

## ACTION AT AN EMERGENCY



# Leo Combs

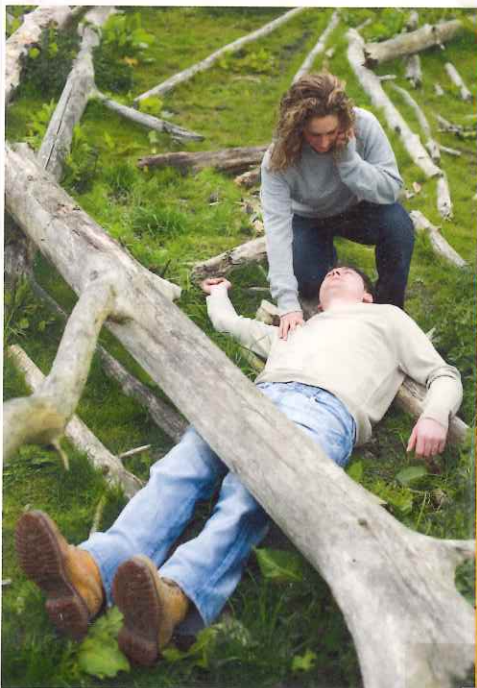
## MAKING AN AREA SAFE

Emergency Medicine

BE CALM

First Aid &amp; CPR

## WHAT TO DO



Casualty in a vehicle



# MANAGING AN INCIDENT



### Making a vehicle safe

Wear a high-visibility jacket if you have one to alert others of your presence. Switch off the ignition (even if the engine is no longer running); this reduces the risk of a spark causing a fire.



CALL FOR  
EMERGENCY  
HELP



*"Life is not measured by the breaths we take, but by the breaths we give away."*

**HAVE A**   
**SAVE A** 

CPR first appeared in the bible (2 Kings, 4, 34)! Since then, it has seen 13 method changes over the 2800 years (more or less) it has been around.

2:07



WHAT IS A FIRST AIDER? | HOW TO PREPARE YOURSELF

## HOW TO PREPARE YOURSELF



# CPR

## Breath & Compressions

Adult 2 : 30

Child 2 : 30

Infant 2 : 30

### A BELLY FLOP FOR CPR?

Studies from Columbia and Johns Hopkins Universities suggest that performing CPR on someone lying on his stomach may be more effective than chest compressions. The variation appears to improve bloodflow to the brain and heart. Research is ongoing. **MHI**

What would you do if someone near you seemed to be having a heart attack? Giving CPR (cardio-pulmonary resuscitation) may seem daunting, but the American Heart Association (AHA) says simply doing chest compressions, without mouth-to-mouth breathing, may save an adult until help gets there. The AHA's Hands-Only CPR guidelines: call 911; put the victim on the floor face up; place one hand on top of the other in the middle of the victim's chest; press hard and fast on the chest, depressing it about 2 inches, roughly 100 times a minute. Continue until paramedics arrive. Note: Kids and drowning victims still need

# HANDS-ONLY CPR

Call 999. Then push Hard and Fast to the beat of Stayin' Alive

■ Untrained.

■ Trained, but rusty.

■ Trained, and ready to go.

CPR is as easy as

**C-A-B**

*Infants - Children - Choking - Drowning - Respiratory Problems*

# CPR is as easy as

3

# C -



*Less Rescuer fatigue*  
1. Straddling  
2. Standing  
3. Kneeling



# B



**C**ompressions  
Push hard and fast  
on the center of  
the victim's chest

**A**irway  
Tilt the victim's head  
back and lift the chin  
to open the airway

**B**reathing  
Give mouth-to-mouth  
rescue breaths

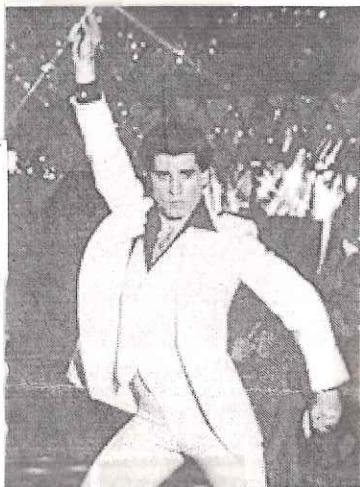
**Early chest compression can immediately circulate oxygen that is still in the bloodstream. By changing the sequence, chest compressions are initiated sooner and the delay in ventilation should be minimal.**

**Nitrile:** is made from a synthetic polymer exhibiting rubber-like characteristics when vulcanized. The polymer is manufactured as solids and emulsion, and can be processed like natural rubber latex. It is protein free so it is allergy free. Nitrile was designed for chemicals so they do not breakdown. This is why hospitals and EMS workers have changed to Nitrile Gloves.

In addition, latex breaks down after a short usage time, which make the latex porous (the pores are large enough to let the virus through the glove or condom). This is why hospitals and EMS workers have changed to Nitrile Gloves.

## A Retro Heart Cure

St. Joseph's children's aspirin, pulled from shelves in 1984 in the face of concerns about aspirin use in kids, is back – with a twist. Now it's being marketed to people who grew up on the tangy-tasting orange tablets as the perfect daily dosage (81 mg) recommended for those at risk of heart disease.



**CPR and "Stayin Alive:" The Bee Gee's 1977, Disco Hit Has Almost Perfect Rhythm (103 Beats Per Minute) to Jump-start a Stopped Heart**

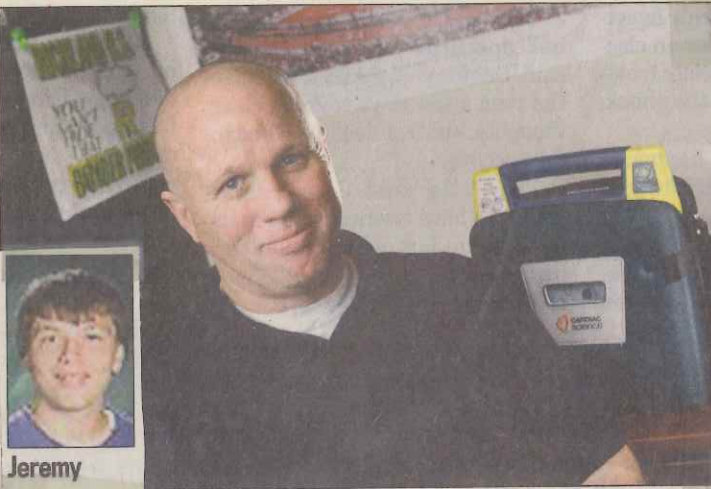
*KC & Sunshine Band  
That's the Way I Like it*



# Defibrillator at school

Richland High School Athletic Director Mike Edwards used one of the school's three automatic external defibrillators to restart student Jeremy Brewer's heart after Jeremy collapsed Friday.

Kal-Huei Yau  
kyau@tricity  
herald.com



Jeremy

Good Samaritans rushed to aid Richland student who collapsed Friday

JACQUES VON LUNEN

HERALD STAFF WRITER

A Richland teen recovering in a Seattle hospital this week owes his well-being — and possibly his life — to several people who rushed to his aid after he collapsed at school Friday.

But the good Samaritans' efforts might have been in vain if it weren't

## may have saved teen

### SHOVEL TROUBLE

Snowflakes are beautiful—until you need to move billions of them from point A to point B. Then they become downright dangerous. A new 17-year study in the *American Journal of Emergency Medicine* notes that 11,500 people—the majority of them men—visit ERs every year with injuries related to shoveling snow. If you can't hire a local kid (or a plow) to clear your driveway this winter, protect yourself with these strategies.



#### 54% ACUTE MUSCULO-SKELETAL EXERTION

Always try to push the pile instead of lifting it. When you do need to lift, avoid twisting your back—bend at the knees and turn your entire body to deposit the load, says Michael Schafer, M.D., a professor of orthopedic surgery at Northwestern University.



#### 20% SLIPS AND FALLS

Do your boots have good tread? Did you scatter rock salt on bare areas? Now focus on your posture. "Keep your feet shoulder-width apart so your center of gravity stays close to your core," says Michael Marks, M.D., a Connecticut-based orthopedic surgeon.



#### 15% SHOVEL MISHAPS

You can't do much to prevent your buddy from clocking you in the noggin with his shovel, but you can avoid hitting your own head. Don't try to lift too much snow at once, especially if the snow is wet—it could slip off the shovel, causing you to lose control.



#### 7% HEART-RELATED EVENTS

Even in cold weather, you will sweat and become dehydrated. This raises your heart rate, which can increase your risk of a cardiac event, says Dr. Marks. Check your pulse—if it's up by 30 percent, head inside for fluids and warmth.

#### 4% OTHER

36 JANUARY/FEBRUARY 2012

### FACTS OF LIFE

# 68

Percentage of men trained in basic first aid and CPR who have not been recertified since their cards expired. Studies show that retention of CPR skills fades after 6 to 12 months.

—American Safety & Health Institute

### Important to call 911, chew aspirin during heart attack

Last week, entertainer Rosie O'Donnell surprised fans when she announced that she recently had a heart attack.



O'Donnell

O'Donnell wrote on her blog that she felt an ache in her chest and soreness in her arms, followed by nausea and a "clammy" feeling. She took an aspirin, she said, but decided against calling 911. The next day she went to a hospi-



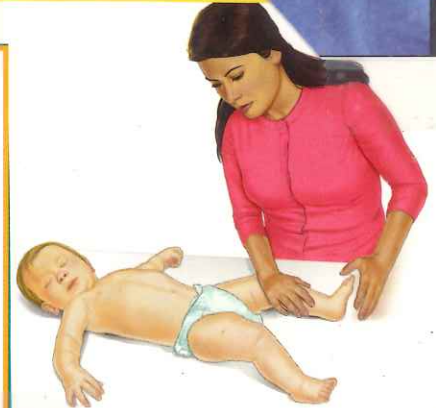
Nitro-glycerin-angina  
Don't take anyone else Nitro



# Heartsaver Adult CPR AED

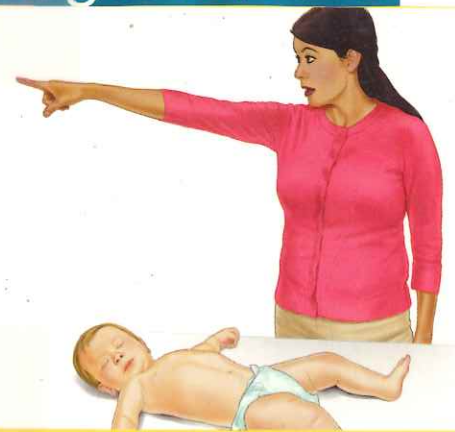
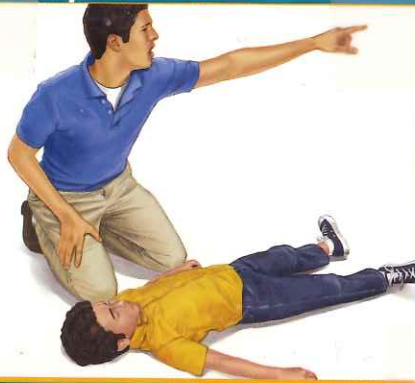
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*Tap and shout*

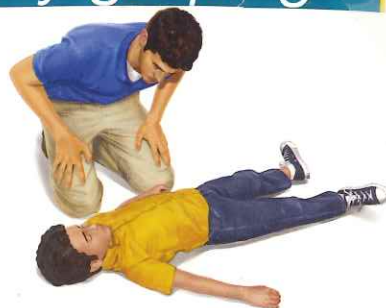


1a

*Yell for help. Send someone to phone 911 and get an AED*



*Look for no breathing or only gasping*





6

Repeat sets of 30 compressions and 2 breaths



- After 5 sets, phone 911 and get an AED
- Then continue CPR until the child starts to respond or EMS takes over



When the AED arrives, turn it ON and follow the prompts

If you are alone after 5 sets of 30 compressions and 2 breaths, phone 911, and then resume sets of 30:2

- \* • Push down about 2 inches
- Give at least 100 compressions per minute
- Let the chest come back up to its normal position
- Try not to interrupt compressions for more than a few seconds



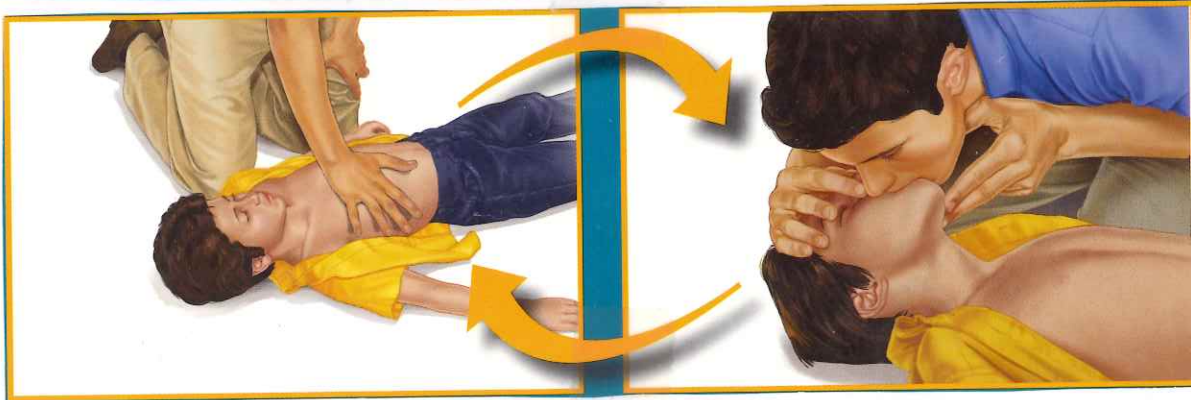
*Push hard and fast.  
Give 30 compressions\**

*Open the airway and  
give 2 breaths*



Amer  
Heart  
Association®  
*Learn and Live*

7

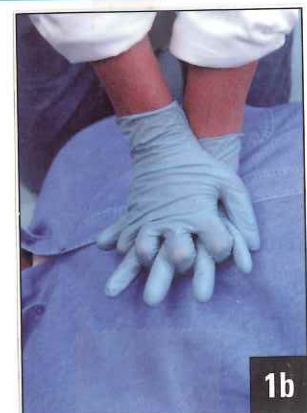


*Push hard and fast.  
Give 30 compressions*

*Open the airway and  
give 2 breaths*



American  
Heart  
Association®  
*Learn and Live*



1b



# How do I perform hands-only CPR?

TYLER, SEDONA, AZ

With the proper form and force. Manually pumping blood around a person's body is no easy task, but it's worth the effort. In fact, the American Heart Association recently updated its advice on CPR because studies show that hands-only CPR works as well as standard CPR.\* Follow these instructions from Michael Sayre, M.D., lead author of the updated guidelines.

8



## CALL 911

If you're alone, call for help before you do anything else. 1 If other people are present, tell someone else to call while you position the victim faceup on the floor or ground and kneel down beside him or her.

Call 1.866.333.4246 and mention code

about flexible payment programs to



Place your compressions to match the beat of this classic tune.



100 BPM

## POSITION YOUR HANDS

Place your hands in the middle of the person's chest, with your fingers interlocked and the heel of one hand on the back of the other hand. 2 Now straighten your arms and position your shoulders directly above the victim's chest so you can generate maximum force.

## START COMPRESSIONS

Push down hard. (Don't ease up if you hear a snap—anyone would be happy to trade a broken rib for his life.) 3 After each compression, lift your hands completely off the person's chest so you can reset for the next powerful push.

## PACE YOURSELF

Aim for 100 to 110 compressions a minute. (That's almost two compressions a second.) 4 This is very tiring, so if someone else is available, take turns, switching every minute or two. Keep at it until EMTs arrive or the person regains consciousness.



DO NOT defibrillate if...

your bi

...anyone is touching patient. (Be sure everyone is clear.)

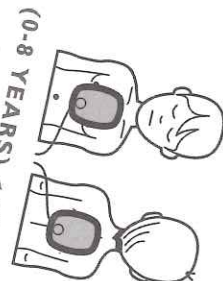
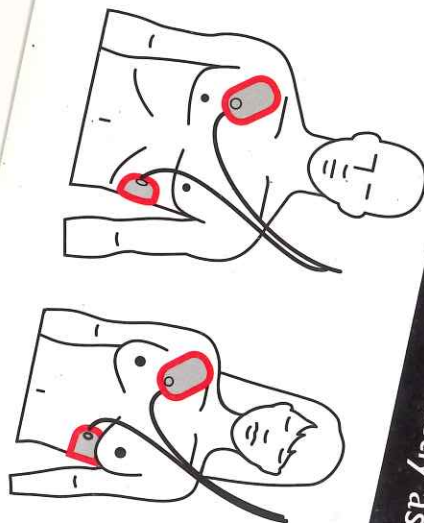
...Patient is wearing nitroglycerin patch. (Remove patch.)

...patient is tou (Move away

...patient is wet or patient is lying in water. (Dry the patient.)

Gloves &

Introducing ne  
saving technology r



(0-8 YEARS) < 55 lbs / 25 kg

Place pads exactly as shown in the picture.

age or a drug overdose, the AHA recommends standard  
certification takes 6 hours; find out more at redcross.org.





# Lifeguard honored for saving child

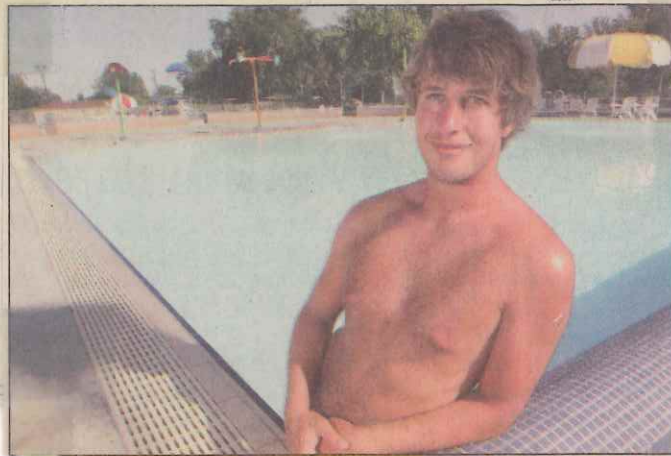
Burbank man used CPR until medics arrived

KRISTI PIHL

HERALD STAFF WRITER

Adela Flores likely will never forget Christian Tenney.

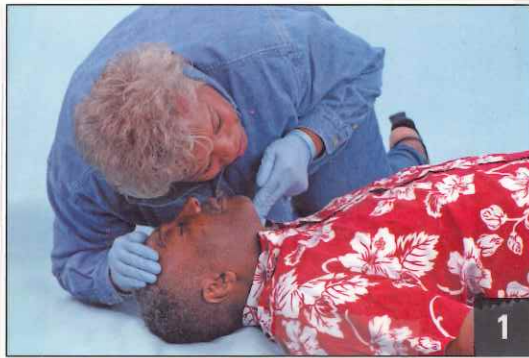
Not after the 18-year-old lifeguard saved her 3-year-old daughter.



Pasco lifeguard Christian Tenney, 18, helped revive a 3-year-old last month with CPR after she was discovered floating belly-down in the children's wading pool at Memorial Park. Tenney was recently honored by Pasco city officials and the victim's family members.

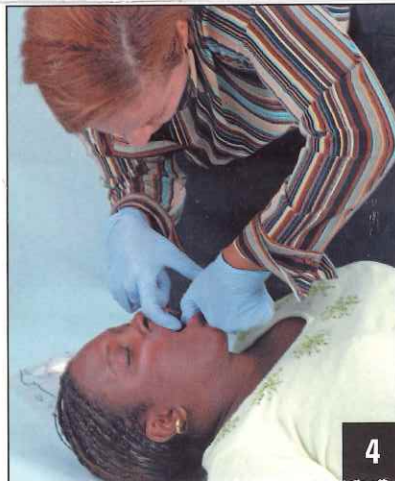
Bob Brawdy | bbrawdy@tricityherald.com

## HOW TO GIVE RESCUE BREATHS—ADULT NO MOVEMENT OR BREATHING



The AHA's Hands-Only CPR guide-lines: call 911; put the victim on the floor face up; place one hand on top of the other in the middle of the victim's chest; press hard and fast on the chest, depressing it about 2 inches, roughly 100 times a minute. Continue until paramedics arrive. Note: Kids and drowning victims still need mouth-to-mouth resuscitation.

## WHAT TO DO NEXT IF BREATHS DO NOT GO IN



Mouth-to-Stoma Breathing

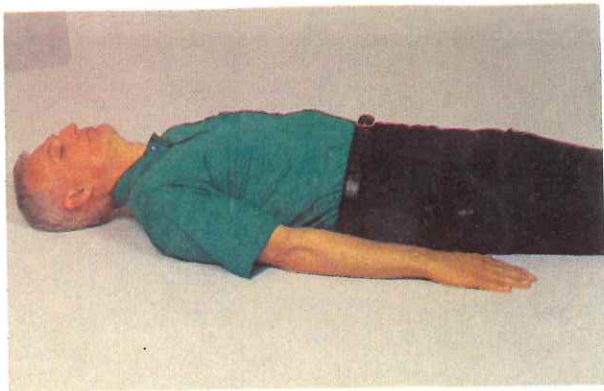
Mouth-to-Nose Breathing



American  
Red Cross



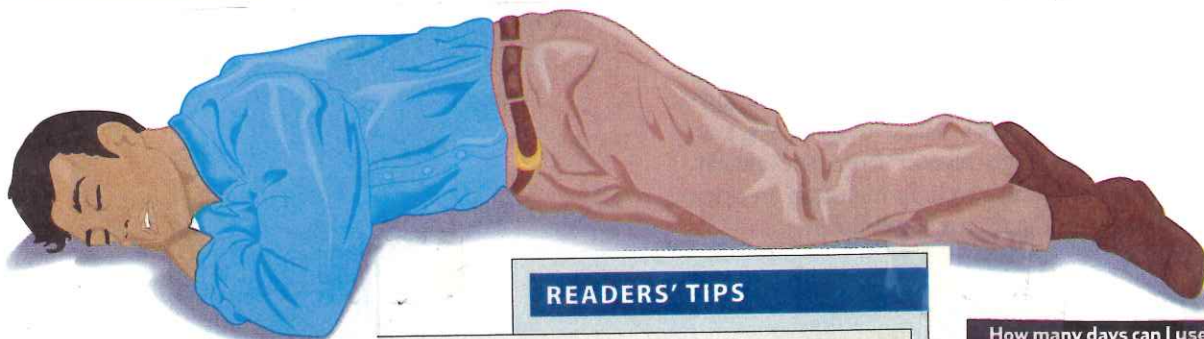




**Figure 4-1a** Supine position.

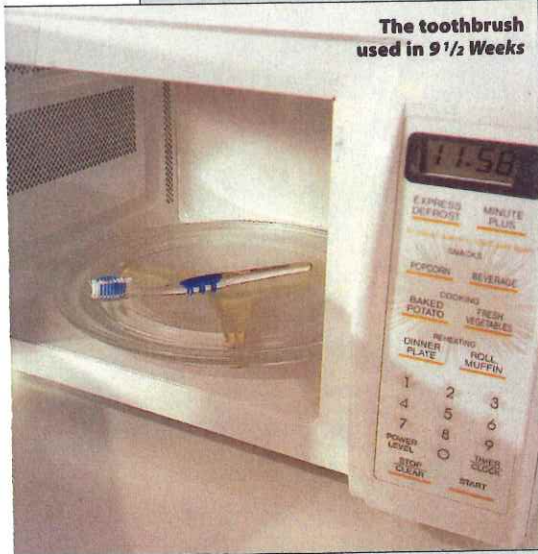


**Figure 4-1b** Prone position.



#### READERS' TIPS

**The toothbrush used in 9 1/2 Weeks**



#### Germ Warfare

Grandma came to visit and cleaned her dentures with your new toothbrush? Nuke the sucker in the microwave for a minute and a half—that's the toothbrush, not grandma—to get rid of any gnarly bacteria lurking around.

Corey Ryan, Seattle, WA

**How many days can I use a towel before laundering it?**

**7**

Infectious bacteria and fungi (like the one that causes athlete's foot) can't survive on a towel once it's dry, says Syed Sattar, Ph.D., a professor of microbiology. Each time you towel off, however, you rub bacteria from your skin onto the towel, slowing down the fabric's drying speed. After 7 days, your towel accumulates enough organic material to actually form a barrier that protects the bad bacteria. After a week, do what Eddie Futch did in round 15 of the Rumble in the Jungle: Toss in the towel.

**What's the best energy snack to keep in my desk drawer?**

**Gorp**

A small (1-ounce) handful of nuts and dried fruit is a powerful mind/body booster, says Kristine Clark, Ph.D., director of sports nutrition at Penn State University. It provides the perfect mix of fat, protein, carbohydrates, and vitamins, Clark says. The protein in the nuts can improve your concentration, while the complex sugars in the fruit give your body a slow, steady energy boost. Plus, the monounsaturated fat from the nuts will keep you full till dinner.

**"Hey, 'fluff' is our favorite cycle, too!"**

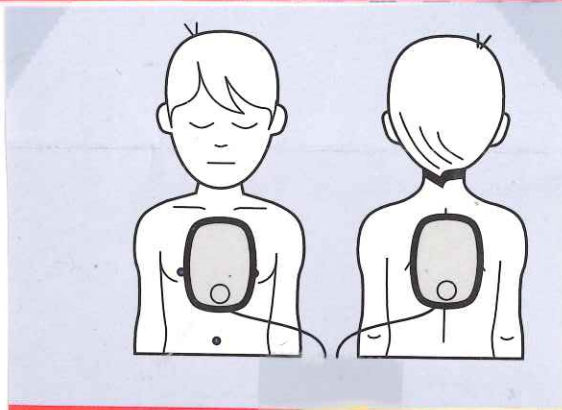


**Q: Do they wash airline blankets between uses, or do they just fold and reuse them?**

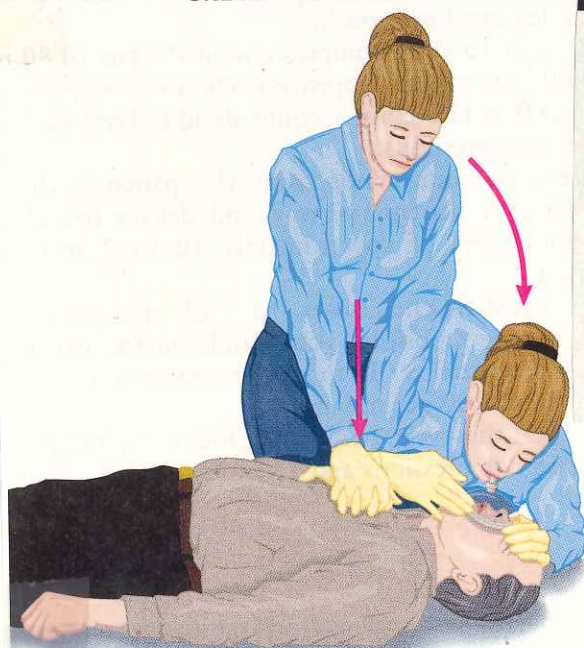
**A:** They're washed less often than you wash your blankets. Recently, the Union of Needletrades, Industrial, and Textile Employees—those guys can party—found that many airline laundry workers had been told to repack blankets without cleaning them, and samples of blankets from United Airlines, American Airlines, and Air Canada were found to contain a pathogen linked to eye and lung infections. In addition, a 1997 study by a Columbus, Ohio investigative team found that out of 100 samples from 10 major airlines, 78 percent had contaminants associated with ailments like urinary tract infections, pneumonia, and boils. But *Miss Congeniality* as your in-flight movie is still worse.



- Pads placement for infants and for children under 8 years old or 55 pounds is different from adult pads placement. Place one pad in the center of the chest, between the nipples. Place the other pad in the center of the back.



#### ONE-RESCUER CPR

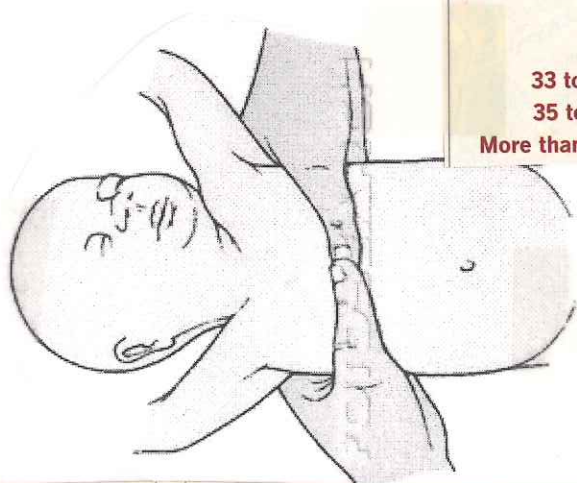
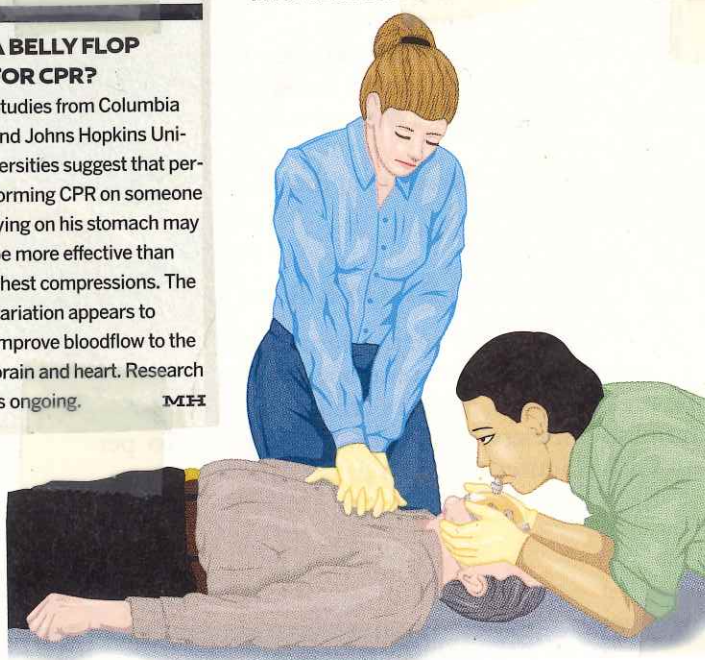


#### A BELLY FLOP FOR CPR?

Studies from Columbia and Johns Hopkins Universities suggest that performing CPR on someone lying on his stomach may be more effective than chest compressions. The variation appears to improve bloodflow to the brain and heart. Research is ongoing.

