



The CheapTrekking First-Aid Bandana

Only emergency information, follow at own risk, seek professional assistance



RABIES:

- SEEK MEDICAL ATTENTION IMMEDIATELY!
- DON'T WAIT FOR SYMPTOMS OR YOU WILL DIE!
- MUST BE TREATED WITHIN 10 DAYS OF BITE
- Flush eyes, mouth, and nose with water
- Wash bite for 5 minutes, apply IODINE
- Apply antibiotic cream and cover with a clean bandage

SNAKE BITES:

- Remaining calm and quiet slows the spread of venom
- Remove jewelry before swelling
- Clean bite, but do NOT flush with water, dry and apply bandage
- Position bite below heart, then immobilize
- Don't use a tourniquet or apply ice
- Don't cut the bite, don't squeeze or attempt to remove the venom
- Don't drink caffeine or alcohol
- Don't try to capture the snake, take picture or describe to doctors
- Call 911, seek immediate medical attention

CPR:

- Give 2 breaths until chest rises, compress chest 30 times, repeat
- Pace yourself, but compress 90-100 times per minute
- Infants-** Use 2-3 fingers below nipple line, compress chest ½" – 1" deep
- Children-** Use 1-2 hands in center of chest, compress 1"– 1 ½" deep
- Adults-** Use 2 hands in center of chest, compress 1"– 2" deep

MAJOR BLEEDING:

- Lay victim down with head lower than body
- Gently clean wound
- Apply pressure with cloth until bleeding stops
- Do not reinsert displaced organs, cover or wrap wound to support
- Apply pressure around, but not on embedded objects
- Do not remove bandage to check, keep in place until medic arrives
- Elevate bleeding limbs

BURNS:

- Call for help while surveying the area
- If electrical burn, turn off power before touching
- If safe to do, remove person from burn source
- Begin CPR if not breathing
- Remove restrictive items before swelling occurs
- Lay victim down, elevate burn above heart, elevate legs
- Do NOT remove clothing
- Cover with a cool, moist, bandage or cloth
- Do NOT immerse in cold water, this can cause hypothermia
- Keep person warm
- Stay in place and wait for help

MINOR BURN TREATMENT-

- Hold under cool water or apply wet compress
- Apply Aloe Vera lotion to unbroken skin
- If blister breaks, clean with water and apply antibiotic
- Bandage loosely to block air and reduces pain

SHOCK:

- Lay victim on side with head lower than body
- Keep person warm, cover with blankets
- Do not let the person eat or drink
- Treat injuries, give CPR if not breathing
- Keep person as still as possible and encourage them
- Call for help, assure victim that help is coming

CHOKING:

- Give 5 back blows between shoulder blades w/ heel of hand
- Wrap arms around person's waist
- Position your fist above the navel and grab with other hand
- Give 5 quick, upward thrusts (Heimlich)
- Repeat sequence until item is dislodged
- Pregnant-** Place hands higher at base of breastbone
- Unconscious-** Lie on back, dislodge item, do NOT perform Heimlich, Give CRP
- Infant-** 5 Back blows over thigh, compress chest 5 times, repeat until item is dislodged

WILDERNESS BONE BREAKS:

- Don't move victim unless necessary to avoid further injury
- Do NOT push in exposed bones, this can cut nerves blood vessels
- Pull the limb, as if in traction, to manipulate the bone back into place
- Stop bleeding, apply pressure, cover with bandage
- Immobilize and splint with rigid poles to either side of the limb
- Do NOT tie tight enough to stop circulation
- Lay victim down, with head lower than body, elevate legs
- Treat for SHOCK-** If person looks pale, feels faint, or breathing is rapid
- Keep person warm, do not give water
- Wait for help unless survival requires moving, or only an arm injury
- A lower extremity break is worthy of calling for rescue

HYPOTHERMIA:

- Body temperature below 95 F (35 C)
- Keep warm, protect from wind, insulate from cold ground
- Replace wet clothing, cover with blankets
- If further warming is needed, do so gradually
- Apply warm, DRY compresses to torso, neck and groin
- Wrap hot water bottles or chemical hot packs in towel before applying
- Offer warm, sweet, nonalcoholic drinks
- Begin CPR if no sign of life
- Don't rewarm too quickly, use of heat lamps or hot baths can stress organs
- Alcohol or cigarettes interfere with circulation needed for rewarming

FROST BITE:

- Protect from further damage, don't thaw if refreeze is possible
- Don't rub skin, don't walk on frozen feet or toes if possible
- Gently soak in warm water 105 to 110 F (about 40 to 43 C)
- Soak 20-30 minutes or until numbness disappears
- Prevent burns, Don't rewarm with direct heat such as lamps, pads, or fire
- Don't break any blisters
- Drink warm liquids (no caffeine or alcohol)
- Seek medical attention if normal color and feeling doesn't return quickly

BLISTERS:

- Do not drain if you have poor circulation or diabetes
- If possible, keep blister intact, cover with gauze for air flow
- Cover hot spots with moleskin, duct tape, or leukotape
- To reduce pain, drain fluid but leave skin intact
- Wash hands and blister with soap and water
- Swab blister with iodine or rubbing alcohol
- Sterilize needle with alcohol or boiling
 - Puncture skin in several spots near blister edge
- Apply antibiotic ointment and cover with gauze pad