

Survival Key #5

MEDICAL

NOTE

SHTF-ERS PREP FOR A GRID COLLAPSE WHERE MEDICAL CHALLENGES INCREASE EXPONENTIALLY, REMAIN INDEFINITELY AND MEDICAL KNOW-HOW IS INVALUABLE

Survivors Must:

- 1. IDENTIFY SHOCK AND MENTAL CONDITIONS ASAP**
- 2. PREPARE FOR EXPOSURE RELATED CONDITIONS**
 - a. Hypothermia
 - b. Heat Stroke
 - c. Dehydration
 - d. Malnutrition
 - e. Post Trauma Stress
- 3. KNOW TRIAGE AND FIELD DRESSING**
 - a. Stop bleeding first
 - b. Tampons in bullet holes type stuff
- 4. RESPECT ALL SKIN LACERATIONS W/ NEOSPORIN**
- 5. RESPECT FEVERS**
- 6. RESPECT INFECTIONS & ALLERGIES**
- 7. KNOW HYDRATION I.V. TECHNIQUES**
- 8. STOCKPILE, PROTECT & KNOW MODERN MEDS**
- 9. ADJUST GOALS TO HEALTH LIMITS / HEALTH PLANS**
- 10. STOCK LIBRARY ON:**
 - a. Frontier medical tech
 - b. Disease, home remedies & herbs
 - c. Medical herbs and vinegar treatments