MIH

#### TWO-RESCUER CPR



WAIST SIZE	RISK OF HEART DISEASE
32 inches	average
33 to 34 inches	38% increase
35 to 37 inches	89% increase
More than 38 inches	102% increase



HOW LONG YOU RETAIN YOUR CPR SKILLS BEFORE THEY BEGIN TO FADE | **6 TO 12 MONTHS**

PERCENTAGE OF MEN TRAINED IN CPR WHO HAVE NOT BEEN RECERTIFIED SINCE THEIR CARDS EXPIRED | **68**

#### FACTS OF LIFE

The truth revealed...

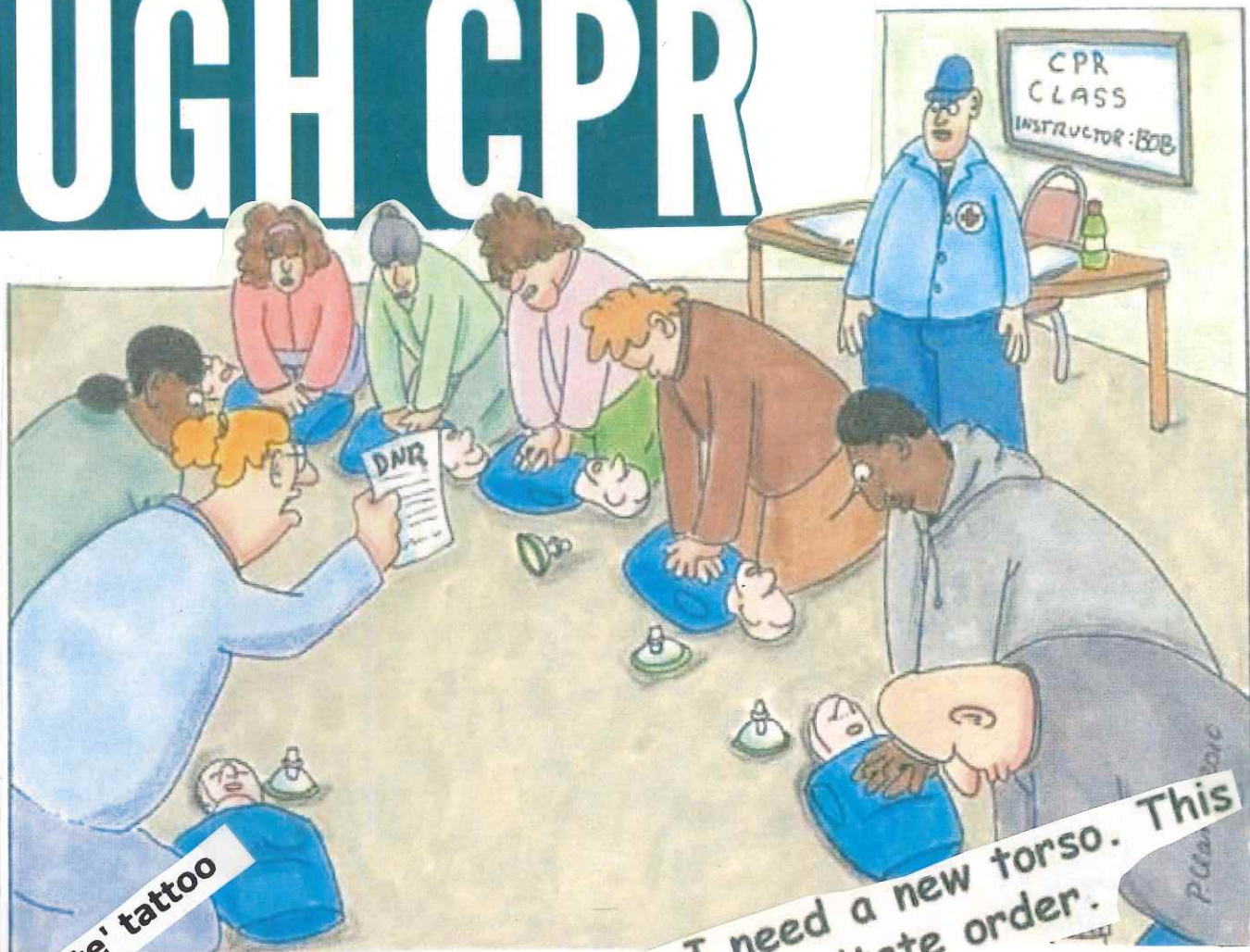
**LOW EARNERS ARE MORE LIKELY TO SUFFER HEART DISEASE THAN THE RICH**

University of Michigan  
School of Public Health



# COUGH CPR

12



'Do Not Resuscitate' tattoo

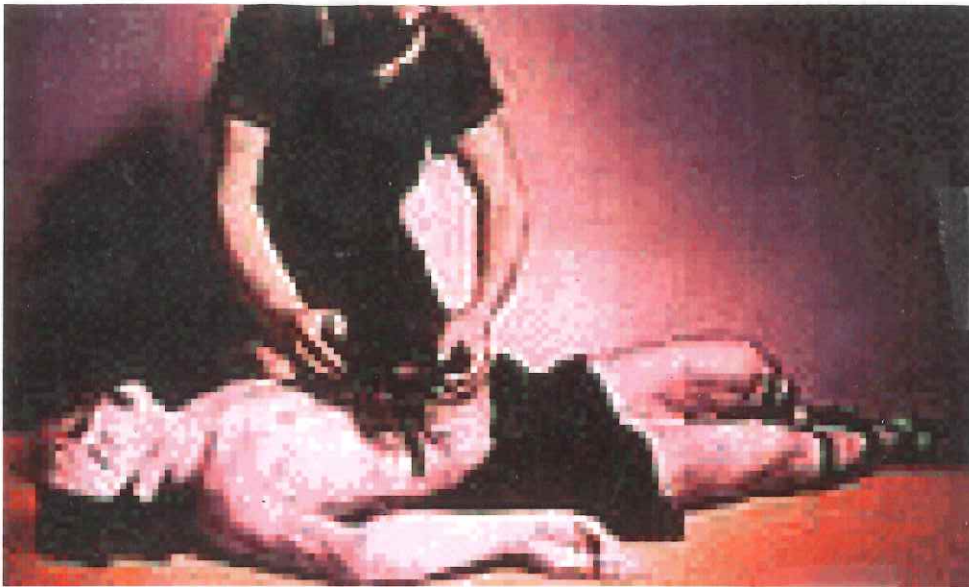
Excuse me. Excuse me. I need a new torso. This one has a do not resuscitate order.

"And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul." Genesis 2:7

Pensioner's 'Do Not Resuscitate' tattoo







### History of CPR

Fascinating insight into early attempts to resuscitate people.

#### How it all began

The first apparent attempt at resuscitation interestingly enough was recorded around 800 BC. The first resuscitation was Elisha's mouth to mouth (Bible, 2 Kings, iv, 34.).

"...And he went up, and lay upon the child, and put his mouth upon his mouth, and his eyes upon his eyes, and his hands upon his hands; and he stretched himself upon the child; and the flesh of the child waxed warm."

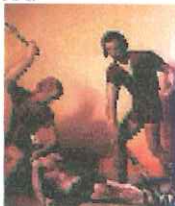
#### Early Ages - Heat Method

Very early in our history, people realized that the body became cold when lifeless and connected heat with life. In order to prevent death from taking the person, the body was warmed. The use of warm ashes, burning excrement, or hot water placed directly on the body were all employed in an attempt to restore life.



#### Early Ages - Flagellation Method

In the early ages, the would-be rescuers would actually whip the victim in an attempt to stimulate some type of response.



#### 1530 - Bellows Method

In the 1500's it was not uncommon to use a bellows from a fireplace to blow hot air and smoke into the victim's mouth, a method that was used for almost 300 years. Unfortunately, not



## RISK analysis

You may be surprised to find out that heart disease is the number one killer among women.





many people carried fireplace bellows with them, but the success of this procedure motivated various manufacturers to design and manufacture Bag-Valve-Mask Resuscitators.

However, in those days, the medical authorities were not aware of the anatomy of the respiratory system and did not appreciate the need to extend the victim's neck in order to obtain a clear airway.

In 1829, Leroy d'Etiolles demonstrated that over distension of the lungs by bellows could kill an animal, so this practice was discontinued.

#### 1711 - Fumigation Method

In the 1700's a new method of resuscitation was used. This "new" procedure involved blowing tobacco smoke into the victim's rectum.



According to the literature, smoke was first blown into an animal bladder, then into the victim's rectum. It was used successfully by North American Indians and American colonists and introduced in England in 1767.

This practice was abandoned in 1811 after research by Benjamin Brodie when he demonstrated that four ounces of tobacco would kill a dog and one ounce would kill a cat.

Research continues to favor chest compressions over rescue breathing in those first critical minutes. During that time, the blood in the brain and other vital organs still has oxygen that was picked up when it last passed through the lungs before the heart stopped.

The body needs chest compressions to keep this blood moving.



### 1770 - Inversion Method

Other methods were developed in the 1700's in response to the leading cause of sudden death of that time, drowning. Inversion was originally practiced in Egypt almost 3,500 years before and it again became popular in Europe. This method involved hanging the victim by his feet, with chest pressure to aid in expiration and pressure release to aid inspiration.



In response to the increasing numbers of drowning during this time period, societies were formed to organize efforts in resuscitation. England's Royal Humane Society was founded in 1774. Although it was the most famous, it was not the first. It was preceded by the Dutch Society for Recovery of Drowned Persons, established in 1767. The Dutch recommendations included:

1. Warming the victim (which sometimes required transporting the body to a different location) by lighting a fire near the victim, burying him in warm sand, placing the body in a warm bath, or placing in a bed with one or two volunteers;
2. Removing swallowed or aspirated water by positioning the victim head lower than his feet and applying manual pressure to the abdomen, vomiting was induced by tickling the back of the throat with a feather;
3. Stimulation of the victim, especially the lungs, stomach and intestines by such means as rectal fumigation with tobacco smoke, or the use of strong odours;
4. Restoring breathing with a bellows;
5. Bloodletting.

These and other methods had been applied for years as documented in the report of Anne Green's hanging, resuscitation and recovery in 1650.

Other methods included physical and tactile stimulation in an attempt to "wake up" the victim. Yelling, slapping, even whipping were used to attempt to resuscitate.

### 1773 - Barrel Method

In an effort to force air in and out of the victim's chest cavity, the rescuer would hoist the victim onto a large wine barrel and alternately roll him back and forth. This action would result in a compression of the victim's chest cavity, forcing air out, and then a release of pressure which would allow the chest to expand resulting in air being drawn in.



ambu-lancet.alibaba.com







### 1803 - Russian Method

This concept involved reducing the body's metabolism by freezing the body under a layer of snow and ice. Unfortunately, what the medical authorities did not realize at the time, was that the most critical organ which needed to be frozen in order to accomplish a reduction of the body's metabolism was the brain.



### 1812 - Trotting Horse Method

In 1812 Lifeguards were equipped with a horse which was tied to the Lifeguard station. When a victim was rescued and removed from the water, the Lifeguard would hoist the victim onto his horse and run the horse up and down the beach. This resulted in an alternate compression and relaxation of the chest cavity as a result of the bouncing of the body on the horse. This procedure was banned across the United States in 1815 as a result of complaints by "Citizens for Clean Beaches".



### 1856 - Roll Method

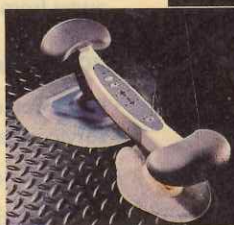
As late as 1856, manual ventilation was given low priority, concentration was on maintaining body heat. These were the same recommendations as provided by the Dutch nearly 100 years earlier. A significant change in priorities occurred when Marshall Hall challenged the conventional wisdom of the Society. His contention that time was lost transporting the victim; that the restoration of warmth without some type of ventilation was detrimental; that fresh air was beneficial; and that if left in the supine position, the victim's tongue would fallback and occlude the airway.

Because the bellows were no longer an option, Marshall Hall developed a manual method in which the victim was rolled from stomach to side 16 times a minute. In addition, pressure was applied to the victim's back while the victim was prone (expiratory phase). Tidal volumes of 300 ml to 500 ml were achieved and soon became adopted by the Royal Humane Society.



### CPR for Dummies

DATASCOPE'S LIFE-STICK uses two patches, one on the chest and one on the abdomen, to increase blood supply to the heart during CPR. The seesaw-like device pulls the abdomen up while compressing the chest and vice versa. Life-Stick will be available in Europe next year and in the United States in 2002. Datascope, 14 Philips Pkwy., Montvale NJ 07645. [www.datascope.com](http://www.datascope.com)





# What the Heimlich Maneuver is used for:

Choking Drowning Asthma Attack

If the patient is pregnant or  
Obese?

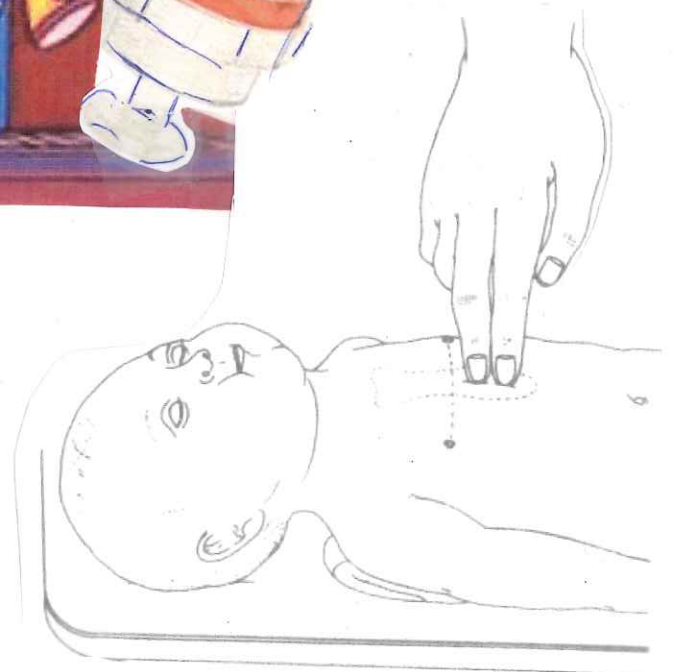
**ALWAYS PERFORM THE HEIMLICH MANEUVER ON ANY  
DROWNING VICTIM BEFORE YOU DO CPR!**

BY THE NUMBERS

**1 IN 7**

NUMBER OF STUDENTS IN A COLLEGE SURVEY WHO SAID THEY'VE PLAYED THE "CHOKING GAME," WHICH PRODUCES A BRIEF HIGH BY CUTTING OFF BLOOD FLOW TO THE BRAIN. RESPONDENTS SAID THE AVERAGE AGE AT WHICH THEY FIRST PLAYED WAS 14. TO LEARN MORE ABOUT THE DANGERS, GO TO [CHOKINGGAME.NET](http://CHOKINGGAME.NET).

Source: Sam Houston State University



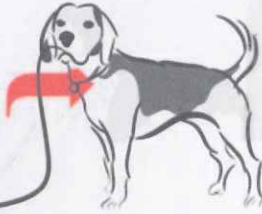


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## A HISTORY

## HEIMLICH

**BACK IN 1972**, Henry Heimlich read that thousands of people were dying from choking each year. This seemed crazy to him. As a chest surgeon, he knew that if he could find some way to compress the air in the lungs, he could eject whatever was blocking the windpipe. So he decided to give it a try. Enter **the beagle**. The hospital where Heimlich worked had a lab with some dogs -- he got one, took it to an operating room, and plugged its throat with a chunk of beef. Oh, he tied a string to it first, just in case. He tried pressing on the dog's chest. No good. He tried pressing its belly ... and BAM ... it worked! The Heimlich maneuver was born.



## TIMELINE

**FEBRUARY 3, 1920**

Heimlich born.

**JUNE 1974**

Heimlich maneuver invented.

**1976**

The Heimlich maneuver saves **Ronald Reagan**.

**DECEMBER 21, 1978**

NYC passes a law requiring that "all eating areas shall have posted in a conspicuous place ...

A sign graphically depicting the Heimlich maneuver."

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Surgeon General **C. Everett Koop** announces that the only appropriate response to save a choking person is the Heimlich maneuver.

**1991**

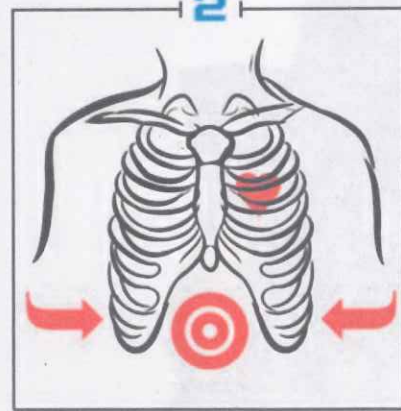
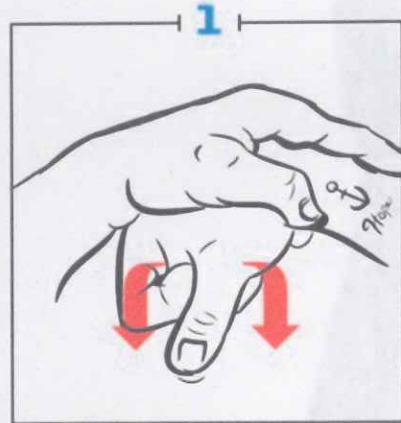
**Chris Farley's** character in the SNL sketch "Bill Swerski's Superfans" receives the Heimlich.

**FEBRUARY 20, 1992**

Heimlich maneuver appears on **The Simpsons** when



## HOW IT WORKS



Heimlich chokes on a donut.

**2005**

The Heimlich maneuver gets downgraded. The Red Cross recommends first supporting the back of a choking victim, THEN using abdominal thrusts.



**CELEBRITY SAVES**

Famous folks rescued by the Heimlich maneuver

AN INFOGRAPHIC BY **RADIOLAB**



# What the Heimlich Maneuver is used for:

Choking      Drowning      Asthma Attack

If the patient is pregnant or  
Obese?

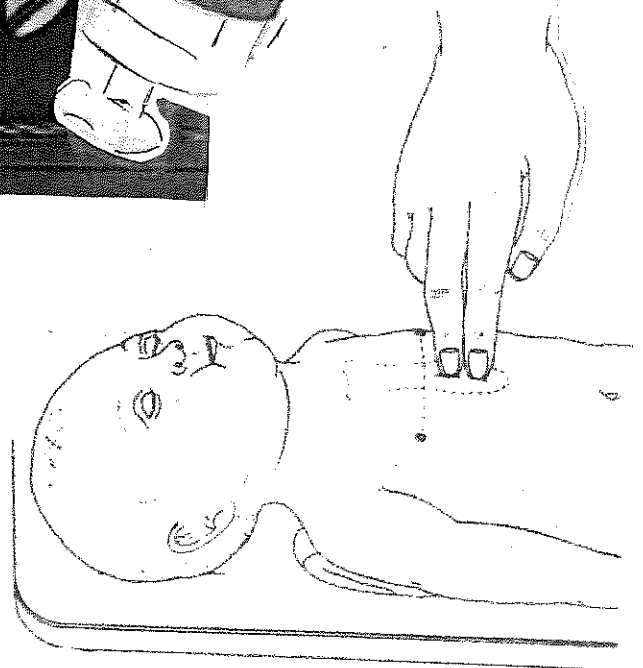
**ALWAYS PERFORM THE HEIMLICH MANEUVER ON ANY  
DROWNING VICTIM BEFORE YOU DO CPR!**

## BY THE NUMBERS

**1 IN 7**

NUMBER OF STUDENTS IN A  
COLLEGE SURVEY WHO SAID  
THEY'VE PLAYED THE  
"CHOKING GAME," WHICH  
PRODUCES A BRIEF HIGH BY  
CUTTING OFF BLOOD FLOW  
TO THE BRAIN. RESPON-  
DENTS SAID THE AVERAGE  
AGE AT WHICH THEY FIRST  
PLAYED WAS 14. TO LEARN  
MORE ABOUT THE DANGERS,  
GO TO [CHOKINGGAME.NET](http://CHOKINGGAME.NET).

Source: Sam Houston  
State University



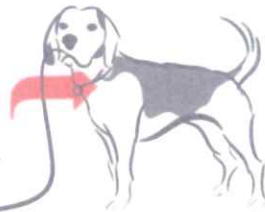




# HEIMLICH

## A HISTORY

**BACK IN 1972**, Henry Heimlich read that thousands of people were dying from choking each year. This seemed crazy to him. As a chest surgeon, he knew that if he could find some way to compress the air in the lungs, he could eject whatever was blocking the windpipe. So he decided to give it a try. Enter **the dog**. The hospital where Heimlich worked had a lab with some dogs—he got one, took it to an operating room, and plugged its throat with a chunk of beef. Oh, he tied a string to it first, just in case. He tried pressing on the dog's chest. No good. He tried pressing its belly—and BAM—it worked! The Heimlich maneuver was born.



## TIMELINE

**FEBRUARY 3, 1920**  
Heimlich born.



**JUNE 1974**  
Heimlich maneuver invented.



**1976**  
The Heimlich maneuver saves **Ronnie Reagan**.



**DECEMBER 21, 1978**  
NYC passes a law requiring that "all eating areas shall have posted in a conspicuous place... **A sign** graphically depicting the Heimlich maneuver."

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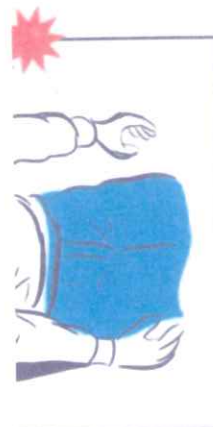
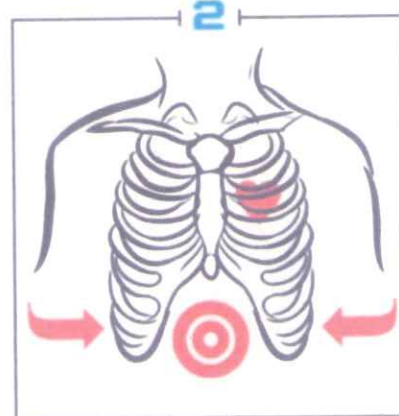
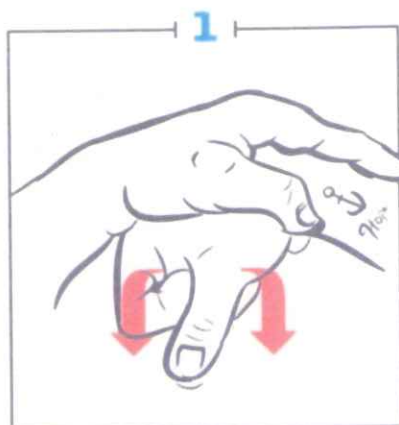


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## HOW IT WORKS



**Heimlich** chokes on a donut.

**2005**

The Heimlich maneuver gets downgraded. The Red Cross recommends first **dislodging the back** of a choking victim, THEN using abdominal thrusts.



DICK VITALE



HALLE BERRY



CARRIE FISHER



LIZ TAYLOR



WALTER MATTHAU

**CELEBRITY SAVES**

Famous folks rescued by the Heimlich maneuver

AN INFOGRAPHIC BY **RADIOLAB**



# Adult Choking

*Ask, "Are you choking?" If he nods yes, tell him you are going to help*

# Child Choking

*Recognize choking*

- *Makes the choking sign*
- *Cannot breathe, cough, speak, or make sounds*

# Infant Choking

*Recognize choking*

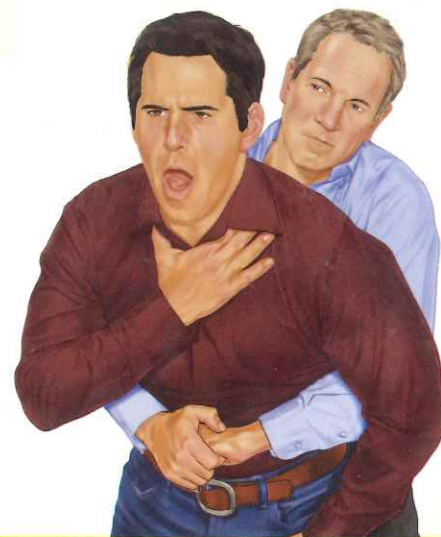
- *Cannot breathe or make a sound*
- *Has a cough that has no sound*

*Remove object (support infant's head)*

- *Give up to 5 back slaps: hold the infant facedown and give slaps with the heel of your hand between the shoulder blades*
- *Give up to 5 chest thrusts: use 2 fingers to push on the chest*
- *Repeat giving up to 5 back slaps and up to 5 chest thrusts until the infant can breathe, cough, or cry or until she stops responding*







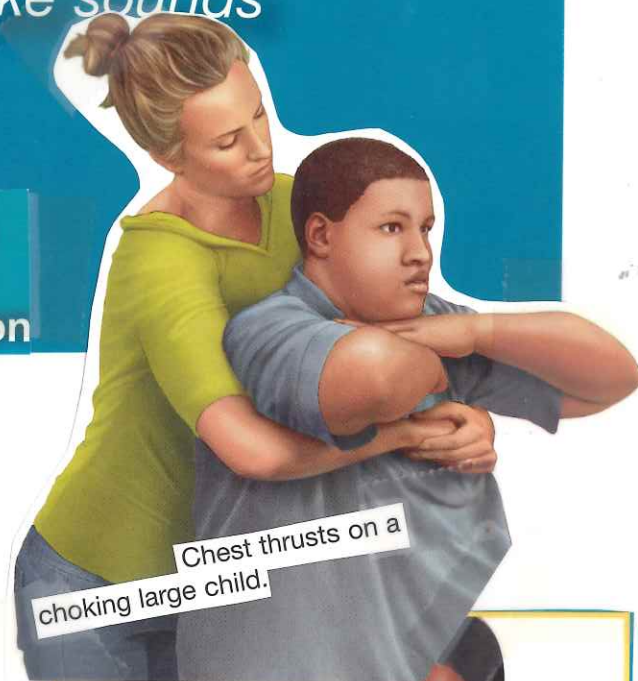
*Give thrusts slightly above the belly button until*

- *Object is forced out*
- or*
- *Person can breathe and make sounds*
- or*
- Person stops responding*

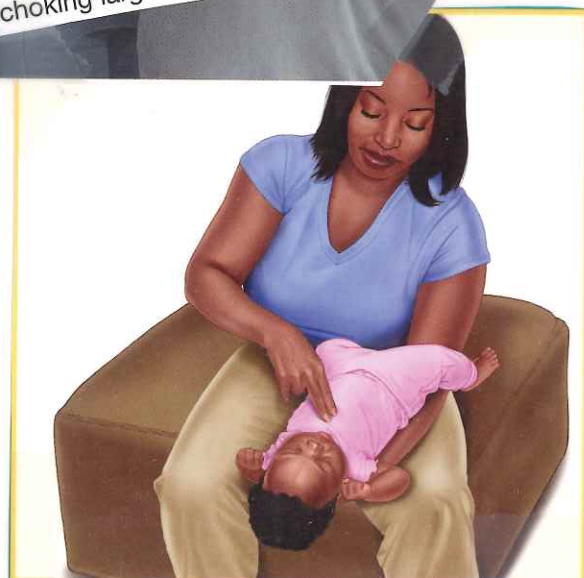
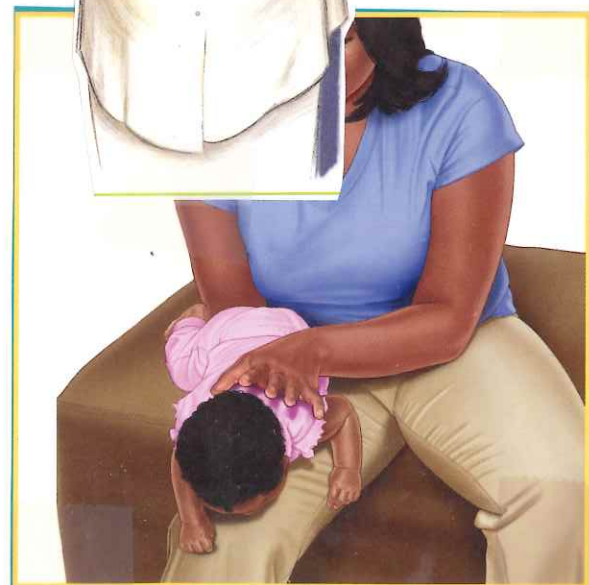


**American  
Heart  
Association**

Chest thrusts on a choking large person or pregnant woman.



Chest thrusts on a  
choking large child.

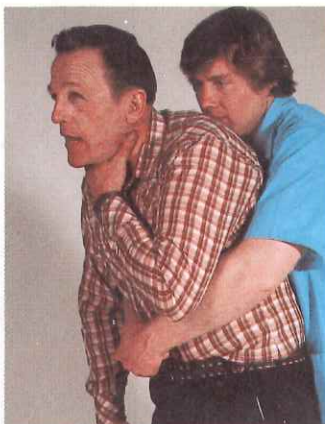




## EMERGENCY CARE FOR AIRWAY OBSTRUCTION



Positioning of the fist, thumb side in, for the abdominal thrust.



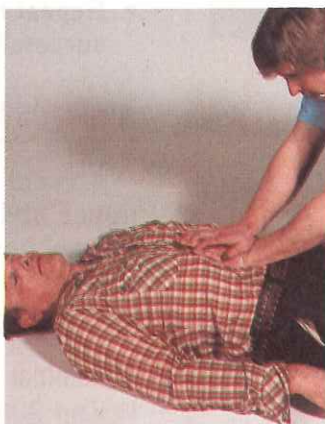
Administering the abdominal thrust on a standing victim.



Administering the abdominal thrust on a sitting victim.



