spanish Flu” killed 40% of the worlds population in 1918, 20 to 50 million people. The “Spanish Flu” was **H1N1 type A**, a mutated avian bird flu virus.



**Potentially fatal medical problems –**

<b><i>Current Time</i></b>	<b><i>Future Time</i></b>
Radiation exposure	Virus or bacteria borne illness Poisoning (internal or external)
Anaphylactic Shock	Wildlife (which may be carrying illness or venom) Insects (whether through bacteria or viral means, or through venom)
Stroke	Exposure – extreme weather , cold, damp, heat Radiation exposure
Heart Attack	Anaphylactic Shock Broken bones from running or falling
Drowning	Twists and Sprains , Punctures and Lacerations Prior illness or injuries, (asthma, diabetes, allergies)
Electrocution	Stroke , Heart Attack , Depression, Anxiety
Penetrating wounds	Drowning , Infection , Shock , Pregnancy
	Punctures, Lacerations , Shrapnel Agents delivered in airborne form (gas) Burns , Penetrating wounds , Concussion
	Famine, dehydration, nutritional deficiencies

***Every injury , no matter how minor, is life threatening !***

***Based on probabilities – Here are the top three :***

- 1. Infection***
- 2. Nutritional deficiencies***
- 3. Heart attack***

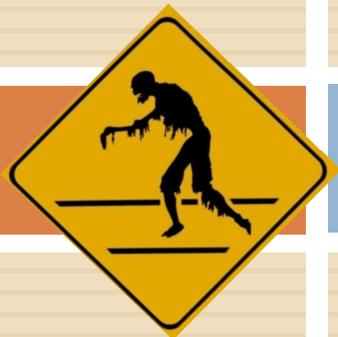
***Infection will result from 90% of the conditions already covered***

***Heart attack will result from strenuous work in all weather conditions***

***Lice, ticks, fleas and other pests will multiply due to close contact, poor hygienic conditions, and lack of effective insecticides. These will help transmit disease throughout the group.***

***- Once started, infection is hard to stop under primitive conditions –***

***In the case of infected wounds, this may lead to an amputation race to prevent the infection from spreading.***



Many conditions will lead to a 'living dead' type state. Heart attacks, stroke, and disease may not be fatal, but will kill usefulness of individuals, who still must be fed and housed.

## Triage

Unlike what you might think, Triage is done a bit differently under post apocalyptic conditions.

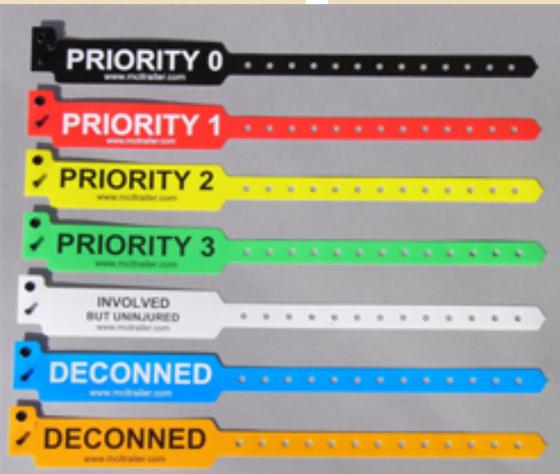
We are used to seeing extreme cases hustled off to be operated on while other people are told they can wait, they are not that bad.

This is not how the military performs triage.

The objective in the military is to keep as many people actively engaged as possible. This means that more lightly wounded may be treated first, in the hopes of getting them back into service as quickly as possible.

The severely wounded may be put on hold because it is obvious they will not be engaging anyone anymore.

This makes much sense. The strength of the group is dependent upon all sharing the workload. Getting the lesser wounded back quickly takes the strain off the group.



## SUMMARY

- *Just about anything that happens after medical facilities and personnel are gone has a large potential to be fatal –*
- *The average ‘medical kit’ preppers are packing is mainly designed to function as a ‘hold over’ until professional help arrives-*
- *Some accidents/injuries/diseases that are quite common now will be fatal because nothing can be done to assist the victim-*
- *We must determine what our personal capabilities are, as well as our current skill levels. Skills do not improve with age!*
- *We need to re-analyze what we carry in our kits to cope with this new reality - Are we stockpiling items that will run out after a short time, or are we learning skills we can use to function off “the medical grid”.*

### *Where There Is No Doctor a village health care handbook*

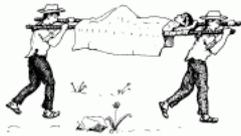
*~ revised edition ~*

*by*

*David Werner*

*with*

*Carol Thuman and Jane Maxwell*



*with drawings by David Werner*



## Some ideas to add to your medical kits

### **Anesthetics:**

Yes, I know, these are not easy to obtain. I have read of 'street coke' being used, but for most of us, that's not much of an option. Alcohol is a possibility, but it has medical disadvantages. Cloves work somewhat for toothaches.

### **Stainless steel saws:**

Amputations, whether small or large, will be the only 'cure' for many problems. You need something that will cut quickly, cleanly, and be sterilized. Cauterization will generally be required as a follow up. A cauterization 'tool' that can be heated and sterilized will be essential.

### **Diatomaceous Earth ! :**

Natures natural insect killer. Easy to buy, easy to store, easy to use. Internal or external use possible.

### **Know your Medicinal Plants :**

Willow, Mint, Chamomile, Feverfew, Plantain, Blackberry, there are hundreds -

More great downloads at [www.teotwawkinasg.webs.com](http://www.teotwawkinasg.webs.com)