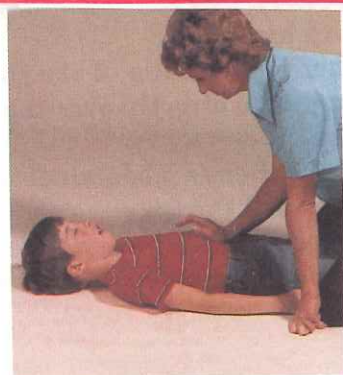
Remove an unconscious, sitting patient from the chair and lie him face-up on the floor.



Performing abdominal thrusts on an unconscious patient.



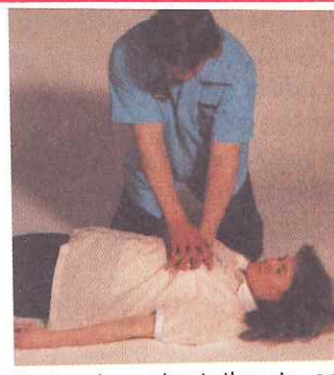
The choking patient performing an abdominal thrust on self.



Performing abdominal thrusts on a child. For a larger child, place other hand on top of first hand as in an adult.



Performing the abdominal thrust on a child.



Performing chest thrusts on unconscious advanced pregnancy or markedly obese patient lying down. Chest thrusts can also be performed on a pregnant or obese standing patient.

### \*Asthma

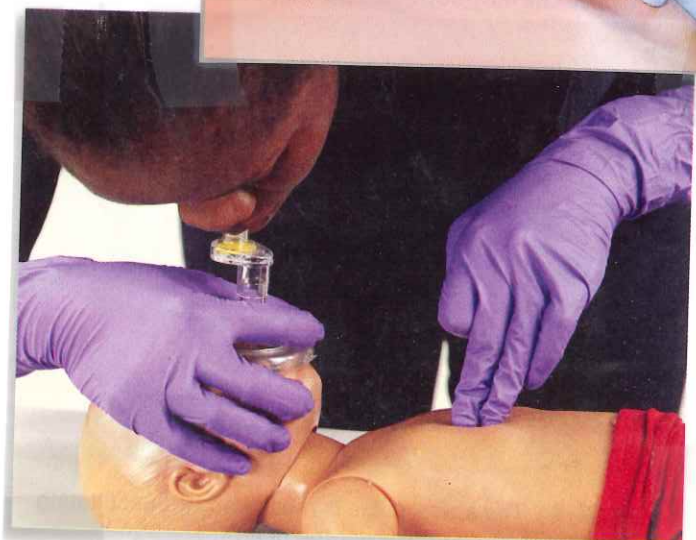
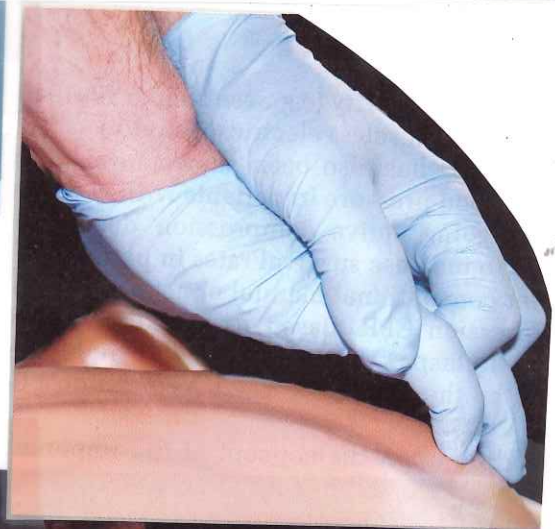
1. } Never panic, remain calm, calm victim down, and reassure.
2. } Sit victim forward for easy breathing. {Medication}
3. } Tell victim to close mouth and breath through nose if possible

**FACT** The Heimlich maneuver can also be used to stop an asthma attack.





**Figure 22-7** Handle exposed structures as little as possible. Do not attempt to replace them into the abdominal cavity. Cover with moist, sterile dressings or an occlusive dressing. Cover that dressing with additional soft, light padding to help maintain body heat.





# Celebrities Saved by the Heimlich Maneuver

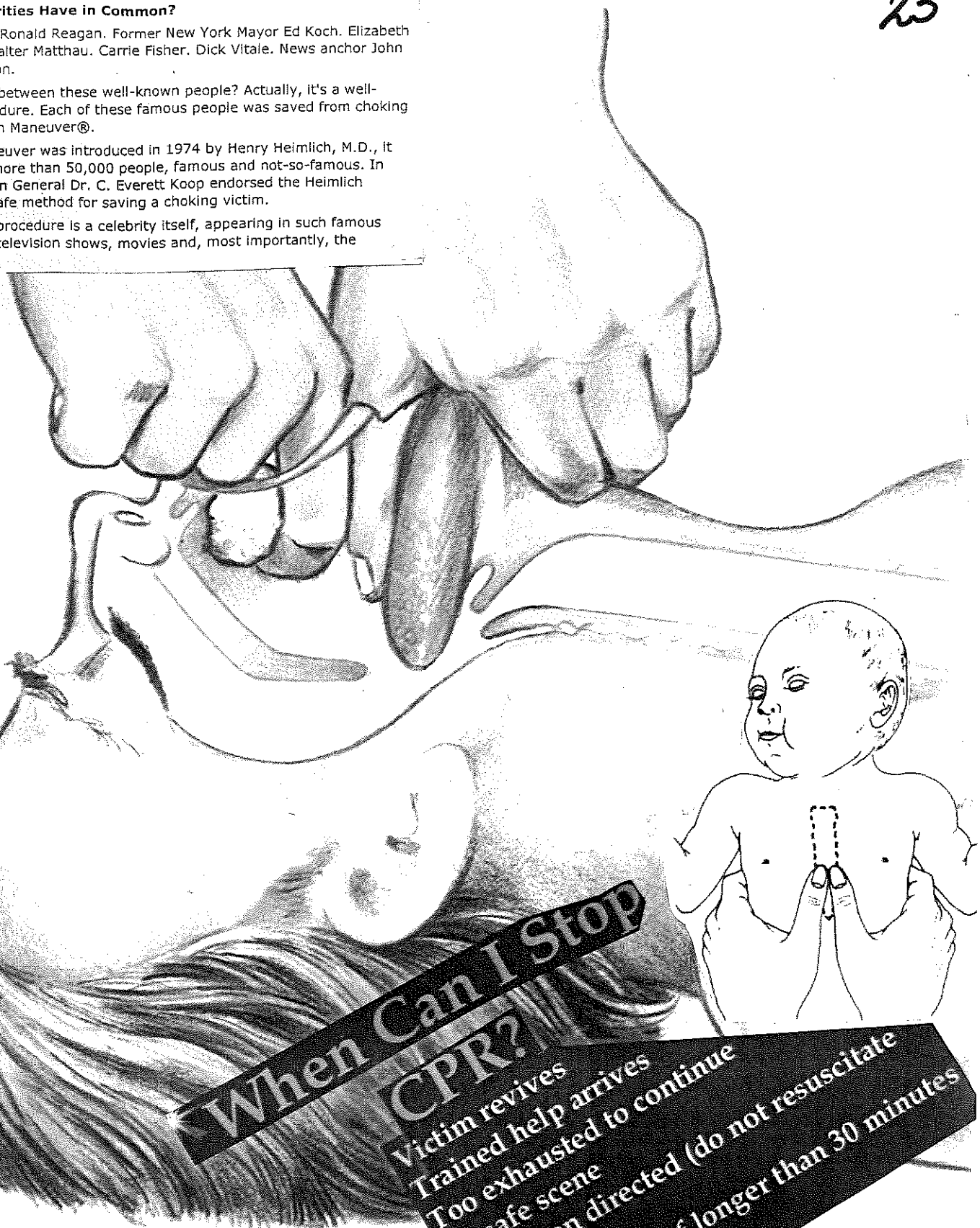
## What Do these Celebrities Have in Common?

Cher. Former President Ronald Reagan. Former New York Mayor Ed Koch. Elizabeth Taylor. Goldie Hawn. Walter Matthau. Carrie Fisher. Dick Vitale. News anchor John Chancellor. Jack Lemmon.

What is the connection between these well-known people? Actually, it's a well-known life-saving procedure. Each of these famous people was saved from choking to death by the Heimlich Maneuver®.

Since the Heimlich Maneuver was introduced in 1974 by Henry Heimlich, M.D., it has saved the lives of more than 50,000 people, famous and not-so-famous. In 1985, then U.S. Surgeon General Dr. C. Everett Koop endorsed the Heimlich Maneuver as the only safe method for saving a choking victim.

The universally-known procedure is a celebrity itself, appearing in such famous places as comic strips, television shows, movies and, most importantly, the dictionary.

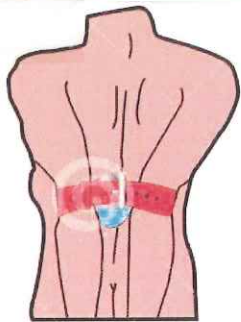


**When Can I Stop  
CPR?**

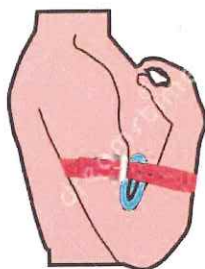
Victim revives  
Trained help arrives  
Too exhausted to continue  
Unsafe scene  
Physician directed (do not resuscitate orders)  
Cardiac arrest of longer than 30 minutes (controversial)



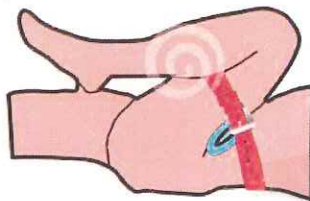
# Methods of stopping bleeding in the arteries



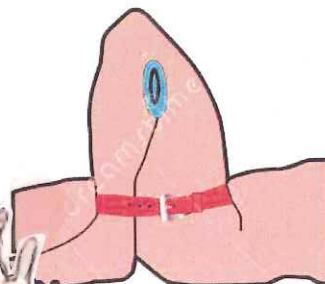
subclavian



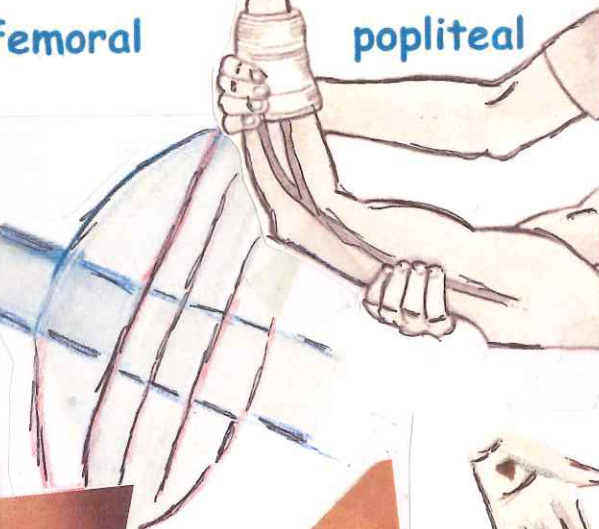
shoulder and ulnar



femoral



popliteal



CPR Glove





## Cincinnati Prehospital Stroke Scale<sup>3</sup>



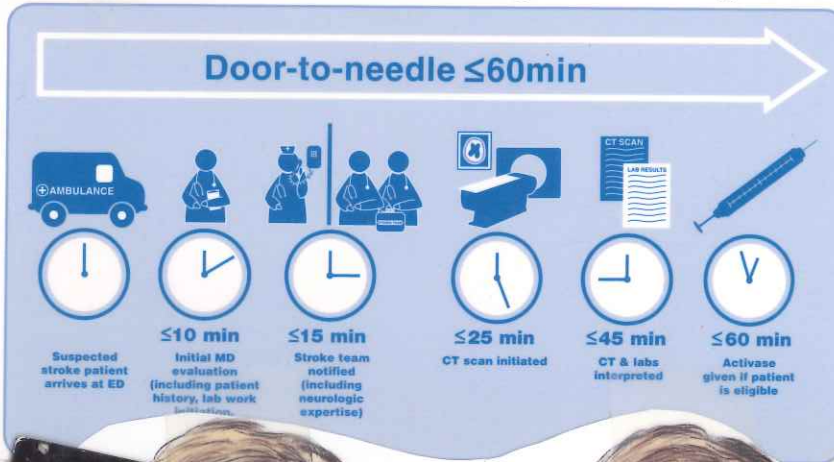
### Facial Droop (have patient smile)

Normal: Both sides of face move equally  
Abnormal: One side of face does not move as well



One-sided motor weakness (right arm).

### The "golden hour" for evaluating and treating acute stroke



**STROKE IS AN EMERGENCY**

# ACT FAST CALL 911

Any one of these signs could mean a stroke:

**F**ACE  
Look for an uneven smile

**A**RM  
Check if one arm is weak

**S**PEECH  
Listen for slurred speech

**T**IME  
Call 911 right away

Visit [StrokeCall911.com](http://StrokeCall911.com) to learn more

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ACI0001550100 5/13



### Arm Drift

Normal: Both arms move equally or not at all  
Abnormal: One arm drifts compared to the other, or does not move at all

(have patient hold arms out for 10 seconds)



Normal:  
Abnormal:

(nce)  
no slurring  
or mute



26

**STROKE IS AN EMERGENCY**

**ACT FAST CALL 911**

Any one of these signs could mean a stroke:

	<b>F</b> ACE	Look for an uneven smile
	<b>A</b> RM	Check if one arm is weak
	<b>S</b> PEECH	Listen for slurred speech
	<b>T</b> IME	Call 911 right away

Visit [StrokeCall911.com](http://StrokeCall911.com) to learn more



# CPR Rescue Aid

electronic CPR coach that goes everywhere you go.

**PRACTICE AID**

216-765-1234

1-888-728-5433

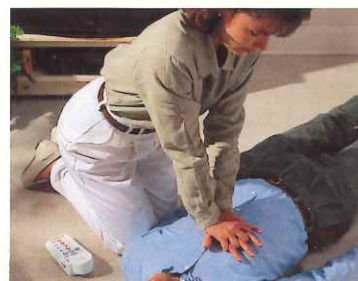
*Remember Lifesaving CPR*

**CPR  
PROMPT.**

by  
**COMPLIANT™**

ph: 800.667.3541  
fax: 888.728.5433

[www.compliant.com](http://www.compliant.com)



## Effective Rescue Aid

Acts as a coach during emergencies



## Convenient Practice Aid

Provides fast, easy way to refresh CPR skills and knowledge

American Heart Association<sup>SM</sup>  
Fighting Heart Disease and Stroke



Not Shown at Actual Size



> IT CAN HELP SAVE SOMEONE'S LIFE!



INTERACTIVE  
CAPABILITY

EMERGENCY  
FIRST AID  
PROTOCOLS

ABILITY TO  
REVIEW, PAUSE  
AND PROCEED  
TO THE NEXT  
PROMPT

DUAL  
LANGUAGE  
CAPABILITY

ABILITY  
TO UPGRADE  
PROTOCOLS

HOMELAND  
SECURITY  
RESPONSES

VOLUME  
CONTROL

HIGH FIDELITY  
AUDIO SPEAKER

STURDY ABS  
HOUSING

SAFETY+MATE

RECHARGEABLE  
BATTERIES

SM300C1

SAFETY+MATE™

WHEN EVERY SECOND COUNTS



29

STATE REPRESENTATIVE  
8th DISTRICT  
SHIRLEY HANKINS

State of  
Washington  
House of  
Representatives



TRANSPORTATION  
VICE CHAIRMAN  
RULES  
CAPITAL BUDGET

## FACSIMILE COVER SHEET

No. of pages (with cover sheet): 2

If you do not receive all or part of this facsimile, please contact us either by fax or telephone at the numbers below.

TEL: (360) 786-7882

FAX: (360) 705-8543

EMAIL: hankins\_sh@leg.wa.gov

=====

TO: Mr. Leo Combs

FAX #: 509-734-3512

**COMMENTS:** As a result of our conversation and your request for information regarding the Good Samaritan law, I have gathered the following information:

The Good Samaritan Law was originally passed in 1975. It provides that a person who renders aid in an emergency situation is not liable for any damages that may result from the good samaritan's acts or omissions, unless the good samaritan was grossly negligent or engaged in willful or wanton misconduct. The Good Samaritan Law is codified at RCW 4.24.300-310 and a copy of the law is attached at the end of this message.

The Good Samaritan Law does not impose a duty to come to someone's aid. It simply provides limited immunity in cases where a person decides to help. Under common law, a person generally has no duty to rescue another person in distress. There are some exceptions to this rule. One exception is when a special relationship exists between the parties and that relationship creates a duty to assist. In addition,





# Leo Combs

*Instructor / Consultant*

\*Emergency Medicine \*Sports Medicine \*First Aid & CPR

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## CPR

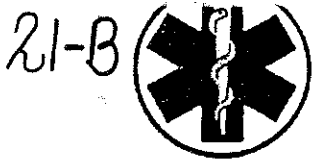
What are the four conditions that allow a rescuer to stop CPR?

1. Someone equally trained or higher than you wants to take over.
2. The scene becomes unsafe.
3. If the victim regains consciousness or has a pulse.
4. If you are physically exhausted

The most common reasons a rescuer stops CPR are:

1. When the victim P.P.V.'s (pee, poop, or vomit's).
2. Rescuer is tired.
3. Rescuer or bystander thinks the victim is dead.
4. Rescuer has an appointment or needs to pick someone up.





### **Prosser Couple File Suit Claiming School Negligence hurt Daughter**

A couple who claim the Prosser School District negligence left their teenage daughter with brain damage after a school race sued the district this week. In the suit, Charles and Connie Crawford of Prosser claim, among other things that district employees waited too long to get help for Chalyn Crawford, after the 13-year-old collapsed during a mile long run in October 1996. At one point Chalyn slipped into a coma. The Benton County Superior Court suit comes several weeks after the district denied a claim the Crawford's filed on October 11 said their attorney Dan Fjelstad of Seattle.

Chalyn's physical education teacher did not immediately initiate resuscitation efforts, nor summon assistance according to the suit. The athletic field where Chalyn collapsed was a considerable distance from the school office, and the school maintained no means for communication between the athlete field and the offices except via messenger. When Chalyn collapsed she stopped breathing.

Although medics were eventually able to get Chalyn's heart beating, her brain was without oxygen for long enough to cause serious damage, the suit alleges. The district also failed to adequately train physical education teachers to recognize and address medical emergencies according to the suit. An erratic heartbeat caused Chalyn to collapse, Connie Crawford said in the day following the accident.

The suit doesn't allege anyone deliberately avoided helping Chalyn. I think everybody feels bad including the physical education teacher and everyone at the school district, Fjelstad said. There was certainly no attempt to harm. The suit doesn't ask for a specific amount of money. Time will tell Fjelstad said.





## *Law Suit: It Can Happen to You*

**Food Allergy + Allergic Reaction + Anaphylactic Shock = Death**

*Photo courtesy of the Walters family*

Nathan Walters was eulogized Wednesday as someone who "touched the hearts of everyone he met."

Nathan Walters born in Yakima on Valentine's Day died in Spokane at the age of nine from an allergic reaction to a known peanut allergy. The Logan Elementary third-grader, of Spokane School District 81, received a school prepared lunch full of peanut products during a school field trip. He died roughly four hours later. Spokane Public School Superintendent Gary Livingston, during a news conference, said, "Despite having knowledge of his severe allergy, the school didn't order a special lunch for the child." The ex-cop hired to investigate Nathan's death said, "He did not know if the family would be pursuing legal action, they are still in such a state of shock." District officials started interviewing the two teachers and at least six adult chaperones one of whom was a licensed practical nurse. The lunch orders were called into the district food services by one of the two third grade teachers, who went on the field trip, said the Superintendent. When Nathan got sick the teacher called his home. The chaperone, who was also a licensed practical nurse, helped describe Nathan's condition to the person at his home. During the call Nathan used his asthma inhaler. Also, on the bus was his Epipen- a shot of epinephrine.

Although his teachers knew how to use the Epipen it was not used at the time. Nathan stayed on the bus with the nurse, for how long, we don't know. Though, we do know that the nurse had several conversations with a person at Nathan's home. Also, one of the chaperones and the nurse volunteered to drive Nathan home. During this ride home Nathan's condition worsened and the chaperones decided to stop at Fire Station 92 in



## New Law Lets Wis. Teachers Force HIV Tests

MADISON, Wis. - Gov. Jim Doyle signed first-of-its-kind legislation Friday that requires students to get tested for HIV if teachers think they were exposed to contaminated blood.

Privacy advocates say the law infringes on students' medical privacy and could lead to discrimination against gays. Simon Davies, director of Privacy International, called the law "a wild exaggeration" of HIV fears.

"It's appalling," Davies said. "My first reaction was it can play to the worst ignorance and bigotry of people."

Republican Sen. Carol Roessler introduced the bill after a student at an Oshkosh alternative school cut his hand on a window and splattered blood in a teacher's eye in 2001.

The teacher asked the student to submit to a blood test, but his parents refused, said Bob Geigle, director of pupil services for the Oshkosh Area School District. The teacher, who ultimately tested negative for HIV, had to get a court order for the student to get tested.

Geigle said the law is a necessary precaution for teachers, who too often face violence or emergencies.

"They are front line personnel, so to speak," Geigle said. "They're as likely as first responders to come into contact with someone who is HIV infected."

But Davies said the circumstances in which a teacher might be infected with HIV from a student's blood are so "exceptional, they're almost nonexistent."

The law is the first of its kind in the country to specifically list school district employees in the same class as emergency workers who, in many states, can make people take blood tests if they think they have had contact with contaminated blood, according to the National Conference of State Legislatures.

Wisconsin law allows emergency personnel such as firefighters and prison guards to force someone to submit to an HIV test if the worker is significantly exposed to that person's blood.

The workers must have taken precautions against exposure, must get a doctor's written proof that they were significantly exposed and have an HIV test themselves before they can force someone to take a test. The new law makes teachers subject to the same criteria as other emergency workers.

---

On the Net:

Wisconsin Legislature: <http://www.legis.state.wi.us>

## CDC wants AIDS virus testing part of physical

By The Associated Press

ATLANTA — Height. Weight. Blood pressure. HIV test?

Federal health officials want routine physicals to include an HIV test.

The Centers for Disease Control and Prevention has proposed a plan to test every American 13 to 64. The rationale is that one-quarter of the 1 million Americans with the AIDS virus don't know they are infected, and that group is most responsible for HIV's spread.

The CDC already recommends routine testing for those at high risk for catching the virus, such as IV drug users and gay men, and for hospitals and certain other institutions serving areas where HIV is common. It also recommends testing pregnant women.

The new guidelines should be released in June or July. They aren't legally binding, but they influence doctors' decisions.

### The testing

Patients would be tested for HIV as part of a standard battery of tests they receive when they go for urgent or emergency care, or even during a routine physical. They wouldn't get tested every year: Repeated, annual testing only would be recommended for those at high risk. Patients would be allowed to decline the testing. The recommendations do not include pre-test counseling.

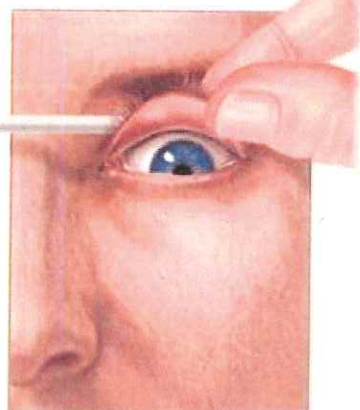
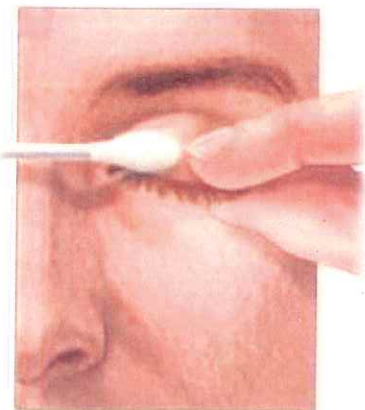


Are you hurt and do you need assistance?

YES



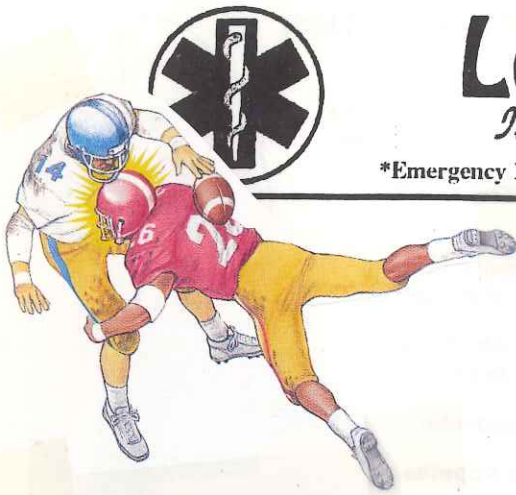
wiki How to Help a Victim of a Car Accident



Twist cotton-tipped swab upward

Look downward





# Leo Combs

*Instructor / Consultant*

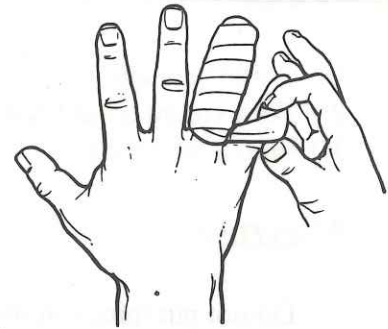
\*Emergency Medicine \*Sports Medicine \*First Aid & CPR



## EMERGENCY NOTES

### \*Amputation

- 1.} Control bleeding.
- 2.} Put severed part in bag or plastic wrap.
- 3.} Never put ice or water on severed part.



### \*Asthma

- 1.} Never panic, remain calm, calm victim down, and reassure.
- 2.} Sit victim forward for easy breathing. {Medication}.
- 3.} Tell victim to close mouth and breath through nose if possible.

### \*Bites and Stings

- 1.} A, B, C and Anaphylactic Shock.
- 2.} Epi-pen.
- 3.} Life threatening allergic reaction- "work fast."

### \*Bleeding

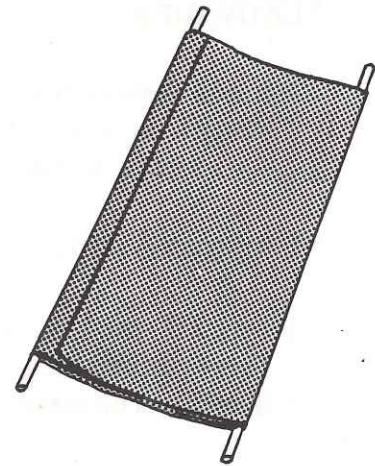
- 1.} Direct pressure.
- 2.} Bulky bandage.
- 3.} Pressure bandage.
- 4.} Pressure point.

### \*Broken Bone

- 1.} Only splint if you move victim.
- 2.} Check pulse, temperature, and color before and after splint.
- 3.} Splint must go above and below the injury site.
- 4.} Repeat #2 after splinting.

### \*Burn

"THE MOST COMMON TREATMENT FOR ALL OVERUSE INJURIES IS R.I.C.E. MEANING REST, ICE, COMPRESSION AND ELEVATION."





**\*Burn**

- 1.} Cool burn with running water.
- 2.} Cover with clean dressing.
- 3.} Do not apply lotion, ointment, ECT.

**\*Chest wounds**

- 1.} 3-side bandage-for exhaled air to escape.
- 2.} Turn victim on injured side.
- 3.} Watch for shock

**\*Seizure**

- 1.} Do not put things in mouth.
- 2.} Do not move victim during jerking movement.
- 3.} Clear areas, put padding under head, and monitor ABC.

**\*Drowning**

- 1.} Never allow victim to grab you.
- 2.} Never fight with victim in water.
- 3.} Try to throw something to the victim first {that floats}.

**\*Electrical Injury**

- 1.} Turn off power {breaker box location}.
- 2.} Never use anything that's metal.
- 3.} If power is on stand on a wood box, phone box, stay back 2 feet.

**\*Eye Injuries**

- 1.} Always cover both eyes.
- 2.} Turn off lights, music, etc.
- 3.} Never pull anything out of eye, if impaled.

**\*Heatstroke**

- 1.} Cool victim ASAP.
- 2.} Take off as many clothes as possible.
- 3.} Life-threatening emergency.

**HEAT EXHAUSTION**

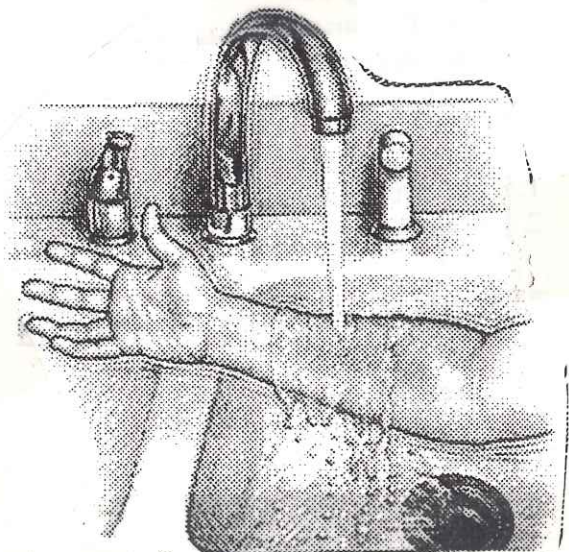
- Moist and clammy skin, usually pale
- Pupils dilated
- Normal or subnormal temperature
- Weak, dizzy or faint
- Headache
- No appetite, nausea

**HEATSTROKE**

- Dry hot skin, usually red
- Pupils constricted
- Very high body temperature
- Coma or near coma
- Pulse strong and rapid



*J. Giddings*







# Leo Combs

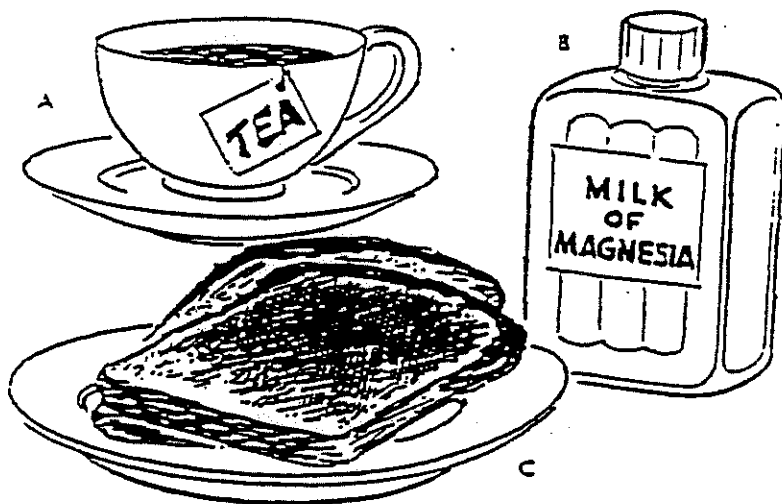
*Instructor / Consultant*

\*Emergency Medicine \*Sports Medicine \*First Aid & CPR

3002 Wime 37  
Kennewick WA

(509) 783-5162

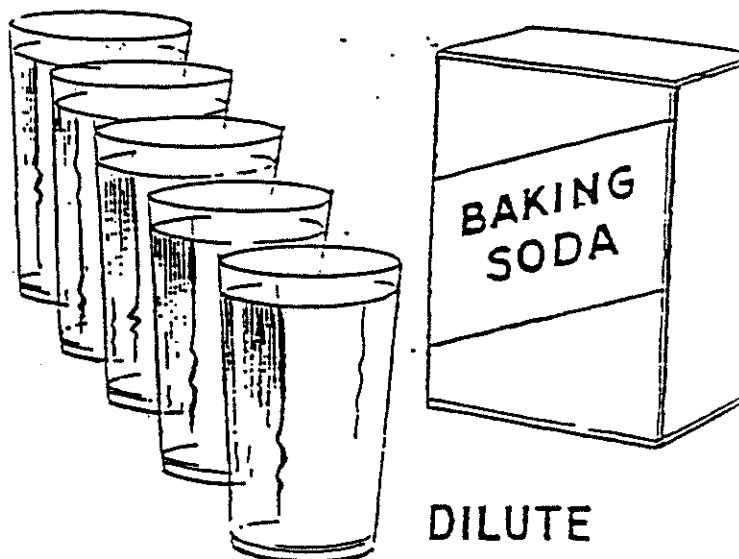
## POISONING BY MOUTH



## UNIVERSAL ANTIDOTE

Fig. 22 A. 1 part strong tea. B. 1 part milk of magnesia. C. 2 parts crumbled burnt toast.

## STANDARD FIRST AID THEORY AND SKILLS



Four or more glasses of water or milk for adults. Water with several teaspoonfuls of baking soda.

## ...and the great outdoors

☐ **Homemade poison ivy relief:**  
When hiking or camping, carry a container of rubbing alcohol and tissues. If you are exposed to poison ivy, oak or sumac, gently rub the tissue dampened with the rubbing alcohol on the area as soon as possible to remove the oil that causes the itchy rash. *Caution:* To avoid recontamination, thoroughly wash any clothes, pets and objects that might have the oil on them.

Neal Schultz, MD, dermatologist in private practice,  
1130 Park Ave., New York City 10128.

## STANDARD FIRST AID THEORY AND SKILLS

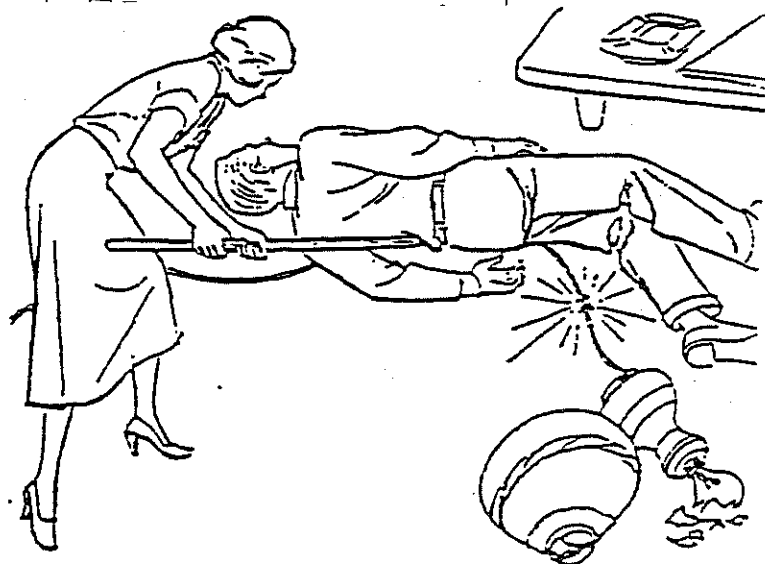
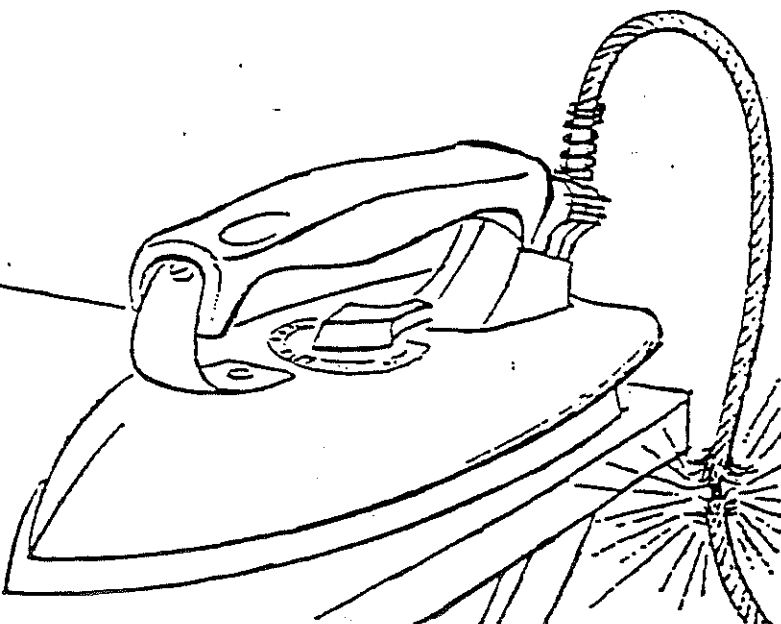
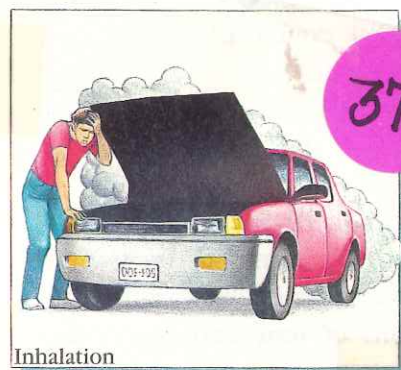


Fig. 14 Roll victim from wire or shut off current.



## \*Hypothermia

- 1.} Warm victim with blankets towels, hat, and water.
- 2.} Watch for shock, confusion, combatants, and aggressive behavior.
- 3.} Give something warm to eat or drink.



Inhalation

## \*Frostbite

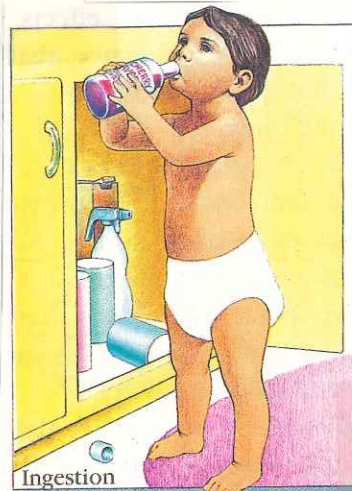
- 1.} Do not warm injured part too quickly.
- 2.} Do not remove clothing too soon.
- 3.} Armpits, groaning, cheeks.

## \*Poisoning

- 1.} Call poison control first.
- 2.} Give container, vomit, pills, and etc. to EMS.
- 3.} Do not give anything by mouth unless otherwise instructed by EMS.

### **PRESCRIPTION IPECAC?**

The FDA is considering making syrup of ipecac a prescription medication. The vomit-inducing liquid has been a mainstay in the homes of parents with small children since the 1960s. Critics, however, warn that ipecac makes it easier for bulimics to binge after eating. **MH**



Ingestion

## \*Shock

- 1.} Raise legs 8-12 inches
- 2.} Maintain body temperature.
- 3.} Monitor ABC.

## \*Diabetic

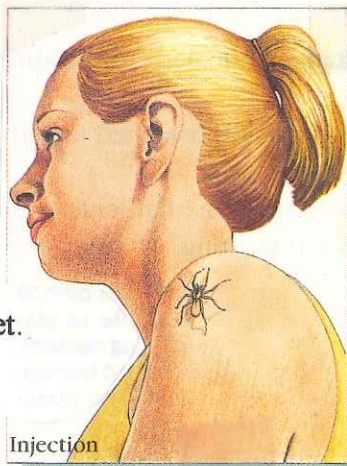
- 1.} Always give something sweet.

## \*Embedded Object

- 1.} Do not remove object.
- 2.} Stabilize in place.

## \*Internal bleeding or Trauma

- 1.} Treat for shock.



Injection

## **SIGNS AND SYMPTOMS OF SKULL FRACTURE**

Cerebrospinal fluid  
from scalp laceration

Deformity of skull  
and/or face  
Pain or swelling  
at site

One eye  
sunken

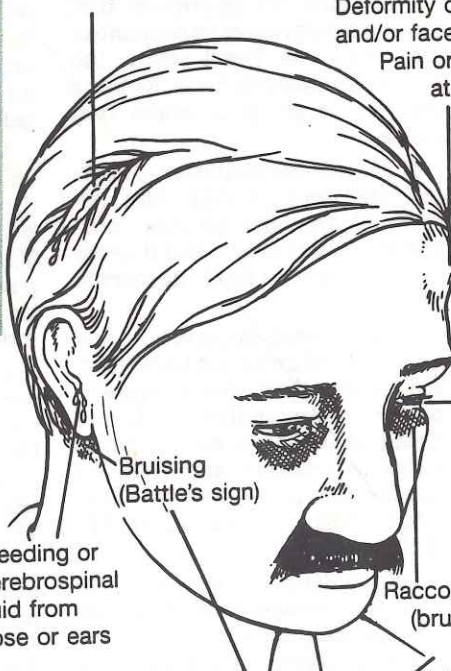
Unequal  
size of pupils

Bruising  
(Battle's sign)

Bleeding or  
cerebrospinal  
fluid from  
nose or ears

Raccoon eyes  
(bruising)

Late signs — often not  
seen in prehospital setting



**Leo Combs**  
*Instructor / Consultant*

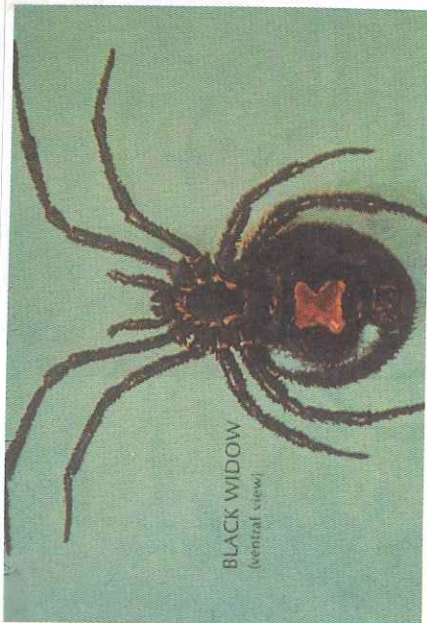
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Absorption





**FIGURE 20-10.** Black widow spider.

Black widow bites are the leading cause of death from spider bites in the United States. The venom — fourteen times more toxic than rattlesnake venom — causes little local reaction but results in pain and spasm in the large muscle groups within thirty minutes to three hours. Severe bites cause respiratory failure, coma, and death.

Those at highest risk for developing severe bites are children under the age of sixteen, the elderly over the age of sixty, people with chronic illness, and anyone with hypertension.

The most common sign of a black widow bite is high blood pressure. The most recognizable symptoms are flushing, sweating, and grimacing of the face within ten minutes to two hours. Other signs and symptoms include:

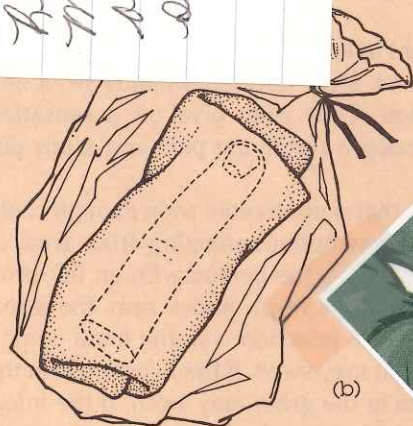




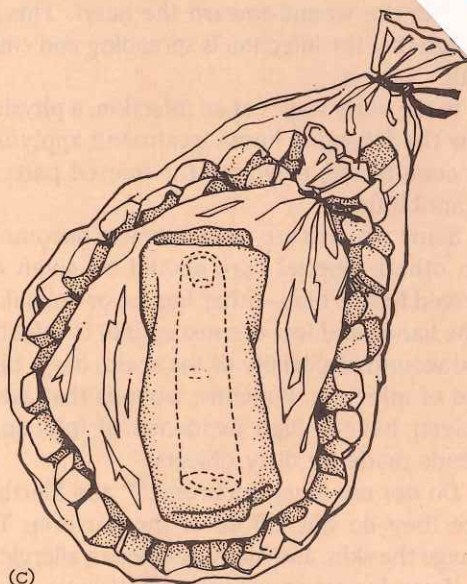
## \*Amputation

1. } Control bleeding.
2. } Put severed part in bag or plastic wrap.
3. } Never put ice or water on severed part.

*Tooth*  
*Replace w/ socket*  
*Milk*  
*or saliva*  
*saline water*



(b)



(c)

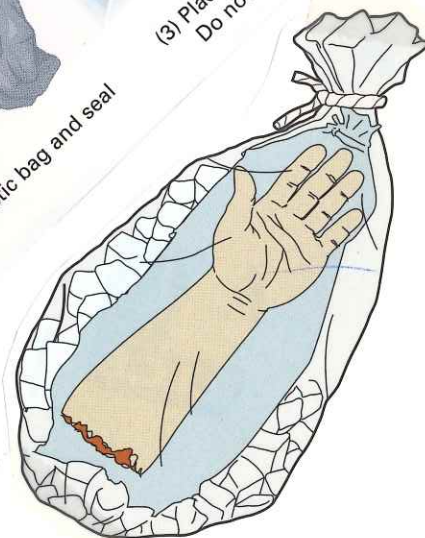
**Care of an Amputated Part** a. Wrap amputated body part in dry, sterile gauze. b. Place in plastic bag or other type of waterproof container. c. Place on bed of ice; do not bury it.



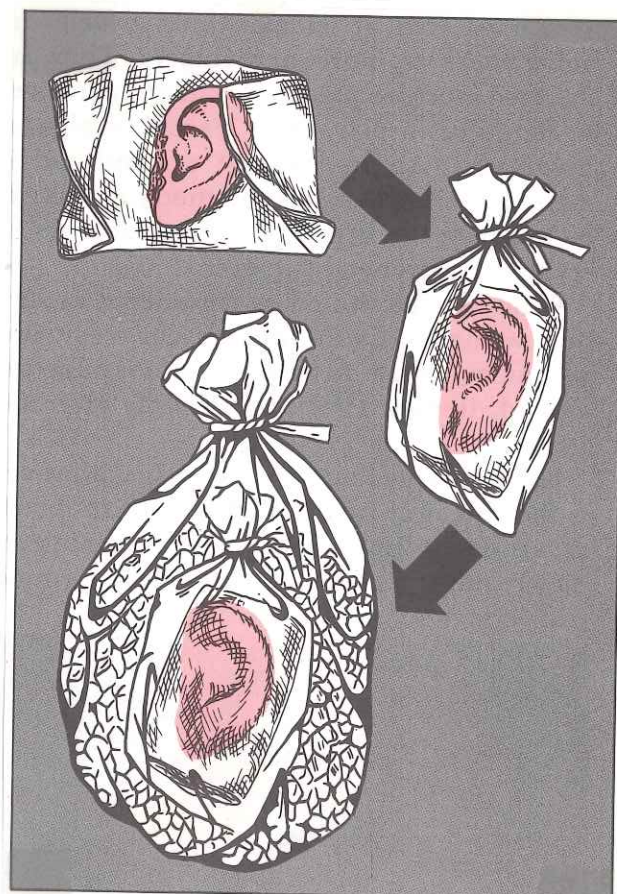
(1) Wrap completely in sterile dressings.



(2) Place in plastic bag and seal shut.

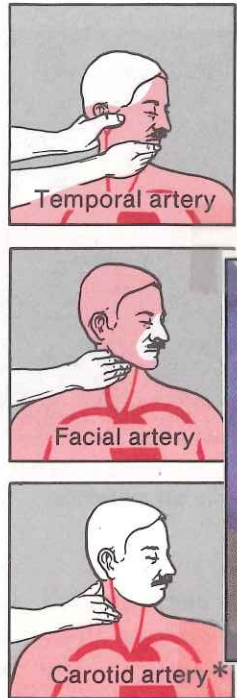
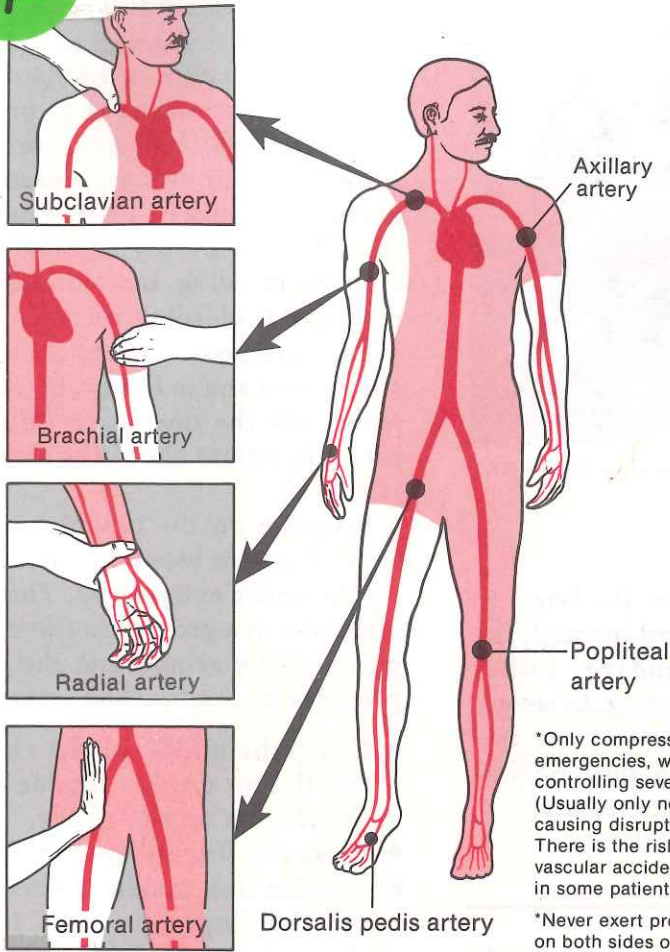


(3) Place sealed bag on top of a cold pack. Do not allow the tissue to freeze.





# PRESSURE POINTS



\*Only compress the carotid artery in dire emergencies, where all other attempts at controlling severe bleeding have failed. (Usually only necessary in a neck wound causing disruption of the artery itself.) There is the risk of causing a cerebral vascular accident or cardiac disturbances in some patients.

\*Never exert pressure on carotid arteries on both sides of the neck at the same time.

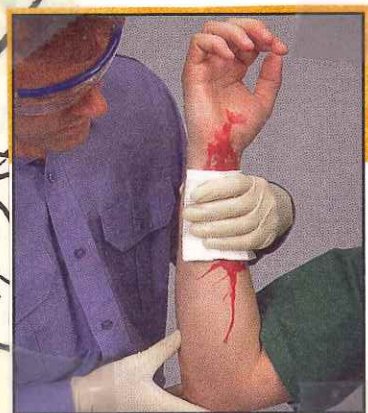
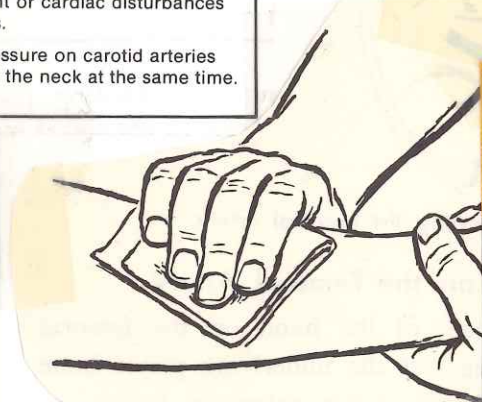
## AT Home CPR & First Aid

Leo Combs, Instructor/Consultant

*Control Bleeding c  
B.P. Cupp - Not  
a Tourniquet*



Hand pressure on femoral artery.

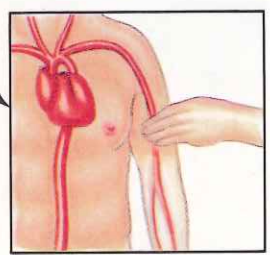
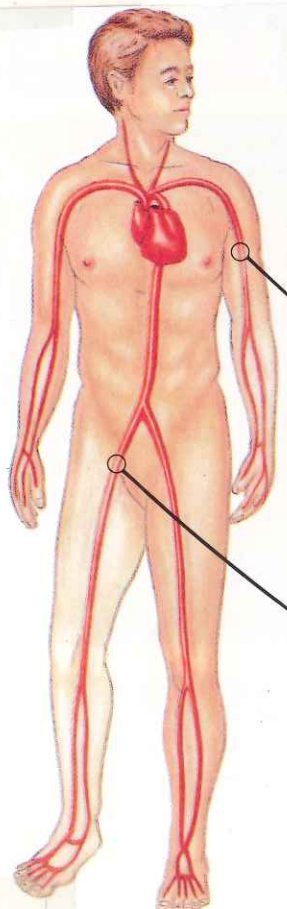


Direct pressure over wound.

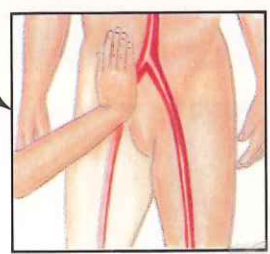
### WOUNDS



Fig. 7 Finger pressure on brachial artery.



Brachial artery



Femoral artery



# First Aid for Seizures

441

**DON'T PUT  
ANYTHING  
IN MOUTH**

**LOOK FOR  
MEDICAL ALERT  
IDENTIFICATION**

**TIME THE  
SEIZURE WITH  
A WATCH**

**AS SEIZURE ENDS,  
OFFER HELP**

**DON'T  
HOLD  
DOWN**

**CUSHION HEAD,  
REMOVE GLASSES**

**LOOSEN TIGHT  
CLOTHING**

**TURN  
ON SIDE**

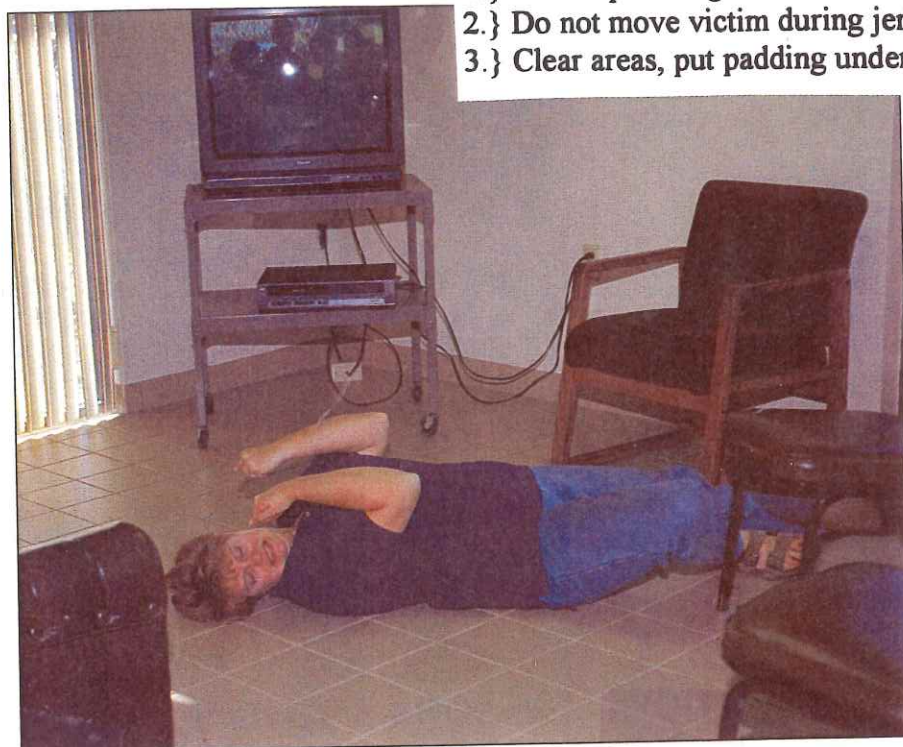




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**\*Seizure**

- 1.} Do not put things in mouth.
- 2.} Do not move victim during jerking movement.
- 3.} Clear areas, put padding under head, and monitor ABC.





# Are You Hydrated?

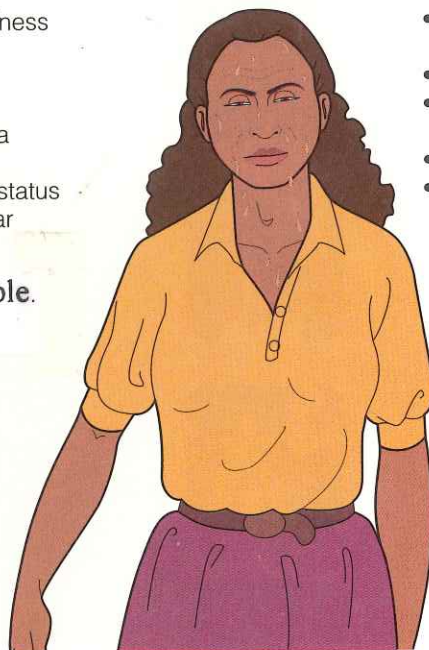
## HEAT-RELATED EMERGENCIES: SIGNS AND SYMPTOMS

### HEAT CRAMPS

- Faintness, dizziness
- Exhaustion
- Stiff, boardlike abdomen
- Possible nausea and vomiting
- Normal mental status
- Severe muscular cramps/pain

### HEAT EXHAUSTION

- Moist and clammy skin
- Pale
- Weak, dizzy or faint
- Headache
- Nausea and vomiting



### HEAT STROKE

- Life threatening
- Dry or wet hot skin (usually red)
- Very high body temperature
- Coma or near coma

### \*Heatstroke

- 1.} Cool victim ASAP
- 2.} Take off as many clothes as possible.
- 3.} Life-threatening emergency.

If your urine is pale like lemonade, that's a sign of proper hydration.



YES

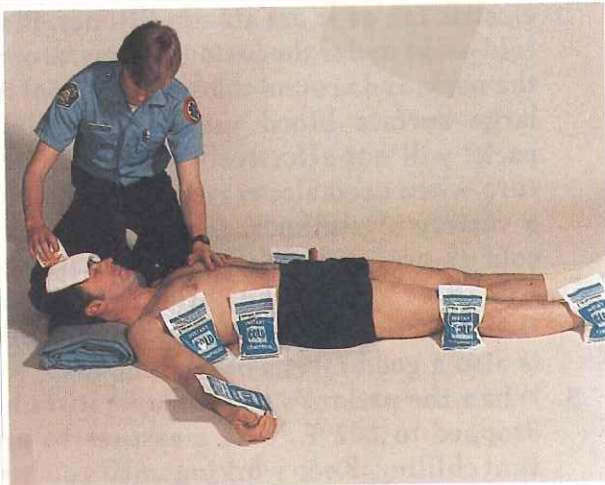
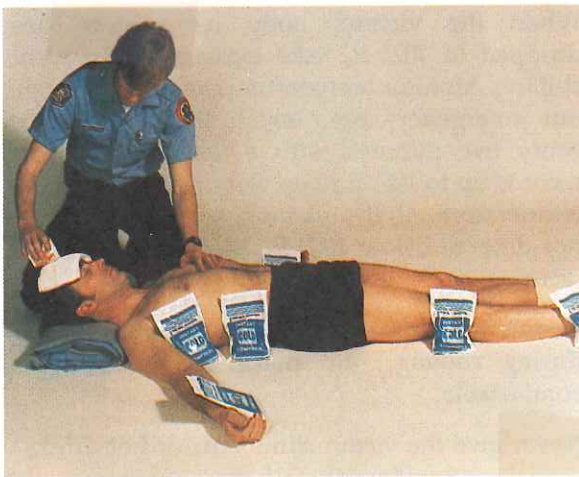


NO

If it's dark like apple juice, you need more fluids.



44





# Relieve A Bee Sting

FIRST, SCRAPE OUT THE STINGER WITH the edge of a credit card. Then douse the stung area with cold water, take an aspirin, and—if it's handy—spray antiperspirant, ammonia, or an antihistamine such as Benadryl on it. All contain chemicals to neutralize the venom.



## ONE-WORD ANSWERS

I went through a desensitization program for bee stings 10 years ago. When will my immunity wear off?

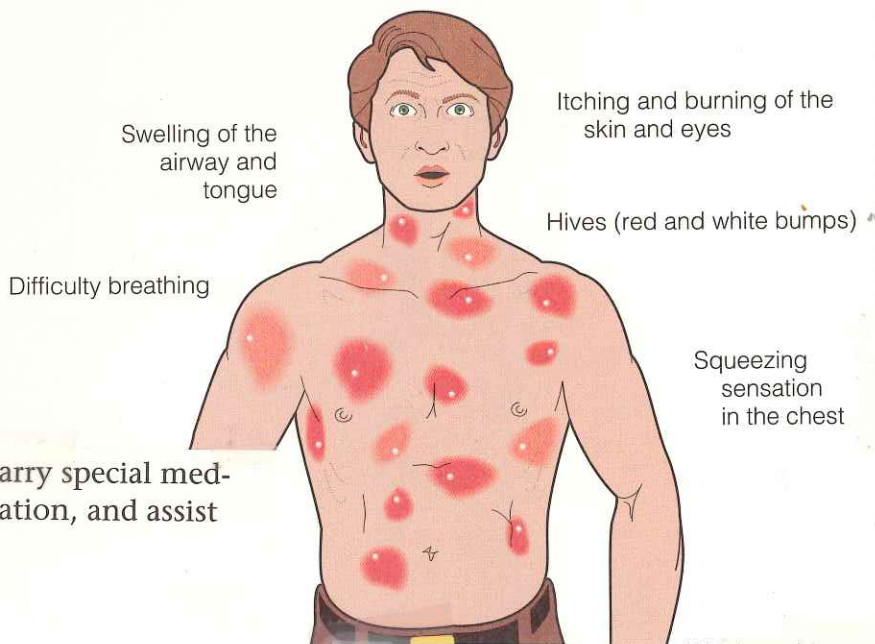
**Never**

"Once you've received your series of shots, you'll be 97 percent protected for your entire lifetime," says Brian Smart, M.D., an allergist and spokesman for the American Academy of Allergy, Asthma & Immunology.

**EPIPEN 2-PAK®**  
(Epinephrine) Auto-Injectors 0.3/0.15mg

*Handwritten notes on lined paper:*  
Peanut, Soybean, Milk, Wheat, Eggs, Shellfish, *fracture (stings)*  
90%

## ANAPHYLACTIC SHOCK: SIGNS AND SYMPTOMS



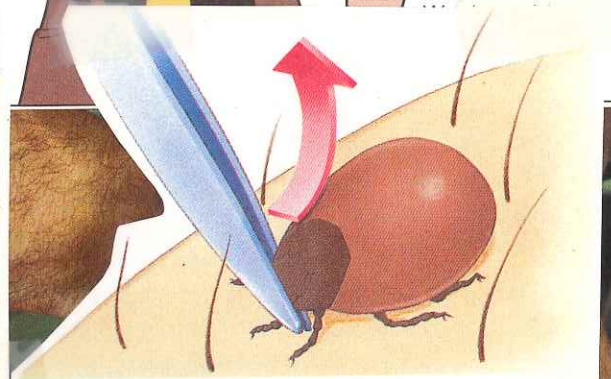
Many people are aware of their allergies and carry special medication. Ask the patient if he or she has medication, and assist them if necessary.

### EMERGENCY CARE:



Place ice pack over sting site.

Assist victim with medication from insect sting kit (if available, and allowed by state and local protocol.)



Remove a tick by pulling steadily and firmly with fine-tipped tweezers.

The EpiPen® Auto-Injector is self-administered by the victim to treat severe allergic reactions.



H6



# Leo Combs

*Instructor / Consultant*

Emergency Medicine \*Sports Medicine \*First Aid & CPR

**EPIPEN 2-PAK®**  
(Epinephrine) Auto-Injectors 0.3/0.15mg

Contact us at 1-800-755-5560 or visit us  
at [www.epipen.com](http://www.epipen.com).

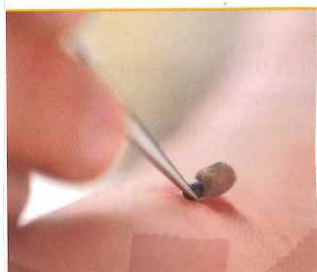
## MARINE PUNCTURE WOUND

## OTHER BITES AND STINGS

SNAKE BITE | STINGS FROM SEA CREATURES | MARINE PUNCTURE WOUND

## STINGS FROM SEA CREATURES

### WHAT TO DO



### WHAT TO DO



### FOREIGN OBJECTS, POISONING, BITES & STINGS

## SNAKE BITE TICK BITE

### SPECIAL CASE JELLYFISH STING

Pour copious amounts of vinegar or sea water over the area of the injury to incapacitate the stinging cells. Help the casualty to sit down and treat as for a snake bite (opposite). **Call 999/112 for emergency help.**



### FREEZE, SUCKER!

Ice is nice for  
quelling the  
itch from an  
insect bite.



Grab ice instead; icing a bite or rash for five to 10 minutes will relieve the itch by overwhelming the same nerves responsible for said itch, Friedman says.

## Zing the Sting

### JELLYFISH FIRST AID >

► Soak the sting with vinegar or rubbing alcohol until the burning subsides, or sprinkle it with unseasoned meat tenderizer (but not for longer than 15 minutes), says Paul Auerbach, M.D.,



SafeSea Jellyfish Safe sunblock (\$13 for 4 ounces; [www.nidaria.com](http://www.nidaria.com)), which inactivates any stinging cells that touch you.



MEDICAL  
CONDITIONS



**FIRST AID FOR POISONOUS SNAKE BITES:**

-CALL 911.

-Position the victim comfortably and do not allow the victim to move around.

-Apply a sterile dressing or clean cloth over the wound.

-Immobilize the affected area (splint the joints above and below the wound). Make sure you don't tie the splint too tightly.

**DO NOT:**

-attempt to suck out the venom by any method.

-make any sort of incision on or around the bite.

-allow the victim to eat or drink anything.

-raise the affected area above heart level.

If you can, get a good description of the offending snake to give to the ER staff.

NEXT WEEK: Outdoor safety tips, including how to prevent snakebites and confrontations.

**GOOD SAMARITAN LAW OF THE WEEK: KENTUCKY**

Kentucky Statute 411.148

Kentucky has in place the standard Good Samaritan statute: no person, acting in good faith and without expectation of compensation, can be held liable for civil damages resulting from the administration of emergency medical care, as long as the person providing the care does not act in a willfully malevolent or destructive way.

**Poison Ivy**

A cool bath laced with baking soda or oatmeal will rinse the rash-spreading oil. Afterward, apply calamine lotion or cortisone cream to ease the itching. Be sure to wash your child's clothes (including sneakers) and sheets; the potent oil can adhere to fabrics and other surfaces for up to a month, posing a risk of reinfection. If the rash starts oozing or the skin is swelling, call your doctor.

**Bee Stings**

Gently push out the stinger using a blunt-edged object such as a credit card or the dull side of a knife. Don't pluck it out with your fingers because you may squeeze venom back into the skin.

Clean the wound with soap and water, apply ice, then dab on ammonia or a paste of baking soda and water to relieve the pain. If your child is wheezing or having trouble breathing, this could signal an allergic reaction; get to an emergency room immediately.

**Tick Bites**

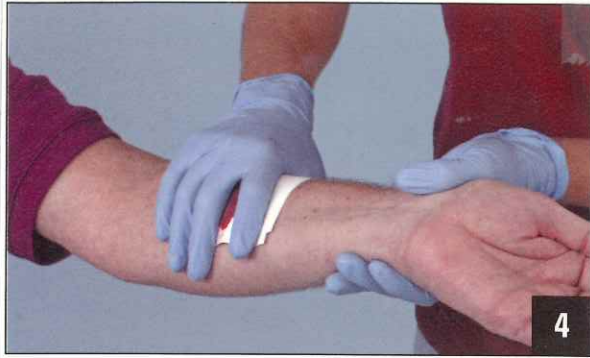
Lightly grip the tick with tweezers, close to the skin, then pull it off. Clean the area and apply an antiseptic. If within three to 30 days the bite mark expands or turns into a bull's-eye-shaped rash larger than three inches in diameter, it could be a sign of Lyme disease.

Fever, achiness, and headache may follow. With any of these symptoms, consult a doctor. But you'll have to wait until six weeks after the bite for testing — the antibodies won't react until then.



# H

## CONTROLLING EXTERNAL BLEEDING



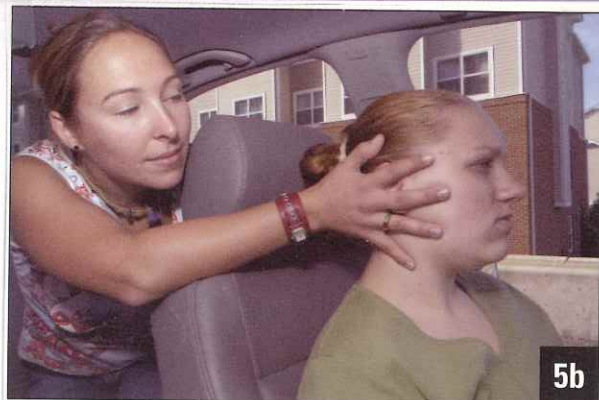
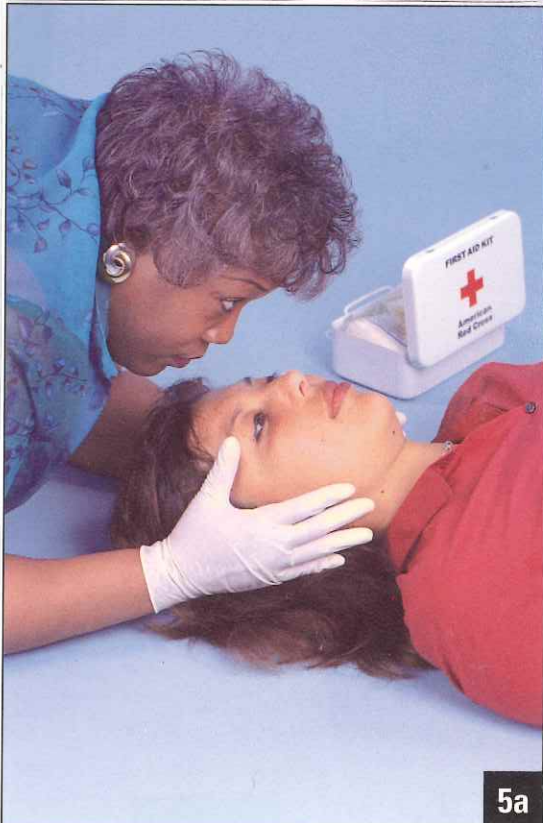
# I

## BURN CARE



# J

## HEAD, NECK OR BACK INJURIES





## HYPOGLYCAEMIA

### WHAT TO DO

- 1 Help the casualty to sit down. If he has his own glucose gel, help him to take it. If not give him the equivalent of 10g of glucose – for example, a 100ml glass of non-diet fizzy drink or fruit juice, two teaspoons of sugar (or two sugar lumps) or sugary sweets such as jelly babies.



Jacqueline Saburido was 20 years old when the car she was riding in was hit by a drunk driver. Today, at 23, she is still working to put the incident behind her.

Learn more at [www.TexasDWI.org](http://www.TexasDWI.org)

## DON'T DRINK & DRIVE





## \*Eye Injuries

- 1.} Always cover both eyes.
- 2.} Turn off lights, music, etc.
- 3.} Never pull anything out of eye, if impaled



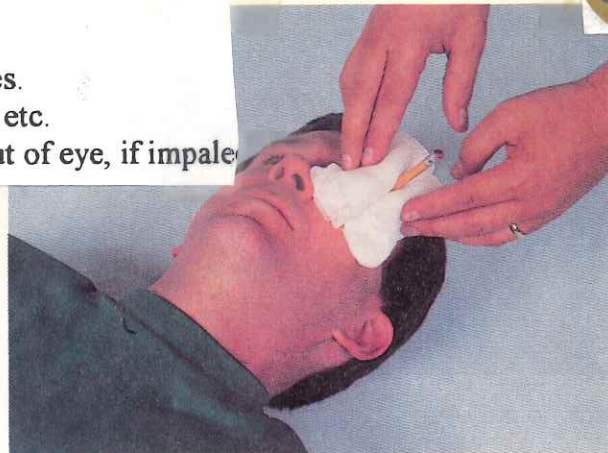
FIGURE 14-10. Impaled object in eye.



FIGURE 14-11. Dress and stabilize impaled object.



FIGURE 14-12. Bandage the cup in place.



Bandaging penetrating eye injury (paper cup)



Bandaging both eyes stops eye movement



## IMPALED OBJECT IN THE EYE



1 Impaled object in eye.



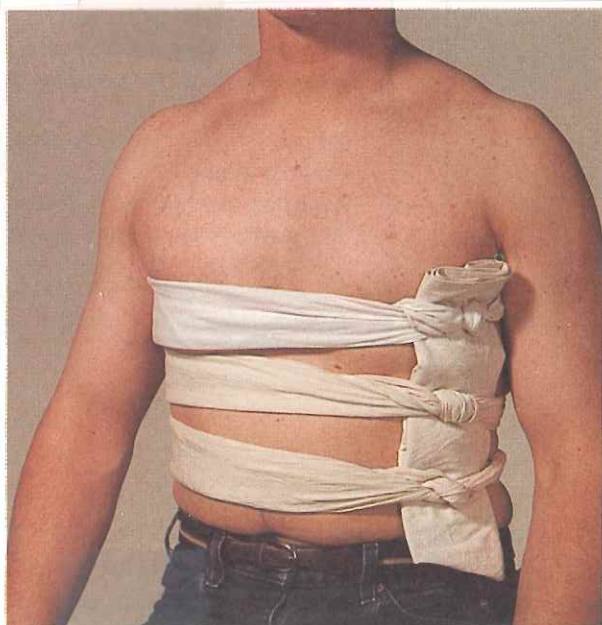
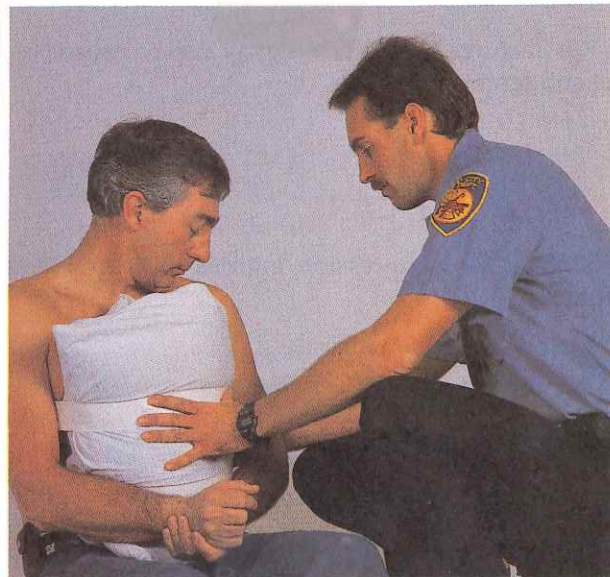
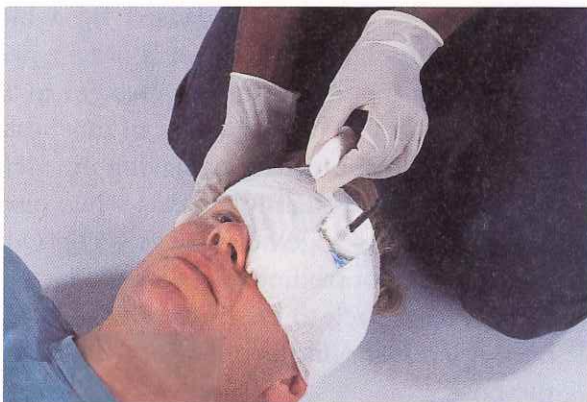
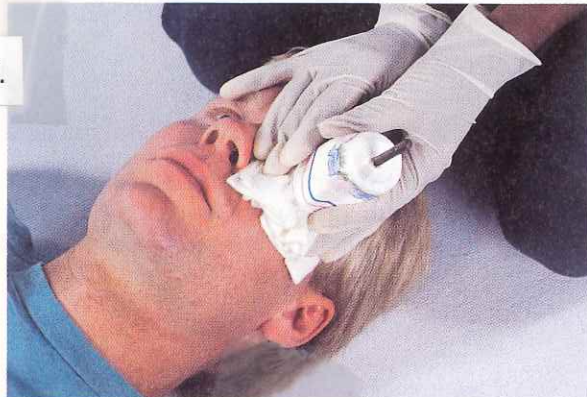
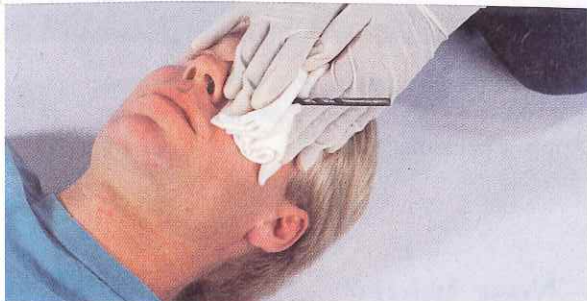
2 Dress and stabilize impaled object.



3 Bandage the cup in place.

### \*Eye Injuries

1. } Always cover both eyes.
2. } Turn off lights, music, etc.
3. } Never pull anything out of eye, if impaled.



HOME

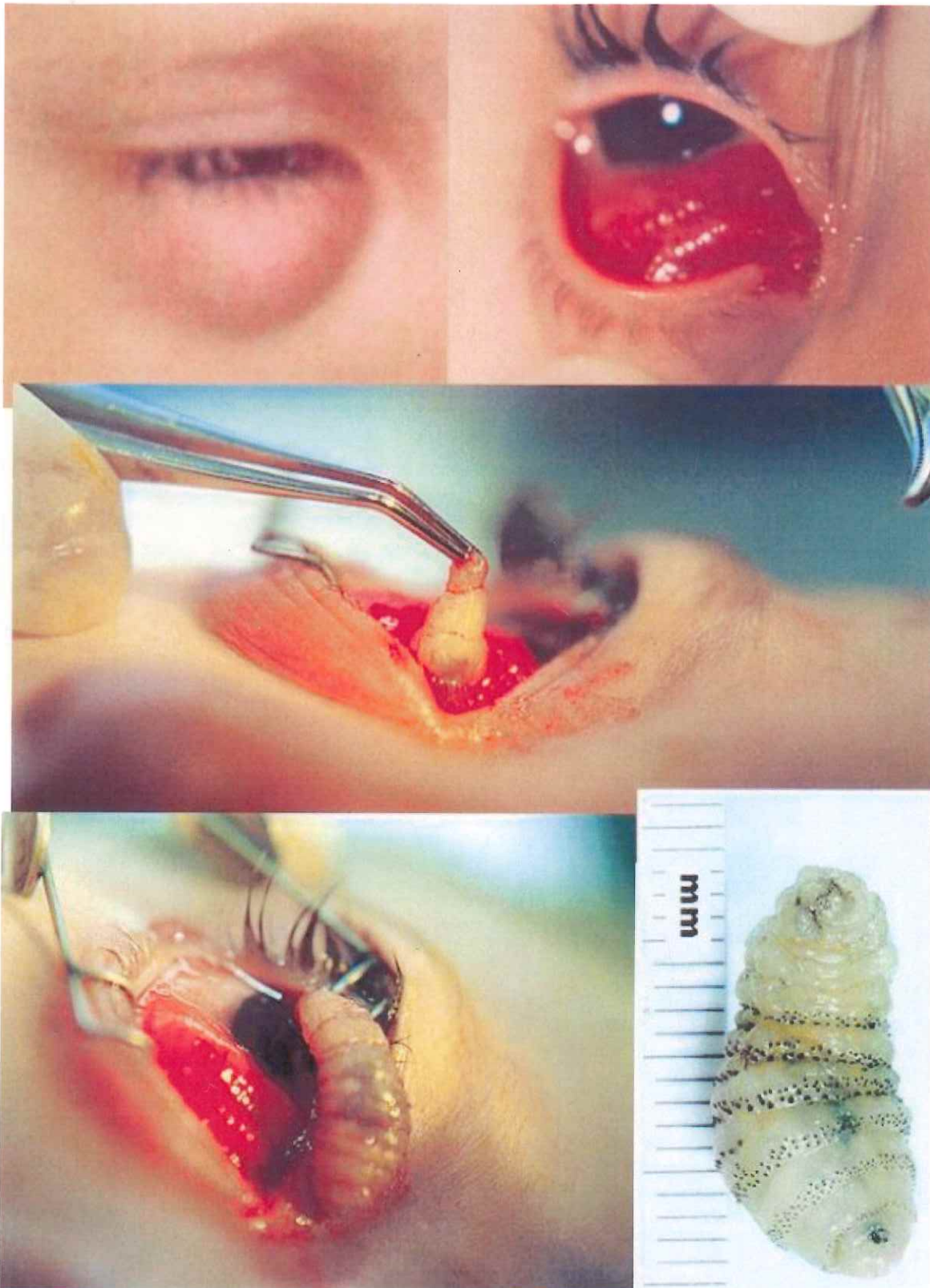
HOME



Gloves &amp;







This poor guy was minding his own business & he felt an eye irritation. Thinking that it was just regular dust, he started to rub his eye, in an effort to remove the dust.

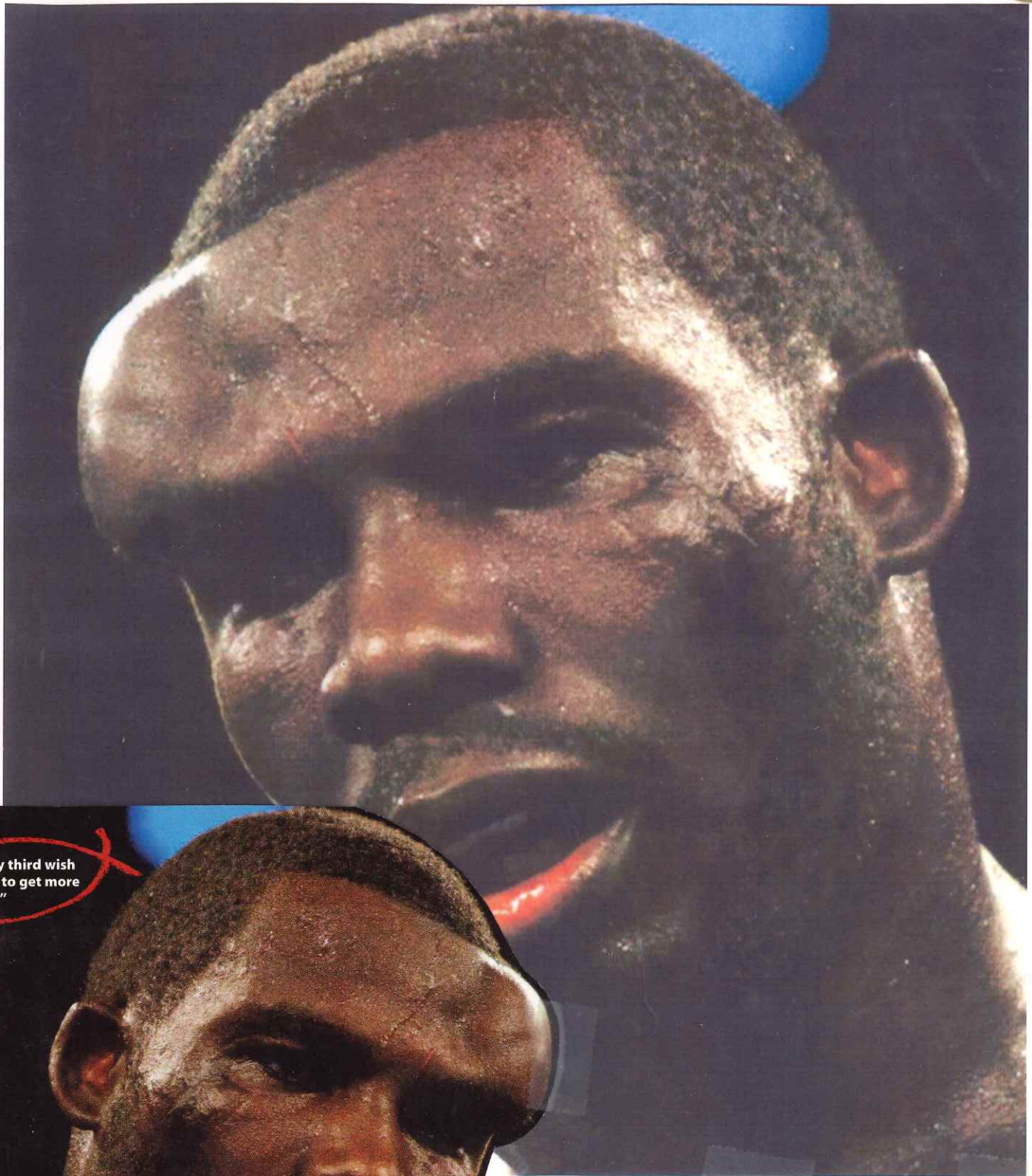
Then his eyes got really red, so he bought some eye drops from the pharmacy. A few days passed and his eyes were still red and seemed a little swollen.

Again he dismissed it as dust & continued rubbing, hoping it would go away.

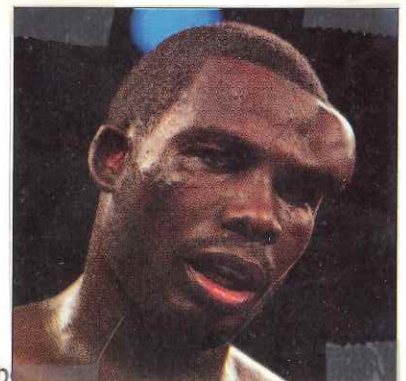
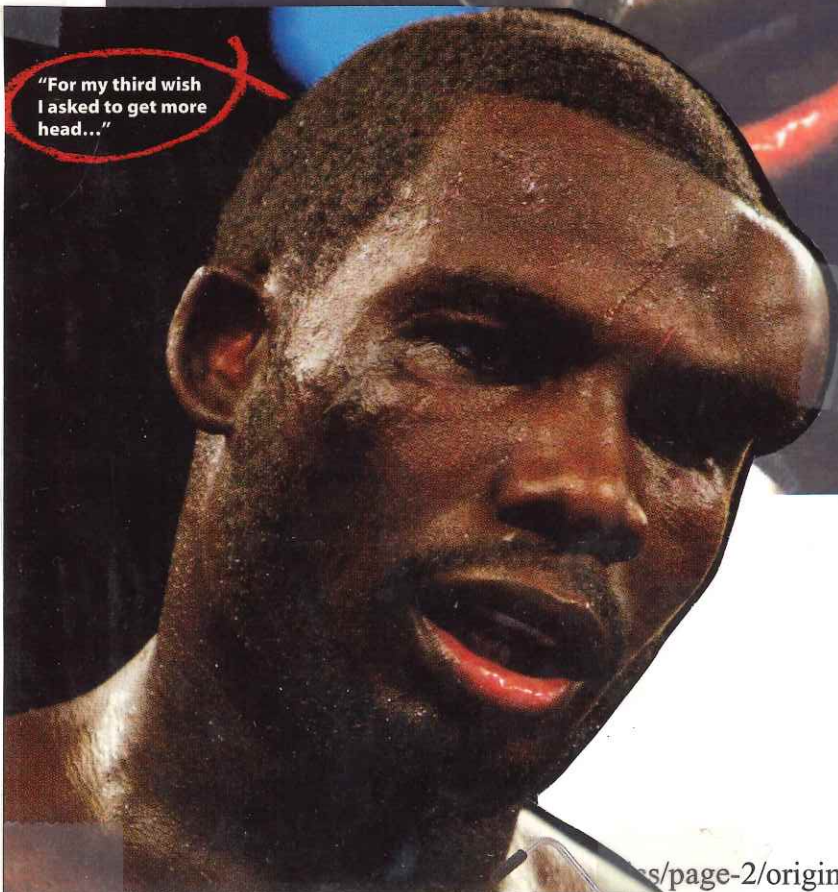
days went by, the swelling of his eye got worse & the redness increased until he decided to go and see a doctor for a check up. The doctor immediately wanted an operation, being afraid of a tumor growth or cyst.

At the operation, what was thought to be a growth or cyst, actually turned out to be a live worm. What was thought initially to be just mere dust actually was an insect's egg.....





"For my third wish  
I asked to get more  
head..."





*Yep, there's a reason we're adamant about the*

## **"Four Firearms Safety Rules"**



## **ALL shooters should take note:**

This is really graphic . . . but shows what a 12ga. shotgun can do at close range. For all shooters that turn their head when someone changes stations with a loaded gun or points it in the direction of people should see this photo. We all need to be vigilant when at the gun club or in the field to ensure that this or some version of it does not happen again. This could have been fatal . . .

*Imagine if it were some other part of one's anatomy . . .*





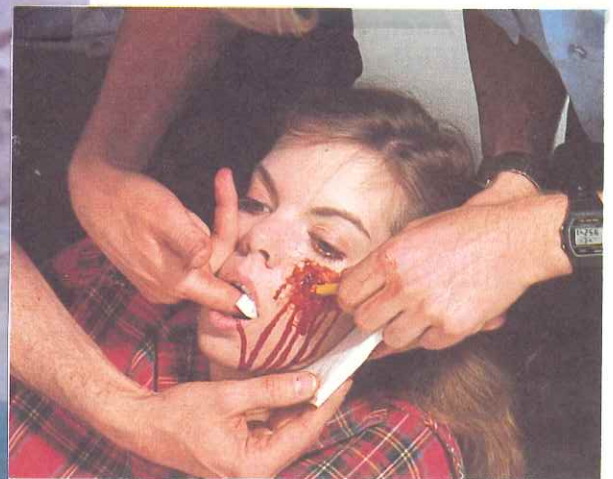
# Leo Combs

*Instructor / Consultant*

Emergency Medicine \*Sports Medicine \*First Aid & CPR



The tongue is the fastest-healing part of the human body.



Impaled objects in the cheek may be removed. Dress outside of wound and put dressing on inside wound between cheek and teeth. Hold in place if necessary.



SPECIAL CASE PENETRATING CHEST WOUND

1 Help the casualty to sit down. Encourage him to lean towards the injured side and cover the wound with the palm of his hand.



2 Place a sterile dressing or clean non-fluffy pad over the wound and surrounding area. Cover with a plastic bag, foil or kitchen film. Secure firmly with adhesive tape on three edges only so that the dressing is taut.



OCCLUSIVE CHEST DRESSING

► With any deep chest puncture, air can leak into the cavity and create a bubble that collapses the lungs; this is called a "sucking chest wound." But before suffocation occurs, air pressure usually compresses the major vein to the heart, and it stops beating. Medics stick a large-gauge needle through the ribs to let the air escape. The rest of us can use an occlusive dressing, a supersticky patch that covers the hole. The best ones (HyFin Vent, \$11, narescue.com) now keep air out on inhalations but let it escape on exhalations. In a pinch, says Jedidiah Ballard, D.O., duct-tape a candy wrapper or other tough piece of plastic over the hole.



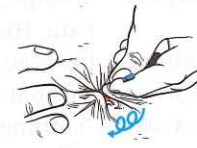
COMBAT SKILL

3

"STITCH" A CHEST WOUND WITH A SAFETY PIN



1. A tourniquet won't work here. Rip a T-shirt into strips and pack the wound with them.



2. "Suture" the skin around the wound together with a safety pin or two. Skin is tough; it shouldn't rip.



3. If there's no safety pin and you must move the victim, tie a sweatshirt around the entire packed wound.

SPECIAL CASE IF THE CASUALTY IS UNCONSCIOUS

If the casualty is unconscious, open the airway and check breathing (The unconscious casualty, pp.54-87). If you need to place a breathing casualty in the recovery position, roll him on to his injured side to help the healthy lung to work effectively (p.64).



BREAKING CONTACT WITH ELECTRICITY



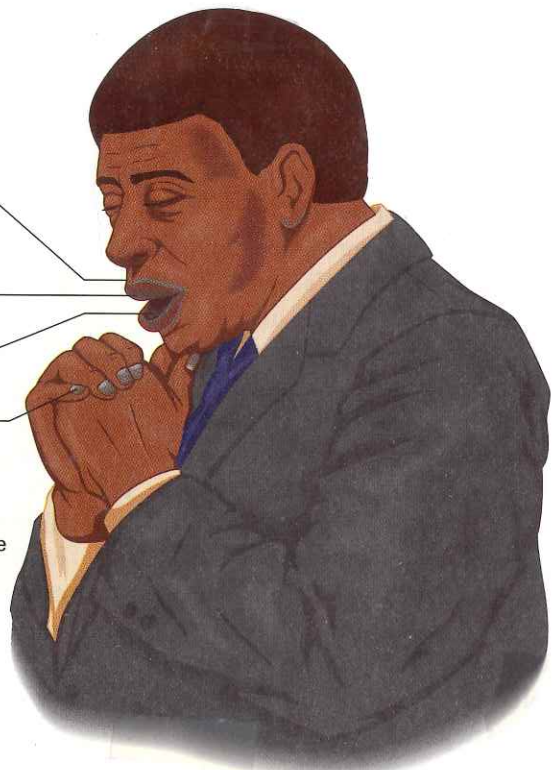
Skin around mouth may be grayish

Lips may be blue

Tongue may be blue

Nail beds may be blue

Mucous membranes of mouth may be blue or have a pale, grayish, waxy pallor.







**FIGURE 17-4.** Abdominal evisceration — an open wound resulting in protrusion of intestines.



**FIGURE 17-5.** Cut away clothing from wound and support knees in a flexed position.



**FIGURE 17-6.** Place dressing over wound. **Do not attempt to replace intestines within abdomen.**



**FIGURE 17-7.** Moisten dressing with clean water. It is best to pre-moisten before application. Note: in some areas, dry dressings are recommended. Follow local protocol.



**FIGURE 17-8.** Gently and loosely tape the dressing in place, then apply an occlusive material such as aluminum foil or plastic wrap. Tape loosely over dressing to keep dressing moist.



## Cut? Call Dr. Pepper

### HOME REMEDY >

Next time you nick yourself in the kitchen, reach for the black pepper. Run cold water over the wound to clean it, using soap if you were handling meat. Then sprinkle on the pepper and apply pressure. In no time, the bleeding will stop. Turns out black pepper has analgesic (that's painkilling), antibacterial, and antiseptic properties, according to Roberta Lee, M.D., medical director of the Beth Israel Center for Health and Healing in New York City. Pepper doesn't sting, either—but don't tell that to your audience.



"Mmm, finger food."

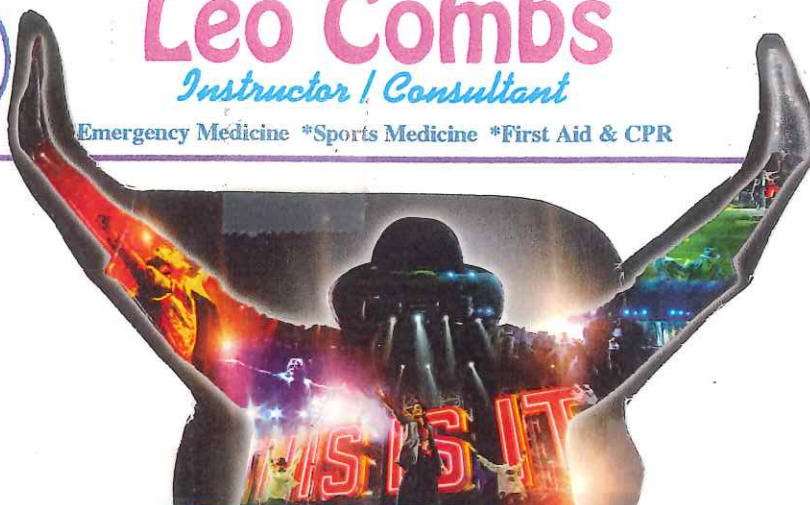




# Leo Combs

*Instructor / Consultant*

Emergency Medicine \*Sports Medicine \*First Aid & CPR



## Treatments

### Strains, Sprains, and contusions

- P-protection
- R-rest
- I-ice
- C-compression
- E-elevation
- S-support

### \*Abrasions or Scrapes

- S-soak, soap, scrub
- I-irrigate, irrigate, irrigate
- D-dressing

### \*Soft Tissue Injuries

- N-NSAID (nonsteroidal anti-inflam)
- I-injection (corticosteroids)
- P-physical therapy
- E-exercise
- D-device (brace)

### \*Head Injuries

- I-impairment of consciousness
- Need-Nausea and vomiting
- My-Motor activity
- Very-vital signs
- Special-seizures
- Head-headache
- Protection-Papillary or eye

## Soft Tissue Injuries

RICE

### REST

In this context "rest" means that the athlete must be encouraged to immediately abstain from further activity until the severity of the injury can be safely assessed. This may require some painkillers - the injured athlete may be highly motivated and sensations of pain and loss of function can be masked by the body's natural pain-killing chemicals - so First Aid and this hand to be accurate.

### ICE

Whether in the form of ice packs, a proprietary cold spray or simply ice cubes, ice should be administered to the injured area and applied for not more than 15 minutes in the first hour. This will help reduce pain and limit swelling.

NO direct application of ice to the skin with ice packs. ALWAYS use a towel between skin and ice.

### COMPRESSION




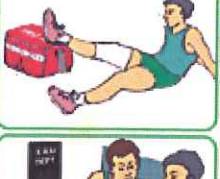

Compression of the injured area will also help limit swelling. This is best applied to a limb in the form of an elasticated stocking - a length sufficient to provide a double thickness around the injury and far enough above and below to avoid swelling and pooling of tissue fluid around the bandage edges. Application may be over a cast wrap if required if the athlete is in pain and has limited function. They might well prefer to apply the compression for themselves under your direction.

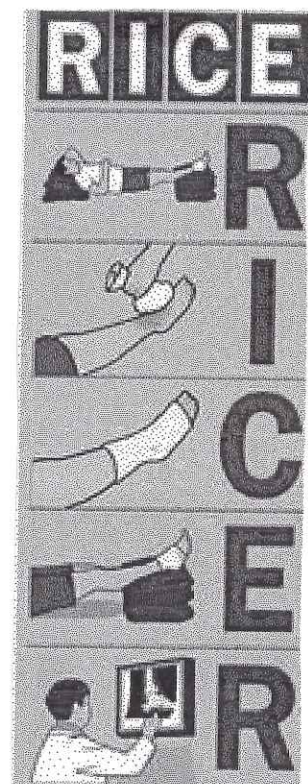
### ELEVATION

Elevation of the injured body part allows gravity to help with the swelling of the damaged tissue. It should not be forced however, particularly where pain and loss of function might indicate an underlying fracture.

### REFERRAL & REHABILITATION

It is vitally important for the First Aid to ensure that even apparently minor soft tissue injuries can disguise fractures and deep damage to bones and joints. Such injuries can only be accurately diagnosed by a Doctor. For this reason the First Aid should refer any such injuries to the nearest medical facility. The athlete should also be advised to see a qualified physiotherapist for all appropriate programme of rehabilitation.



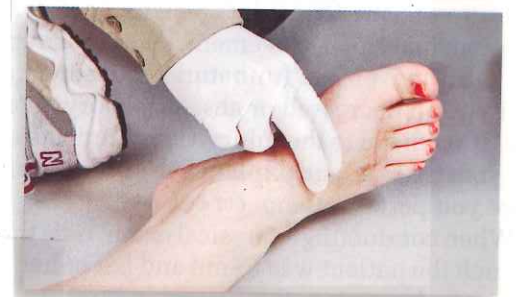
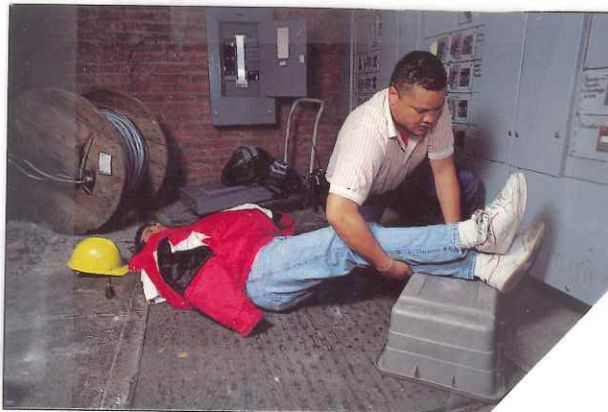
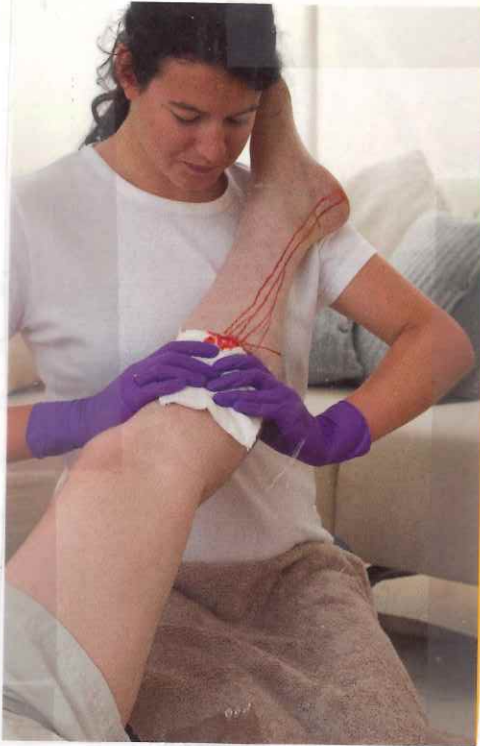
### \*Assessments

- A-airway and cervical spine
- B-breathing
- C-circulation
- D-disability and neurologic
- E-exposure
- A-alert and responsive
- V-responsive to vocal stimuli
- P-responsive to pain stimuli
- U-unresponsive



## WHAT TO DO

## 1 HELP CASUALTY TO LIE DOWN



**12** (a) In any fracture, pulses should be checked on initial exam and again after any significant movement, distal to the injury (b).



## IMPROVISED SLINGS

If you need to support a casualty's injured arm but do not have a triangular bandage available, you can make a sling by using a square metre (just over one square yard) of any strong cloth (p.249). You can also improvise by using an item of the casualty's clothing (below). Check circulation after applying support (p.243) and recheck every ten minutes.

## CAUTION

If you suspect that the forearm is broken, use a cloth sling or a jacket corner to provide support. Do not use any other improvised sling; it will not provide enough support.

## Jacket corner

Undo the casualty's jacket. Fold the lower edge on the injured side up over his arm. Secure the corner of the hem to the jacket breast with a large safety pin. Tuck and pin the excess material closely around the elbow.



## Button-up jacket

Undo one button of a jacket or coat (or waistcoat). Place the hand of the injured arm inside the garment at the gap formed by the unfastened button. Advise the casualty to rest his wrist on the button just beneath the gap.

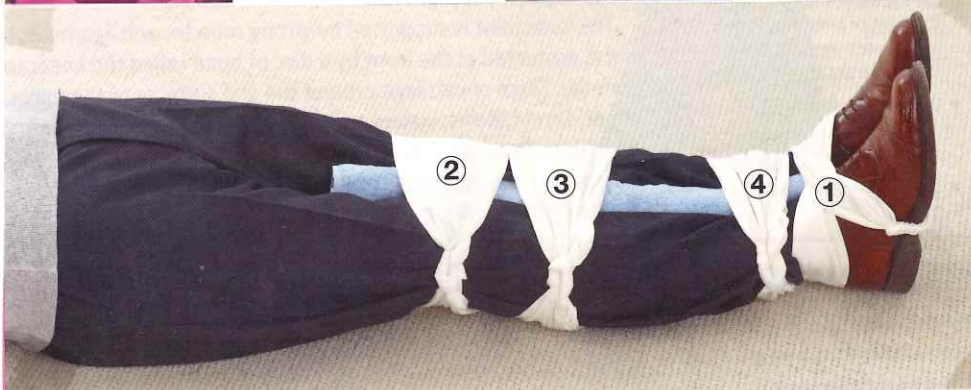
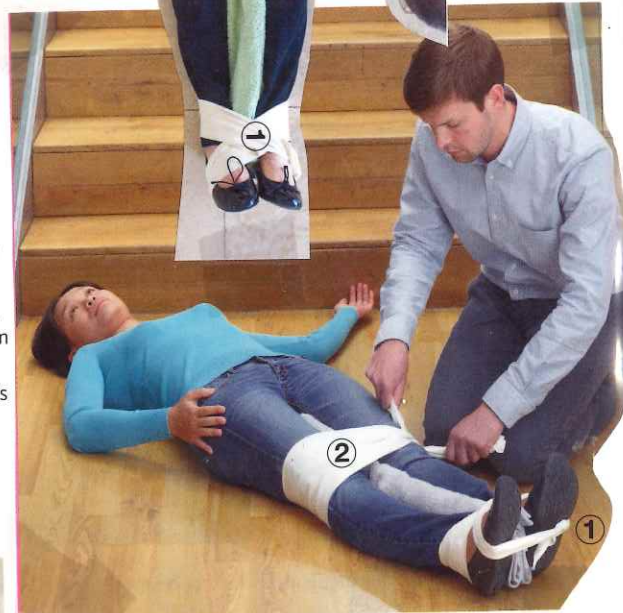
## Long-sleeved shirt

Place the injured arm across the casualty's chest. Pin the cuff of the sleeve to the breast of the shirt. To improvise an elevation sling (opposite), pin the sleeve at the casualty's opposite shoulder, to keep her arm raised.



## Belt or thin garment

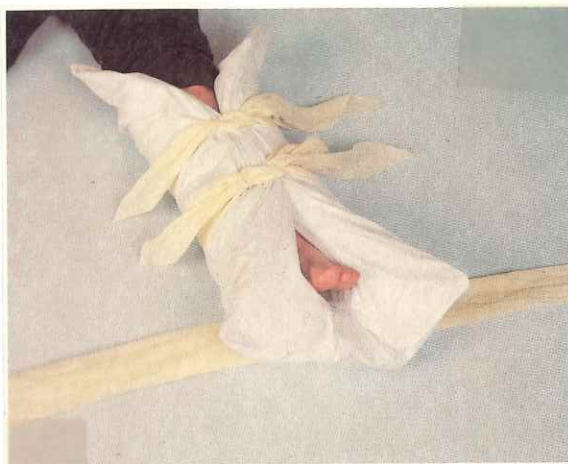
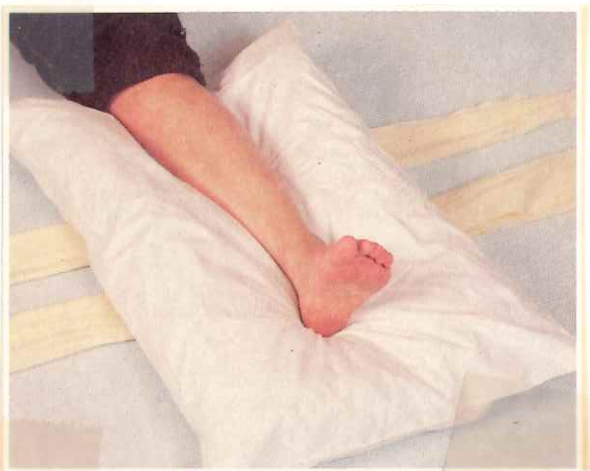
Use a belt, a tie or a pair of braces or tights to make a "collar-and-cuff" support. Fasten the item to form a loop. Place it over the casualty's head, then twist it once to form a smaller loop at the front. Place the casualty's hand into the loop.



## SPECIAL CASE PREPARING A CASUALTY FOR A LONG JOURNEY





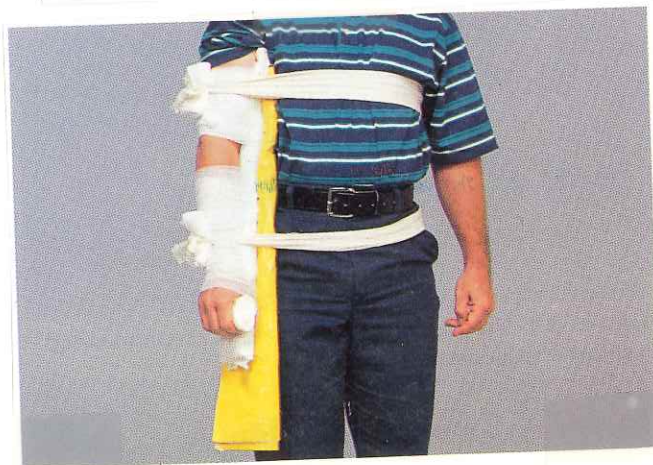
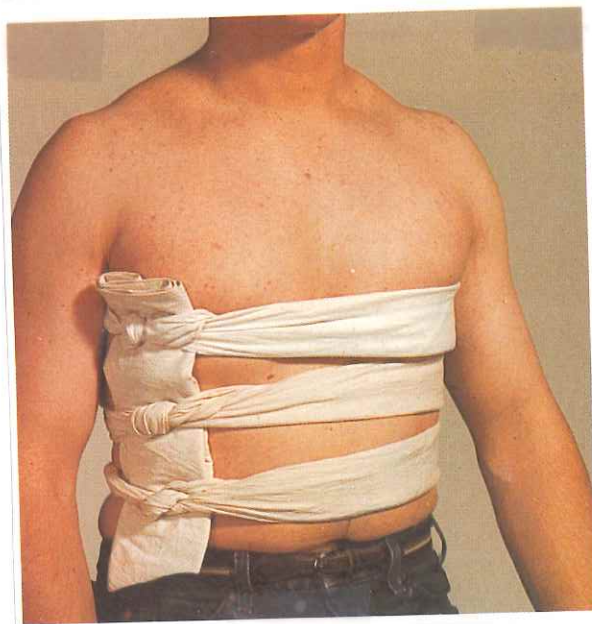
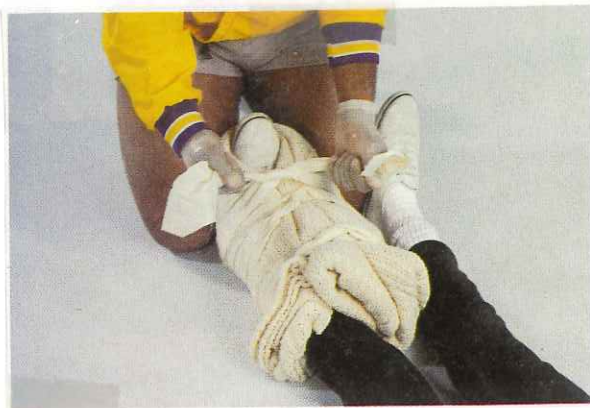


### \*Broken Bone

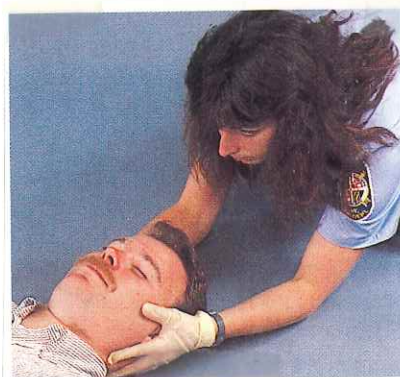
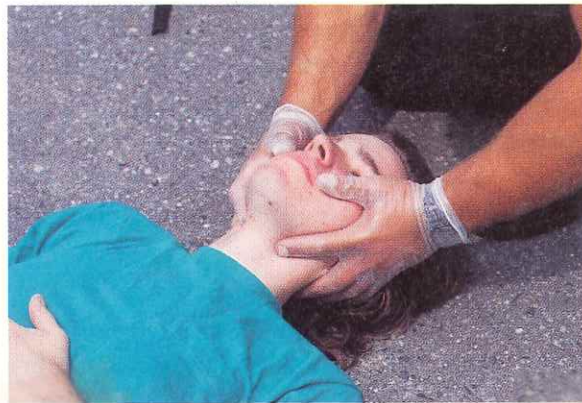
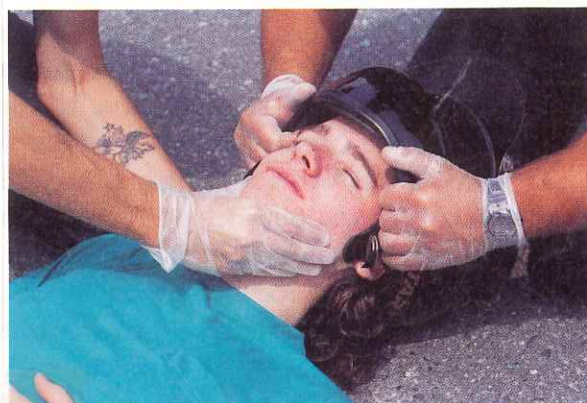
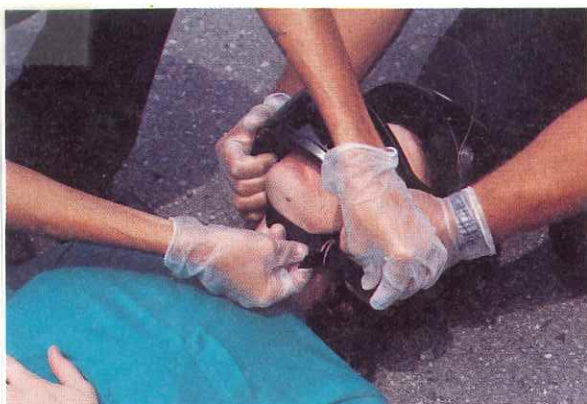
1. } Only splint if you move victim.
2. } Check pulse, temperature, and color before and
3. } Splint must go above and below the injury site.
4. } Repeat #2 after splinting.



644







## SIGNS AND SYMPTOMS OF SKULL FRACTURE

Cerebrospinal fluid  
from scalp laceration  
(early or late sign)

Deformity of face  
Pain or swelling  
at site  
(early sign)

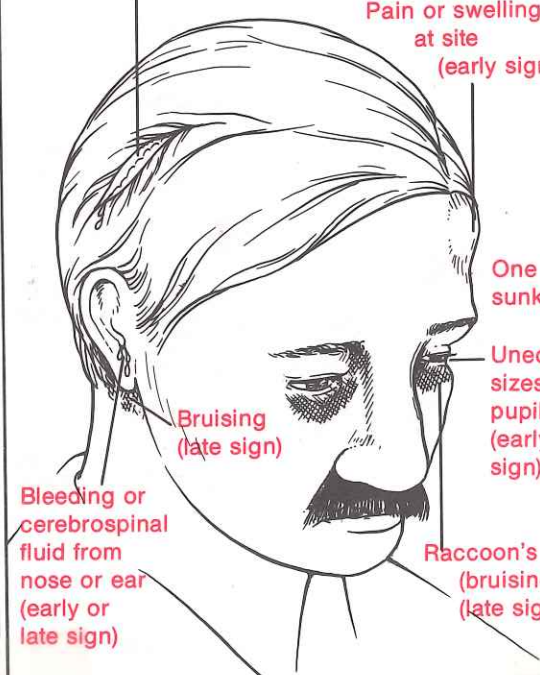
One eye  
sunken

Unequal  
sizes of  
pupils  
(early  
sign)

Bruising  
(late sign)

Bleeding or  
cerebrospinal  
fluid from  
nose or ear  
(early or  
late sign)

Raccoon's sign  
(bruising)  
(late sign)





## Never trust a nurse with fake nails

Think twice before you let a nurse get her claws into you. According to a recent study, **artificial fingernails harbor more bacteria than regular fingernails**. Researchers studied 41 nurses and found that those wearing artificial nails were more than twice as likely to have bacteria on their hands after washing with antimicrobial cleansers as those without fake nails. Since this could increase the risk of infection, Shelly McNeil, M.D., the study author, recommends that hospitals discourage the use of artificial nails. We'd just request a different nurse.

# MRSA (STAPH INFECTION)

## HOW TO WASH YOUR HANDS

## Cleaning Cuts With Maggots

Maggots are helping doctors clean up hard-to-treat wounds without damaging healthy tissue nearby.

Is this a step back to the Dark Ages? Not at all, say researchers. The larvae produce powerful enzymes that degrade and liquefy dead tissue.

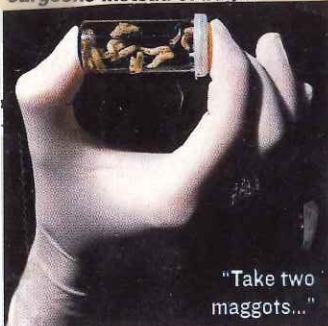
To prevent infection, doctors use only sterile larvae of the green blowfly, shown here, raised at the Biosurgical Research Laboratory at Princess of Wales Hospital in Britain.

In an age of increasing resistance to antibiotics, the maggot cure may do a better job than even modern medicines.



SURGICAL MATERIALS TESTING LABORATORY

*It helps if you think of the green blowfly maggots as tiny surgeons instead of bugs.*



"Take two maggots..."

Doctors in the United Kingdom have developed a line of sterile maggots used for cleaning and disinfecting wounds. The bugs will be sold under the brand name *LarvE*.



- 1 Wet your hands under running water. Put some soap into the palm of a cupped hand. Rub the palms of your hands together.



- 2 Rub the palm of your left hand against the back of your right hand, then rub the right palm on the back of your left hand.



- 3 Interlock the fingers of both hands and work the soap between them.



- 4 Rub the back of the fingers of your right hand against the palm of your left hand, then repeat with your left hand in your right palm.



- 5 Rub your right thumb in the palm of your left hand, then your left thumb in the right palm.



- 6 Rub the fingertips of your left hand in the palm of your right hand and vice versa. Rinse thoroughly, then pat dry with a disposable paper towel.



## LESSON #290 A FAIR SHAKE

### GIVE IT A RINSE

- "Be wary of eating food from street vendors, wash fruit or veg and brush your teeth with bottled water."

### DON'T DIVE IN

- "Don't swim in the pool if you can't see the bottom or there's a scum mark around the tide mark."

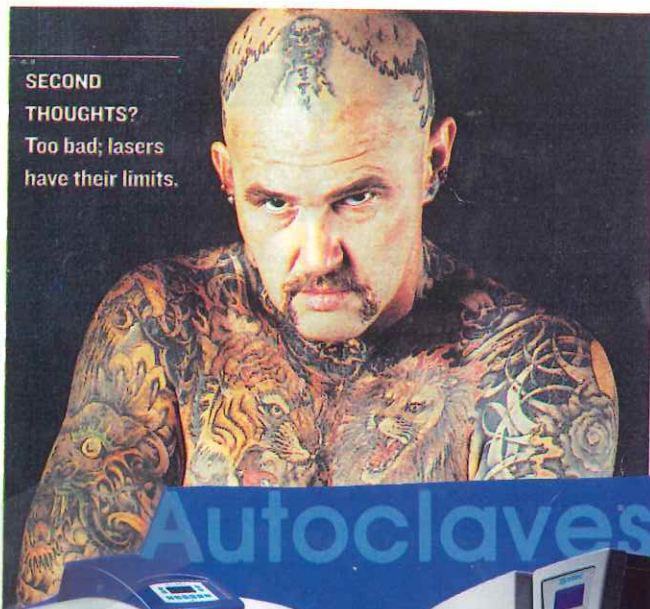




AT  
Leo

# HOW TO ERASE YOUR PAST

The cost, in dollars and pain, of removing three types of tattoos



**SECOND THOUGHTS?**  
Too bad; lasers have their limits.



**Tattoo type:** Small, one-color (an ex-girlfriend's name; "Keep On Truckin'")

► What they charged to put it there: about \$20 a letter

► Typical cost to remove it: \$750

► Number of laser sessions required: two to five 10-minute sessions

► How long to erase it fully: 3 to 6 months

## FDA issues health caution on tattoos

MELVILLE, N.Y. — The U.S. Food and Drug Administration advised consumers Friday to think about health and safety concerns before getting tattoos, as it launched its own study of issues involved in the ancient body-art technique.

As tattoo popularity grows, so do concerns about potential risks, the FDA said in a statement. The potential to transmit infections through unsterilized needles has been known for years.

Fewer investigations have looked into health effects linked to tattoo inks, which now will be an agency focus.

**mm-size, multicolored character; the thorny**

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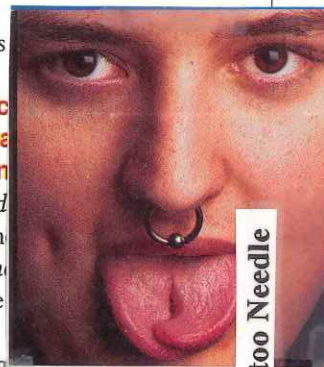
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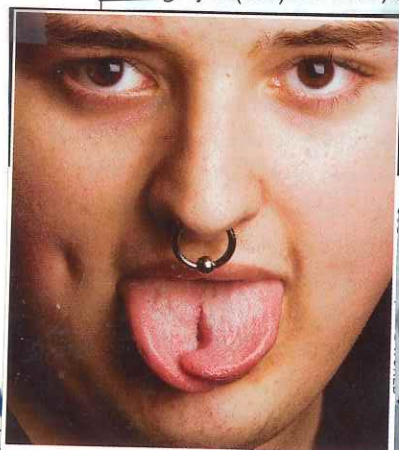
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HEALTH  
BRIEF



## Body Modifications

The tidings aren't good on phony breasts, tattooed chests and all the rest. For some, that's the point ...

**The Bad News** Tongue splitting, above, is the body-mod statement *du jour*. And it's not just rebellious—it's hard to reverse

"Take two maggots..."

Doctors in the United Kingdom have developed a line of sterile maggots used for cleaning and disinfecting wounds. The bugs will be sold under the brand name LarvE.

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Pamela Anderson Says She Has Hepatitis C

Former Baywatch Star May Have Contracted Disease From Shared Tattoo Needle

By Michael Smith, MD



A CUT ABOVE

# SCAR WARS

See if you can guess what left these horrific marks.



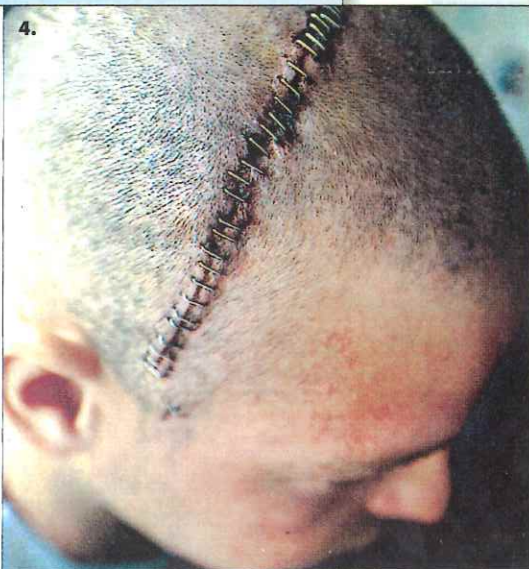
- 1.
- a. ☐ Larry King's open-heart surgery
  - b. ☐ Larry Hagman's liver transplant
  - c. ☐ Larry Fine's erupting alien



- 2.
- a. ☐ Radiation poisoning
  - b. ☐ Gangrene
  - c. ☐ Dyspeptic wolverines



- 3.
- a. ☐ Lightning
  - b. ☐ Machete
  - c. ☐ Paper cut



- 4.
- a. ☐ Gunshot
  - b. ☐ Brain surgery
  - c. ☐ Viking



4

Pounds—yes, pounds—of lipstick the average woman will inadvertently swallow over the course of her lifetime.

The average woman consumes six pounds of lipstick in her lifetime.



POP QUIZ

# Potbelly or Pregnant?



1



2



3



4



5



6



7



8

The tongue is the fastest-healing part of the human body.



It is impossible to lick your elbow.

n S.T.A.R.S.  
nglish Classes

Beginner - Renewals - Advanced

Bus. 509-734-3461 Home 509-783-5162



# HANDWASHING IS THE IN THING TO DO.

Call me Beta  
STREPTOCOCCI Group  
A—I'm delighted to give  
you a sore throat.

Hi! I'm  
STAPHYLOCOCCUS.  
How would you like a  
big zit or boil?

I go by the handle of  
KLEBSIELLA. I can  
cause wound infections.

My name is VACILLUS  
SPECIES and I'm a  
normal contaminant.

I am CLOSTRIDIUM  
DIFFICILE. I cause  
colitis.

I'm known as  
INFLUENZA A among  
other things. I love to  
give you pneumonia.

Everybody likes me.  
I cause diarrhea. My  
name is SHIGELLA.

I love people! To show  
you how much—I cause  
urinary tract infections.  
I'm PROTEUS.

They call me  
HAEMOPHILUS. I can  
cause a highly conta-  
gious conjunctivitis  
(Pinkeye).

I'm TOUGH! The gang  
calls me PSEUDOMONAS  
AERUGINOSA. I infect  
wounds and produce  
blue-green pus.

You can call me  
BACTEROIDES. If you  
don't wash after a BM  
I can give you many  
things. How would you  
like an ear infection or  
vaginitis?

BOO! I'm E. coli — short  
for ESCHERICHIA coli.  
I cause nice things like  
diarrhea or urinary tract  
infections.

● Don't  
spread  
these germs  
to others.

● Wash hands  
often.

● Wash after going  
to the bathroom.

● Wash before eating.

Handwashing is the  
single most important thing  
to stop spreading infection.



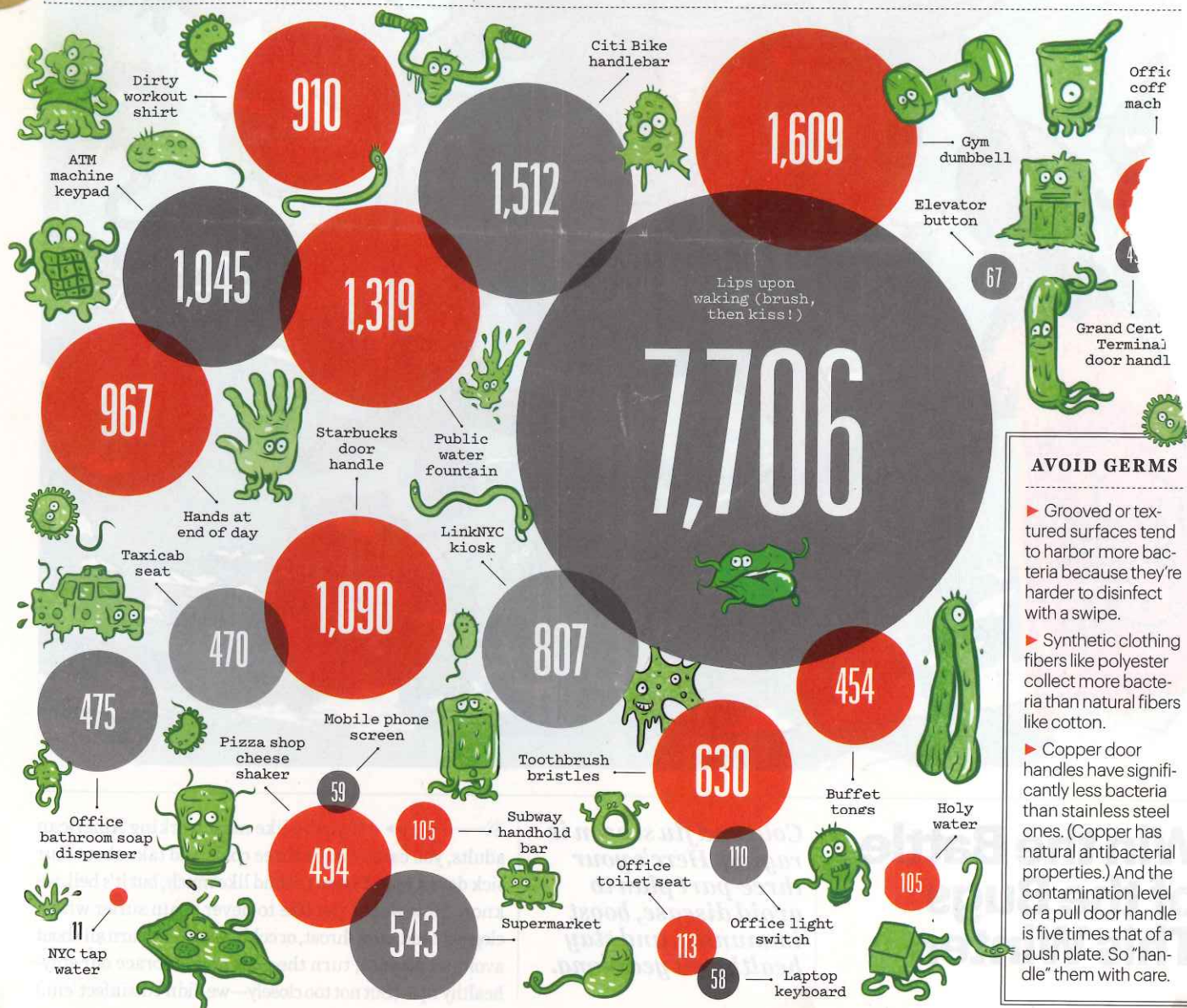
Health

1 | Just finished your Sunday game of football in the park? Now wash your hands. Leave 'em unscrubbed and you could put yourself at risk of roundworm, a parasite found in dog faeces (p20).



## THE ICK METER

Just so you know: These are Josh's luminometer readings from his Manhattan travels. Big numbers suggest big pathogen parties. Watch what you touch, and wash your mitts!



## AVOID GERMS

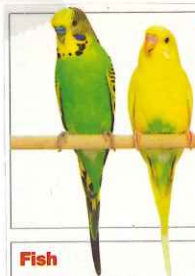
- ▶ Grooved or textured surfaces tend to harbor more bacteria because they're harder to disinfect with a swipe.
- ▶ Synthetic clothing fibers like polyester collect more bacteria than natural fibers like cotton.
- ▶ Copper door handles have significantly less bacteria than stainless steel ones. (Copper has natural antibacterial properties.) And the contamination level of a pull door handle is five times that of a push plate. So "handle" them with care.

## Lizards and turtles

Studies show that 90% of iguanas carry salmonella, while turtles and other amphibians can spread bacteria that will give you diarrhoea. So whenever you see a turtle's head appearing, make sure you wash your hands thoroughly with antibacterial soap.



## KNOW WHERE THE GERMS LURK



## Birds

Avoid dirty birds. Bacteria inhaled from dried budgie faeces and dust from feathers can give you psittacosis, which has flu-like symptoms and is potentially fatal. Clean the bird's cage regularly and don't let the droppings dry.

## Fish

The primordial swamp for an aquarium you keep them in is the worry here. "Bacteria enter the body through cuts and cause painful skin ulcers," says Dr Bruno Chomel, of the World Health Organisation. Avoid going green at the gills by wearing gloves when you put your hands in.



SURGICAL MATERIALS TESTING LABORATORY



It helps if you think of the green blowfly maggots as tiny surgeons instead of bugs.

## Cleaning Cuts With Maggots

Maggots are helping doctors clean up hard-to-treat wounds without damaging healthy tissue nearby.

Is this a step back to the Dark Ages? Not at all, say researchers. The larvae produce powerful enzymes that degrade and liquefy dead tissue. To prevent infection, doctors use only sterile larvae of the green blowfly, shown here, raised at the Biosurgical Research Laboratory at Princess of Wales Hospital in Britain. In an age of increasing resistance to antibiotics, the maggot cure may do a better job than even modern medicines.

## 13. Where do people secretly deposit the most boogers?

- a. ☐ In elevators
- b. ☐ Under couches
- c. ☐ On car floor mats



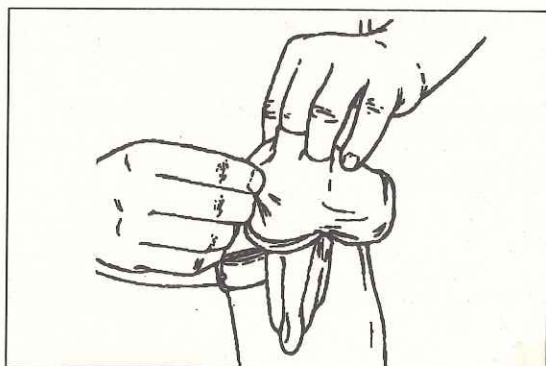
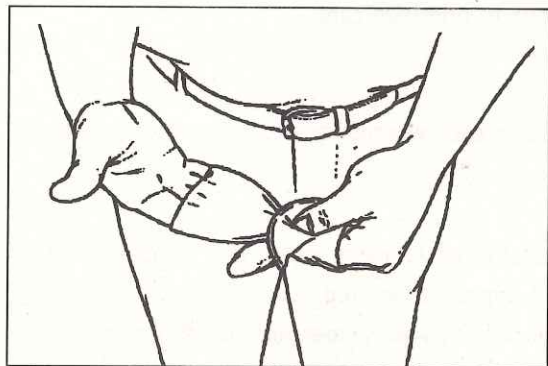
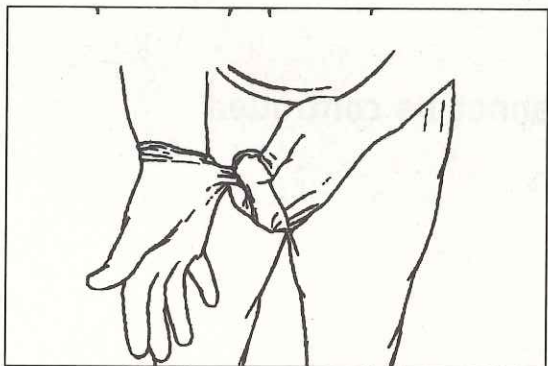
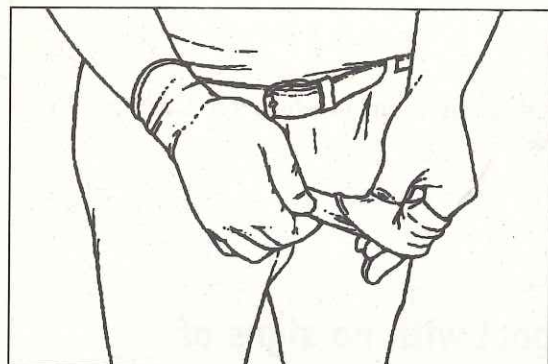




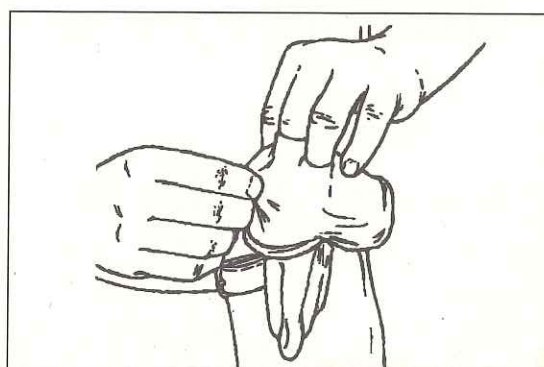
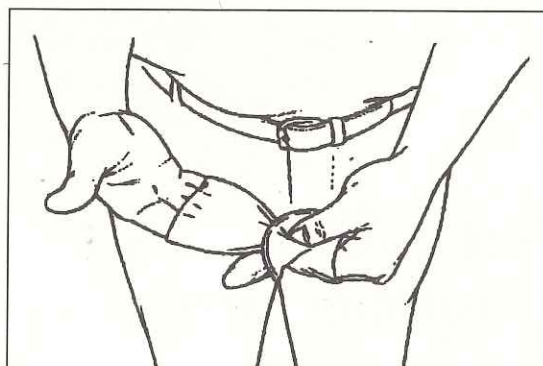
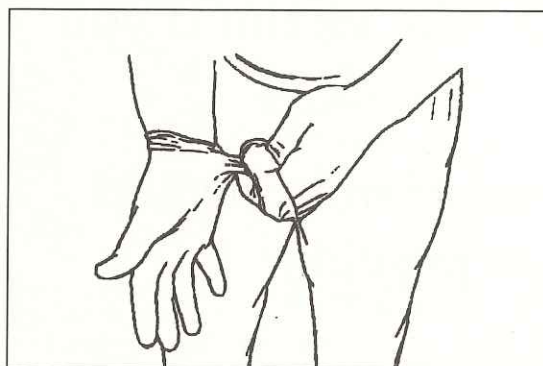
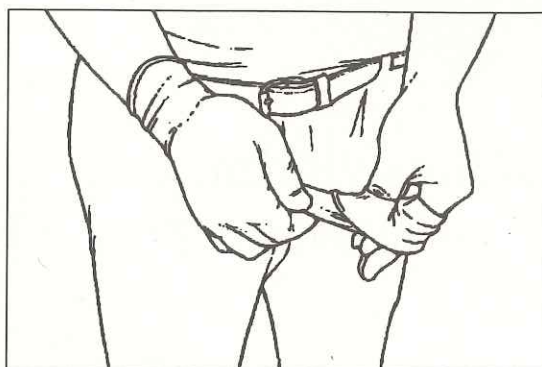
AT HOME C.P.R. & FIRST AID  
LEO COMBS/INSTRUCTOR & CONSULTANT



Removing Disposable Gloves



Removing Disposable Gloves



TETANUS BOOSTERS

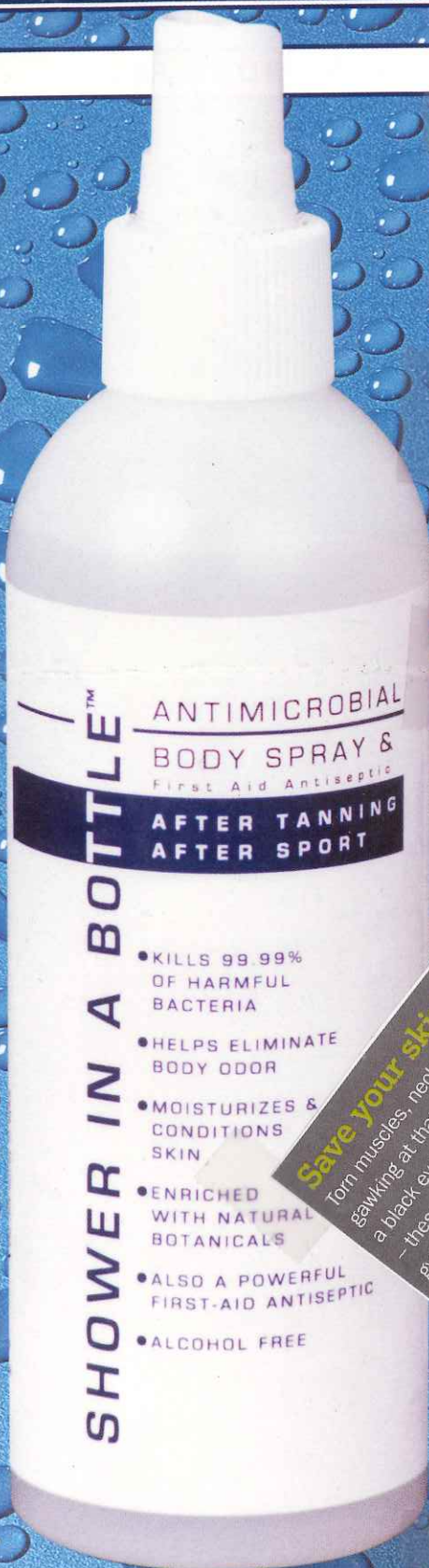


72

# ANTIMICROBIAL

AFTER TANNING

AFTER S



choice

**Save your skin**  
Torn muscles, neck strain from gawking at that Lycra-clad lady, a black eye from her boyfriend – these may be the least of your gym-injury worries. "Exercise can cause trauma to your skin from scrapes, dirt and sweat, which promote the passage of germs," says Brian B Adams, a leading researcher at the University of Cincinnati. Here's how to treat the afflictions you can pick up at the gym.

**WARTS**  
These lumps might be mistaken for calluses, but are caused by the HPV virus and highly contagious. Ask your pharmacist for an over-the-counter treatment, such as Scholl spray.

**FOOT FUNGUS**  
Sweaty shoes are the ideal breeding ground. You'll get itchy, flaky skin and, if it spreads, thick, discoloured toenails. Treat with Lamisil, or if it's spread, go see your doctor.

**STAPH (BOILS)**  
Use equipment after an infected person and you could develop crusty red lesions and boils, usually on the arms and legs. See your doctor ASAP for a course of antibiotics.

**ACNE MECHANICA**  
A spotty rash, usually on the back, shoulders or head. Wearing tight workout clothes or a helmet could be the cause. A spot treatment that contains benzoyl peroxide will shift it.

R

BOTTLE™

ANTIMICROBIAL BODY SPRAY

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TANNING AFTER SPORT BODY REFRESHER





# REVOLUTIONARY BREAKTHROUGH IN SKIN PROTECTION

**A lotion  
that works  
like an  
invisible  
pair of  
gloves**

GLOVES  
IN A  
BOTTLE



**Helps stop  
harmful  
chemicals  
from  
penetrating  
the skin...**

**The  
Most  
Effective  
Skin  
Protectant  
of its kind.**



**SAFE: Non-Toxic, Non-allergenic & Fragrance-Free**



74

**Hand N Heels Glove****Clearshield™**

\$19.95 12oz. Size (#1002)

\$9.95 2oz. Trial/Travel Size (#1003)

(Suggested retail in U.S. currency, does not include shipping)

**Protect Your Skin!**

A non-greasy, non-toxic barrier classified as a cosmetic, Clearshield can be applied to any area of the skin. Within five minutes after application, Clearshield creates an invisible barrier that actually protects the skin from many irritants. Clearshield will not wash off but dissipates over a period of 4 to 5 hours. In addition to protecting all areas of skin externally, Clearshield will provide your skin with valuable moisturizing ingredients that include aloe and vitamin E.

Clearshield provides protection by creating a monomolecular layer over your skin that is hydrophobic, inert and non-ionic. This monomolecular layer is very effective in repelling water-soluble and oil-soluble irritants. Clearshield will protect your skin without affecting the sense of touch or natural mobility of the hands. Clearshield allows your skin to breathe and perspire normally.

Before each Clearshield application, wash your hands with soap and water. Dry well, shake the can thoroughly and dispense a golf ball-sized amount into the palm of your hand. Rub into all skin areas to be protected. For maximum protection for your hands, be sure to apply between your fingers and around your cuticles and nails. Allow Clearshield to dry for 4 to 5 minutes to maximize the skin barrier against most skin irritants.

Living in your home puts you at risk to come in contact with many harsh skin irritants. Regardless of your lifestyle, Clearshield can help protect your skin from hidden household irritants. Clearshield can even be used to protect against diaper rash,





AT HOME C.P.R. & FIRST AID  
LEO COMBS/INSTRUCTOR & CONSULTANT



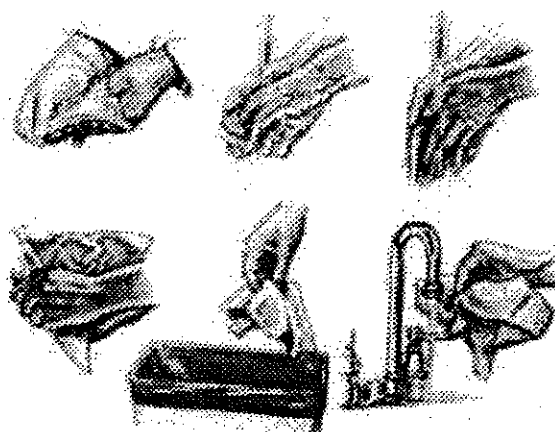
Bodily Fluids Bacteria and Germs

1. \_\_\_\_\_ Feces- humans or animals.
2. \_\_\_\_\_ Vomit
3. \_\_\_\_\_ Urine
4. \_\_\_\_\_ Mucus wet loogie.  
Mucus dried booger.
5. \_\_\_\_\_ Saliva spit.
6. \_\_\_\_\_ Semen, sperm.
7. \_\_\_\_\_ Vaginal secretions, menstrual fluid.
8. \_\_\_\_\_ Female Ejaculation, orgasm.
9. \_\_\_\_\_ Sebum skin oil lubrication.
10. \_\_\_\_\_ Breast Milk.
11. \_\_\_\_\_ Tears and sleepers.
12. \_\_\_\_\_ Earwax.
13. \_\_\_\_\_ Sweat cooling and lubrication.
14. \_\_\_\_\_ Smegma toe cheese.

CPR Body Fluids

9%  
8%  
1%  
3%  
12%  
3%  
11%

4%  
2%  
12%  
3%  
22%  
4%  
2%



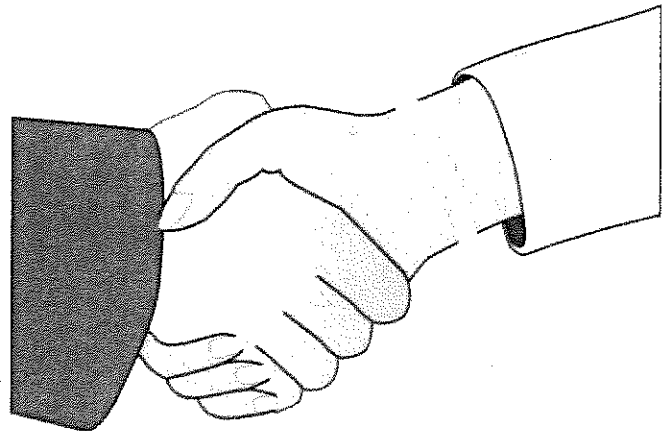


## Top Bacteria and Virus We Pass On By Shaking Hands

1. Hepatitis A
2. Mucus (boogers)
3. Urine
4. Tears and Eye sleep
5. Saliva (spit)
6. Nasal Secretions (snot)
7. Ear Wax



“If you have fake nails”  
 Vaginal Secretions  
 Yeast Infection  
 Nail Fungus  
 Hepatitis B  
 1 Documented case of HIV



8. Strep- sore throat
9. Staph- zits and boils
10. E.coli - diarrhea
11. Hepatitis A- diarrhea
12. Shigella- diarrhea







**'The surgeon sliced off the putrid mess that was once healthy skin - from my navel to halfway up the shaft of my penis...'**

► After trying to fill out some paperwork at the hospital, ER doctors rushed me to an exam room. I nodded in and out of consciousness during a CT scan, and when I came to, I had black markings drawn all over the rash on my stomach. Assuming the marks were related to my hernia, I grabbed the black pen that was bedside and doodled a smiley face on my stomach. I was given some drugs, and just like that, the lights went out. For the next week, I was in a stone-cold stupor, completely unaware of my condition and the treatment that followed.

Two days later, the doctors diagnosed me with necrotising fasciitis, a fancy term for a flesh-eating bacterium. It works its lethal magic by releasing toxins that destroy soft tissue. And it works fast: if I'd waited another

24 hours to go to the hospital, I'd be dead. The doctors told my family that I had a 10% chance of surviving, and that the only way I'd live was if they surgically removed all of the infected skin and tissue. In short, they were going to have to peel me like a human potato.

The surgeon, a guy called Jon Krook, began slicing off the putrid mess that was once healthy skin and tissue - from hip to hip and from navel to halfway up the shaft of my penis. But that wasn't thorough enough. After a priest administered the sacrament of last rites, the doctors put me into a drug-induced coma. A second surgery the following day removed the diseased stuff on my right side - from my armpit to the middle of my thigh.

I was still alive, but just barely.

The doctors had removed 25-30% of my skin, which left me one gigantic open sore exposed to infection and other complications. I was hooked up to a respirator and other machines that monitored my body's functions. On 28 September, I woke up from my six-day slumber feeling just about dead, or at least wishing I were: on a scale of one to ten, the pain I felt was a 12. A nurse told me what disease I had and what surgeries I had slept through. I looked down at my gauze-covered torso. Despite my morphine high, I was scared to see what was beneath that gauze. But because my bandages needed to be changed twice a day, seeing my skinless body was unavoidable.

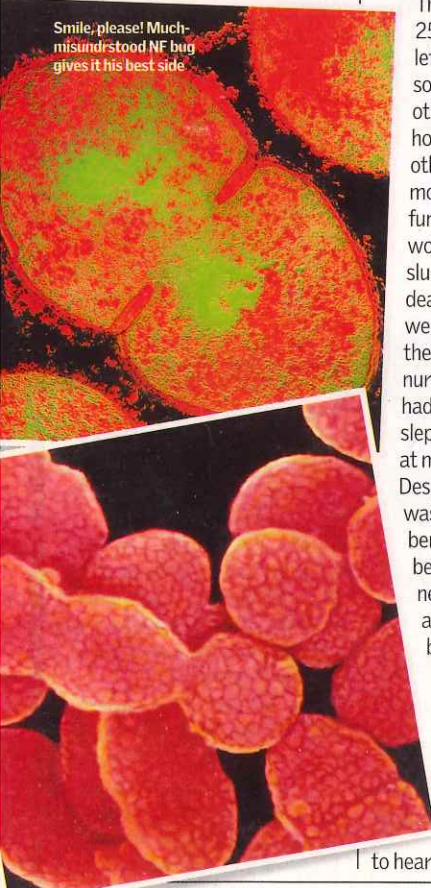
The first bandage change came that morning. It required three nurses, a crane and a special bath they lower you into - not to mention the tolerance

to hear a grown man screaming.



**Despite my morphine high, I was scared to see what was left beneath that bloody gauze...**

Smile, please! Much-misunderstood NF bug gives it his best side





# SUPER BUGS ATE MY

WEDNESDAY, SEPT. 14, 2005  
TRI-CITY HERALD

## The Sideline

### In short

#### Pasco LB hospitalized with infection in arm

Pasco senior linebacker John Bonderman underwent emergency surgery Tuesday night to remove an infection in his arm that otherwise might have led to amputation, and even death.

Bonderman, the younger brother of Detroit Tigers pitcher Jeremy Bonderman, was flown to Harborview Medical Center in Seattle on Tuesday after being hospitalized

Sunday. He apparently contracted the infection during Friday night's game at Lampson Stadium against Southridge.

The streptococcus bacteria is the same one that causes strep throat and entered his body through a cut on his elbow. Bonderman attended the University of Washington football game Saturday and was not symptomatic then, but by that night, his condition had worsened, according to his older brother, Jeff.

He was taken to the hospital Sunday and the diagnosis was made Monday. The infection did not respond to antibiotics and quickly spread up his forearm and into his armpit.

"The next step is to lose the arm, and that's what we're worried about right now," Jeff said. "If it gets into his chest, it's a life-or-death situa-



Bonderman

## VOICE OF THE MID-COLUMBIA



### SPORTS, C1

Pasco linebacker back at practice after surgery to combat strep infection.

...eamed in  
...en I looked  
...ne bloody,  
...ody before me.  
...lish enough to  
...er wince. But  
...tised me was  
...dy. Or *had*  
...ugh the gaping  
...ared in  
...n jumble of  
...uscles.  
...no hernia.  
...s. I was  
...my home town  
...nesota, on a  
...r day in 2002.  
...that day's job

...was a roof installation. Taking  
...advantage of the warm weather, I  
...removed my shirt. The constant  
...rubbing of my tool belt caused a  
...few blisters. No biggie, I thought.  
...Little did I know that those small  
...blisters would become the entry  
...point for bacteria - killer bacteria.

Two days later, I felt some pain  
...and what would eventually grow  
...into a marble-size lump in my  
...lower right abdomen. I figured I  
...had strained a muscle with all the  
...heavy lifting I'd been doing. But  
...the lump grew, as did the pain,  
...and when a cherry-red blush  
...spread across my skin, I hopped  
...on the Internet and stupidly self-



Harsh:  
Dan in his  
hospital bed

**'Through the gaping  
hole in my flesh, I  
stared in disbelief  
at a crimson jumble  
of organs, veins  
and muscles'**

diagnosed my condition as a  
hernia. I decided to tough it out  
and see the doctor on Monday. By  
Saturday I started feeling fluish.  
Soon, I was barfing every 45  
minutes. And the chills... oh, man,  
the chills! Despite turning up the  
thermostat and covering myself  
with heating pads, I felt like I was  
outside during the worst kind of  
Minnesota winter.

The next morning, I knew I  
needed to see the doctor. My wife,  
Joy, was out of town with our  
kids, so my brother, Don, drove me  
to St. Mary's Medical Centre in  
Duluth. I was doubled over in  
agony for the 25-mile drive. ▶





Duct Tape - Unlimited - stops bleeding - Splinting

Tampon - Tactical bandage, medical Preparedness, outdoor necessity, stops bleeding Etc.

Honey - Wounds, Itching - Do not give to anyone under the age of one years old

Pantyhose - Bandage, Tick prevention

Super Glue - Small cuts

Chapstick - Skin abrasion, rash, blisters, sunburn

Belt - Pressure, bandage, sling

Clear Plastic - Wrap - pressure bandage, burns, Ace bandage

Sandwich Bag - Gloves

Toilet Paper - Bleeding

Tube Socks - Bandage

Potato Chip Bag - 3 side bandage

Femenine napkins - Trauma dressing

Shaving Cream - Cleans wounds

Baby Wipes - Cleans wounds on/or hands

Rubbing Alcohol / Whiskey - Disinfectant

Vaseline - Scrapes, burnes, stops bleeding, smothers ticks

Cotton Balls - Nose bleed, popsicles, eat ice cubes, ice pack behind the neck

Ice bags - Frozen peas, frozen popcorn, frozen rice

Activated Charcoal - Bread, milk crackers



80

Glucose - Honey, cake, frosting

Liquid bandage - Clear fingernail polish

Bee sting - Meat tenderizer , tea bag, lemons

Insect bite - Honey, lemon, vinegar, onion

Sunburn - Baking soda, oatmeal

Black Licorice - food poisoning, heartburn

Cayenne or Black pepper - Controls bleeding

Pampers - Bandages

No water - Apple cider, lemon juice, vinegar, beer, pepsi soda, urine, listerine

Vicks - Mosquito bite

## Blood donor rush reveals illnesses

■ *20 Puget Sound  
1st-time donors learn  
they have hepatitis C*

**By The Associated Press**

SEATTLE — Some of the first-time donors who rushed to give blood after the Sept. 11 terrorist attacks have been told they may need medical treatment themselves.

More than twice as many people as expected tested positive for hepatitis C, a potentially debilitating liver disease, after donating blood, according to the Puget Sound Blood Center.

It's not good news, said center spokesman Keith Warnack.

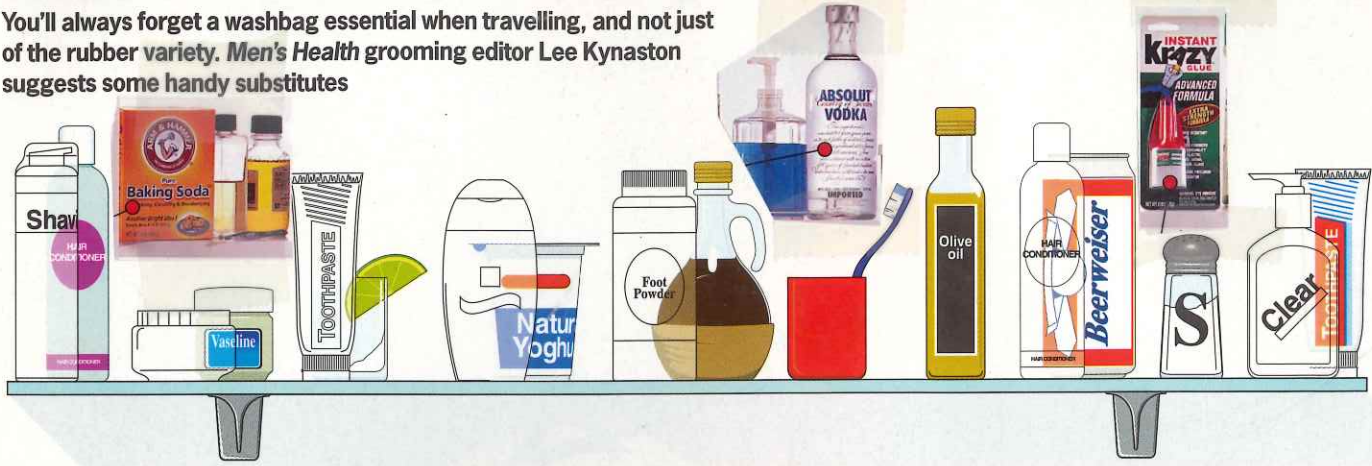
About 20, or 0.7 percent, of the 2,712 first-time donors who turned out between Sept. 11 and Sept. 16 tested positive for the disease. Their blood won't be used.



## GROOMING

## EMERGENCY MEASURES

You'll always forget a washbag essential when travelling, and not just of the rubber variety. *Men's Health* grooming editor Lee Kynaston suggests some handy substitutes



FORGOT THIS?	Shaving cream	Hair wax	Toothpaste	Aftersun lotion	Foot powder
USE THIS...	<b>Hair conditioner</b> Apply liberally and shave as normal.	<b>Vaseline</b> Use sparingly and stroke over finished hairstyle for a last-minute gloss.	<b>Slice of lime</b> Dip it in salt and rub it gently across teeth to remove stains and freshen breath. Bicarbonate of soda will work even better.	<b>Natural yoghurt</b> Smear over burnt areas then wash off after 15 minutes to cool and condition skin.	<b>Vinegar</b> Rubbed into your feet, it'll make the skin's pH level hostile to the fungus that causes athlete's foot.
FORGOT THIS?	Facial scrub	Hair conditioner	Body scrub	Spot cream	
USE THIS...	<b>Toothbrush</b> Slough off dead skin with gentle circular movements. For dry, flaking lips, add a dab of moisturiser or olive oil.	<b>Beer</b> Use just before the final rinse for that extra shine.	<b>Salt and olive oil</b> Mix a teaspoon of salt with a tablespoon of olive oil and apply with a sponge.	<b>Toothpaste</b> Dab sparingly on blemishes to dry them, while the whitening agents reduce redness.	

## ISOPROPYL ALCOHOL

For nicks, cuts and scratches. Great as a muscle rub to help relieve minor muscular aches.

## HYDROGEN PEROXIDE

First-aid antiseptic for everyday nicks, cuts and scratches.

## EPSOM SALT

## FIRST AID

Be prepared for your first-aid needs this summer. Use as a soaking aid for temporary relief from minor sprains and bruises.

## GARDENING

For bigger plants. Great for use on tomatoes, roses, evergreens, azaleas, trees and shrubs.

**Toothpaste**  
**Baking soda**

Fluoride fights decay, but baking soda won't. "As a mild abrasive, baking soda is effective at cleaning the surface of teeth and dislodging errant food," Dr. Woolery-Lloyd notes. "You can also use it to scrub the tub."

**FHM says** "It tastes like salty sugar and doesn't help hide bad breath."

**Shaving cream**  
**Natural yogurt**

The sugars in whipped cream may cause irritation, while yogurt softens the hairs and soothes the face.

**FHM says** "It's way too runny."

**Band-Aids**  
**Krazy Glue**

"Doctors use a kind of Krazy Glue on kids in lieu of stitches, but the regular stuff is safe for small cuts."

**FHM says** "Beats Band-Aids."

**Conditioner**  
**Mayonnaise**

The oily goodness rejuvenates dry hair. "But sit in the sun and you'll smell foul," Dr. Woolery-Lloyd says.

**FHM says** "Stinky, but silky."

**Aftershave**  
**Vodka**

Quality vodkas are low on scent, but they can act as an anti-bacterial agent in the healing of small cuts.

**FHM says** "Refreshing, cooling on the skin and it hardly stings."

**Deodorant**  
**Cornstarch**

Feminine deodorants use the natural absorbency of cornstarch instead of aluminum compounds to keep ladies' thatches fresh. Ask Mom, it won't stop sweat," Dr. Woolery-Lloyd says. "But it decreases moisture under your arms."

**FHM says** "Messy, but temporarily effective."

**Shampoo**  
**Beer**

"The protein in beer coats hair cuticles and gives it shine," Dr. Woolery-Lloyd notes. Pour your beer into a bucket and try to make as much foam as possible. Now use the suds like you would shampoo. It doesn't actually clean the hair, but it makes it look like it has.

**FHM says** "Natty Light fails to generate sufficient foam." (SB)





HOME REMEDIES

# Wicked Itches

How to relieve four common skin irritations

► **Poison ivy:** Make a paste of baking soda and water, and carefully dab it on the rash. Don't rub the area or you'll irritate it even more,



says Rosemarie Young, M.D., an allergist.

► **Sunburn:** Fill a sock with uncooked oatmeal (not the instant kind), tie the end shut, and drop it into your bath. The oat protein will help repair your damaged skin.



► **Mosquito bites:** Put toothpaste on the bite. The paste cools as it dries, which relieves the itch, says Risa Jampel, M.D., a dermatologist.



► **Itchy skin under a cast:** Try scratching the same place on the other arm or foot, says James Dolezal, M.D., a dermatologist. Your brain may think you're scratching the real itch.

# Leo Combs

*Instructor / Consultant*

Emergency Medicine \*Sports Medicine \*First Aid & CPR



Honey kills strains of bacteria that are resistant to antibiotics, says Peter C. Molan, a biochemist at the University of Waikato in New Zealand.

In one hospital study a simply honey dressing was shown to be just as effective against flesh-eating bacteria as what



## SCOTCH FOR SPLINTERS



## Comfort Food

If the bugs chewed you up while you were drooling in the hammock, rub a fresh-cut raw onion on the bites to relieve the itching. The smell ain't exactly sweet, but at least you won't scratch yourself bloody.

Morton Mansfield, Scotia, CA



"The pickle stays in the jar, thank you."

## Cut? Call Dr. Pepper

### HOME REMEDY >

Next time you nick yourself in the kitchen, reach for the black pepper. Run cold water over the wound to clean it, using soap if you were handling meat. Then sprinkle on the pepper and apply pressure. In no time, the bleeding will stop. Turns out black pepper has analgesic (that's painkilling), antibacterial, and antiseptic properties, according to Roberta Lee, M.D., medical director of the Beth Israel Center for Health and Healing in New York City. Pepper doesn't sting, either—but don't tell that to your audience.



"Mmm, finger food."

## Putting mud on a bee sting

A cool handful of muck can ease the pain, but it also contaminates the tiny puncture wound. "One man was stung by a bee out in the woods, so he urinated on some dirt and made mud, which he used to cover the sting," says Dr. Stratton. "Naturally, the sting became infected."

After you scrape out the stinger with the edge of a credit card (don't squeeze it; you'll



# BATHROOM MACGYVER

Empty grooming cabinet? What would Richard Dean Anderson do?



## UTILITY PLAYER HONEY Humble cupboard staples and their alternative uses

Stick to being slick



**1 REPAIR HAIR**  
Apply 1:2 mix of honey and olive oil. Warm it and rub it into your hair. Wrap a damp towel round your head for 20 minutes. Then shampoo. "Honey seals in moisture adding a healthy shine to your hair," says Joey Green of wackyuses.com. Avoid doing this close to wasps nests.

**2 FIGHT FUNGI**  
Apply to dry or itchy skin to prevent athlete's foot. "Fungi are sensitive to the hydrogen peroxide in honey," says Professor Peter Molan of the Honey Research Unit, University of Waikato, New Zealand, "Manuka honey is the best." Wash afterwards, unless you like sticky socks.

**3 BEAT ULCERS**  
"Manuka honey can be used for treating stomach ulcers," says Stuart Bailey of honey association.com. "It's anti-bacterial, so it fights the ulcer-causing bug *Helicobacter pylori*. A spoonful half an hour before meals helps to cleanse and prevent pain... and is a lot tastier than most medicines."

**2 SW-E-E-E-ET** Use honey in place of sugar whenever you can. It contains antioxidants that can help lower your cholesterol and protect you from heart disease. **PAGE 48**



**TWO-SECOND TIP** VIRGIN COCONUT OIL MAKES A SUPER MASSAGE OIL. IT SMELLS PLEASANT

### DISINFECT A WOUND

Pour a dab of honey on a cut before covering it with a bandage. "Studies show that honey has powerful anti-bacterial properties," says James A. Duke, Ph.D., author of *The Green Pharmacy*. One New Zealand study found that honey was capable of destroying almost all strains of the most common wound-infecting bacteria.

### REPAIR DRY SKIN

Baste yourself. "Try rubbing a small amount of corn oil over dry skin on your hands or feet, to add moisture and seal it into the area," says Cyndi Thomson, Ph.D., R.D., an assistant professor at the University of Arizona college of public health.

### TREAT POISON IVY

Got itching? Get milk. Soaking a rag in cold milk and then holding it on your skin will dry out the rash of poison ivy and help ease the itch, says John Romano, M.D., a New York City dermatologist.

**COLD-SORE CURE** Grab an ice cube next time you feel a cold sore erupting on your lip. Hold the ice in a handkerchief on the sore for 15 minutes—15 seconds on, 15 seconds off. Cold sores are caused by the herpes simplex type 1 virus, and viruses don't like cold temps, says Jerome Z. Litt, M.D., an assistant professor of dermatology at Case Western Reserve University. Dr. Litt thinks the remedy puts the virus on ice, preventing a blister from forming.

### SOOTHE A SUNBURN

To stop the itch and burn, mix together a bit of dry oatmeal and cool water. Make it slightly slushier than if you were going to eat it, and spread the mixture carefully on your sunburned skin. "This will relieve the pain and help reduce swelling," says Patricia Farris, M.D., a professor of dermatology at Tulane University.

## Hit or Myth?

Test your B.S. detector against these bizarre remedies

**SOME STAY-HEALTHY STRATEGIES** seem too logical to be lies; others are, well, just too weird to be true. Here are four that fall into the you've-got-to-be-kidding category. Three are true, one's a myth. Can you find the falsehood?

- A. Rubbing garlic on your head kills lice.
- B. Soaking your feet in urine cures athlete's foot.
- C. Doing vodka shots reverses heart disease.
- D. Being shocked with a stun gun heals deadly spider bites.

**Answer:** B is the myth. "There was an ayurvedic [Hindu medicine] study that said there might be some benefit to it, but further research showed that it's only as effective as a placebo," says Mitchell Gibson, M.D., the Tempe, Arizona, doctor originally credited with the tip. **A:** In a study of 50 infested heads, Argentinian researchers found that applying garlic cream killed 96 percent of the lice in just 15 minutes. **C:** Doctors in Romania are treating 60 heart patients with 30 grams (equal to one shot of vodka daily). "We were trying to find a way to replace some expensive medicines and obtain normalization of cholesterol," says Dumitru Zdrenghea, M.D. "The results are encouraging." **D:** Stan Abrams, M.D., uses a modified stun gun to successfully treat venomous bites, like those from brown recluse spiders. He says that the electrical current (26,000 volts) destroys hydrogen bonds in the enzymes of the venom.

### 1. The most dangerous animals in the U.S. are...

- A Bears
- B Dogs
- C Alligators
- D Bees

**D:** On average, 34 Americans die each year from canine bites—that's 3,000 percent more than those who die in alligator attacks. However, that's nothing compared with hornets, wasps, and bees, which account for almost 30 percent of all animal-related fatalities, due to allergic reactions, says a study in *Wilderness & Environmental Medicine*.

### SHORT-CIRCUIT A HEADACHE IN 30 seconds

Instead of hitting back with Tylenol or Advil, try pinching the webbed area between your thumb and index finger (either hand) for 30 seconds. It's called acupressure, and while Ivy League



researchers haven't carried out a randomized, placebo-controlled study on the strategy, Marc Sharfman, M.D., director of the Headache Institute in Winter Park, Florida, swears by it. "The theory is that it stimulates nerve impulses to the brain and reverses blood-vessel dilation," he explains. Expect your head to stop throbbing in about 10 to 15 minutes.

Yes. Honey should not be fed to infants younger than 1 year old. Clostridium bacteria



The Many **Amazing** Medical Things  
You Can Do to Tape Yourself Together

## DUCT TAPE

"Tape Your Joints!"

"Tape Your Skin!"

Tape yourself  
together!

### DUCT TAPE FOR FIRST AID

These are just suggestions. All injuries should be brought to the attention of a medical professional.

Make or enforce a bandage



Wrap existing bandage with duct tape to hold it in place more securely and protect against dirt.

Wrap a sprain



Wrap your ankle or wrist in duct tape to provide support.

Stabilize with a splint



Lay sticks on either side of the injured bone then hold it all together by wrapping duct tape around the sticks.

Create a serviceable sling



Fold a length of duct tape down the middle so there's no longer a sticky side. Tie tape around your body as a strap to hold injured arm in place.

Make a tourniquet



Tightly wrap the affected area above the wound with duct tape in order to stop blood flow.

Ward off bugs



Wrap duct tape around hem of pants to keep the bugs from entering your clothing.

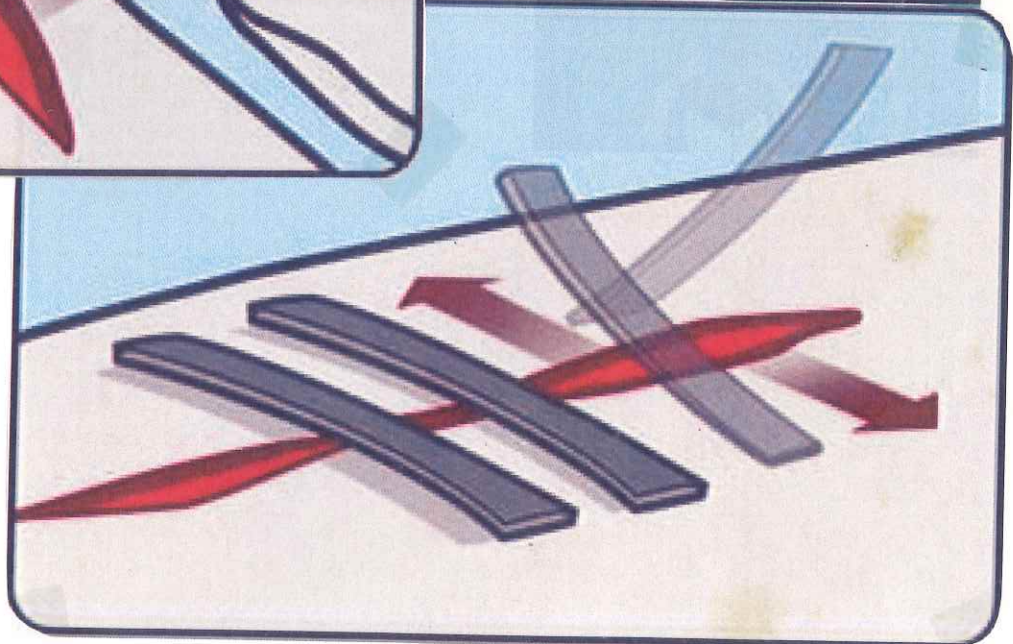
Protect your eyes



Tape two pieces of duct tape together then cut horizontal slits over each eye to let in just enough light to see, but not enough to seriously impair vision.

Prevent frostbite

A





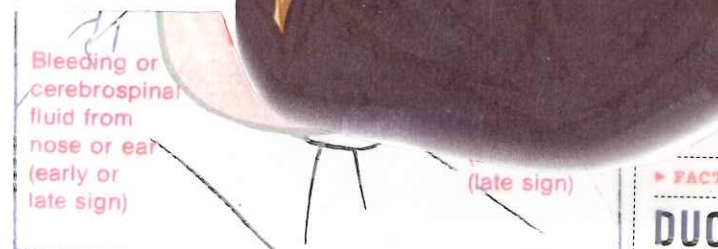
Skin around mouth may be grayish

Lips may be blue

Tongue may be blue

Nail beds may be blue

Mucous membranes of mouth may be blue or have a pale, grayish, waxy pallor.



The tongue is the fastest-healing part of the human body.

FACT-CHECK DAD

# DUCT TAPE FOR WARTS?

The tape may help draw your immune system's attention, says clinical dermatologist Jules Lipoff, M.D. But you'll need more. Apply tape over some Compound W to trap the medicine, improving absorption. And once your skin moistens, use a pumice stone to slough off wart layers.

# AT Home CPR & First Aid

Leo Combs, Instructor/Consultant



A BIG STICK? It can still come in handy.

# DUCT TAPE

It peels off when things heat up

# AT Home CPR & First Aid

Leo Combs, Instructor/Consultant

Next month: A detailed sketch of leg humping. We truly are in the golden age of journalism.

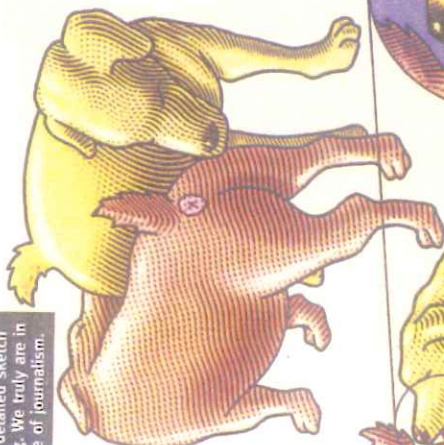


fig.1

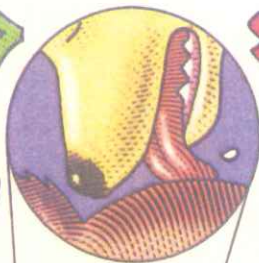


fig.2



fig.3

# Why do dogs sniff each other's butts?

The helpful festikel removers at SNAP — Spay Neuter Assistance Program — say that *hunds* are using this method of sniffing the deuce hole as a way of getting to know one another. It's like a handshake, only instead of paws it involves noses and puckers. Something to think about the next time you are making *der kissy face mit Herr Rover*.

# Cats



Don't get your cat in a flap. "Because cats' teeth are small and thin, they tend to go deep, and that can result in infection," says Dr Chomel. And a cat scratch could leave you with conjunctivitis or pinkeye.

# Dogs

Don't kiss arse. You know where his tongue has been. You might go in for a bit of puppy love but he's actually slobbering other dogs' faecal bacteria all over your mush. And that, gents, is never a good thing. Also, never walk around barefoot in a dog's toilet (your local recreation park, for example) — it's a breeding ground for roundworm eggs, which can remain in soil for years.



## ON THE WESTERN FRONT

Medic magic that may one day trickle down.



### FREEZE-DRIED PLASMA

Now used by Special Forces and expected to gain FDA approval by 2020, this stuff comes in unbreakable plastic containers. Just add filtered water and transfuse.

### ER-REBOA CATHETER

It's like an internal tourniquet. The balloon catheter is threaded up the femoral artery to the aorta to shut off blood flow to the lower body, giving docs time to repair the bleed. Expect widespread civilian use soon.

### SUPERGLUE FOR SURGERIES

Tests are ongoing for a liquid glue (MeTro) that seals wounds in under three minutes. In animal testing, it quickly sealed incisions without the need for sutures or staples.

## GIVE PAIN A ONE-TWO PUNCH

Some military units give soldiers a "combat pill pack" that contains acetaminophen, a nonsteroidal anti-inflammatory (NSAID), and a broad-spectrum antibiotic. Nothing surprising there, except that they're told to combine those first two OTC drugs for a potent pain reliever.

### HOW IT WORKS

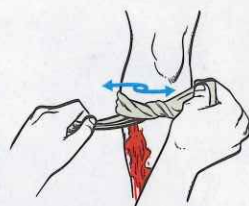
Combining acetaminophen (Tylenol) with an NSAID such as ibuprofen (Motrin, Advil) or naproxen (Aleve) may amplify each drug's pain-relieving effect. Think of it as 1 + 1 = 3. Exactly how this occurs is not yet understood, says the Mayo Clinic's Mark Bendel, M.D. The combo is nowhere near as addictive as opioids; plus, it has fewer serious side effects. It's best for sprains and strains and after minor surgeries, Dr. Bendel says. Check with your doctor about dosage and safety. —Matt Jancer

## HEALTH

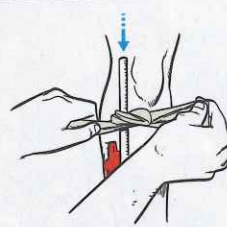
### COMBAT SKILL

# 1

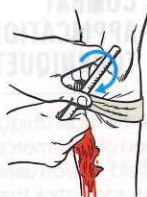
## USE A SOCK AND A STICK AS A TOURNIQUET



1. Tie the sock around the limb using a single overhand knot above the wound or joint.



2. Slip a stick through the knot and tie another overhand knot around it.



3. Twist the stick to tighten, slowing or stopping blood circulation to the wound.



4. Use another sock to tie the stick in place so you don't have to hold it.



A buddy goes down with a leg wound. What do you do? Apply a tourniquet or pressure above it.



To stabilize a fracture or sprain, mold it around the injury site and secure with Ace bandages, duct tape, or paracord. Then roll it back

### COMBAT SKILL

# 2

## STOP A PANIC ATTACK WITH COLD WATER OR ICE



1. Dunk his head in cold water. This triggers the vagus nerve and brings calm. Metabolism slows under water so we can hold our breath longer.



2. Other cooling options: Have the person hold ice or a bag of frozen peas to his face. This will simulate the same heart-slowing reflex.

LOW TECH  
THE RES

85

Eight common items to always have on hand.



### NITRILE GLOVES

Comfy, strong, and less allergenic than latex. Medics use them to avoid bloodborne infections.



### PARACORD

Also called parachute cord. Good for securing splints, making slings, and lots else. Go with a 4-millimeter thickness.



### DUCT TAPE AND SAFETY PINS

Unlimited uses!



### EYE WASH

Any OTC saline solution in a tiny bottle works. Even a microscopic speck in your eye is dangerous if it compromises vision.



### BLIST-O-BANS

Moleskin works fine in dry conditions, but when it's wet it can aggravate the problem. These bandages have a little air pocket for cushioning.



### ZYRTEC/ZANTAC

Quell an allergic skin reaction with the antihistamine Zyrtec and the antacid Zantac, which calms a different set of histamine skin receptors.





Men do a lot of stupid things to heal themselves.  
Here's how to make sure you don't meet those guys  
in line at the emergency room

## Yanking darts, knives, nails, or tent stakes out of your body

If you're ever impaled by any sharp object, anywhere in your body, let a doctor remove it. Case in point: A woman in Los Angeles was cutting steak when her boyfriend startled her, and she accidentally (that's what she claimed, anyway) stabbed him in the chest, burying the knife to the hilt. She called 911, and before the operator could tell her to leave the knife in, he yanked out the blade and began bleeding severely. "He died, and he probably wouldn't have if he had left the knife inside his chest," says Dr. Stratton. The knife had been acting as a cork.

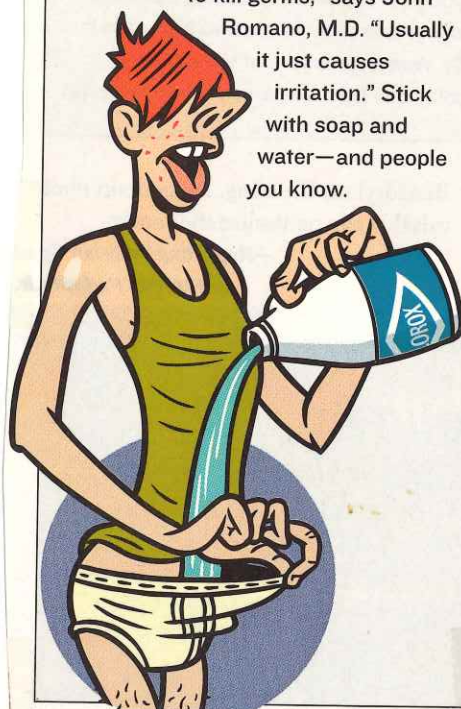


Men do a lot of stupid things to heal themselves.  
Here's how to make sure you don't meet those guys  
in line at the emergency room

## Using bleach as a skin disinfectant

One pathetic knave we know admits that he poured Clorox on his penis after a teenage tryst, hoping to avoid an STD. (We're afraid to ask what plan B was.) Not surprisingly, the bleach dousing caused a painful chemical burn. If it's any consolation, he wouldn't be alone in a support group. "People often pour Clorox on injuries and rashes, thinking it's going to kill germs," says John Romano, M.D. "Usually

it just causes irritation." Stick with soap and water—and people you know.



A dollop of mustard, mayonnaise, or guacamole initially cools a burn, but it also introduces bacteria. "The parent of one 12-year-old coated a burn on the girl's hand with mustard. It became infected, and that probably cost her the partial use of her hand," says Larry L. Alexander, M.D., of Baylor Medical Center in Dallas. Cool burns with cold water instead.

**Basting a burn**



## Shoving objects into your ear to scour out wax

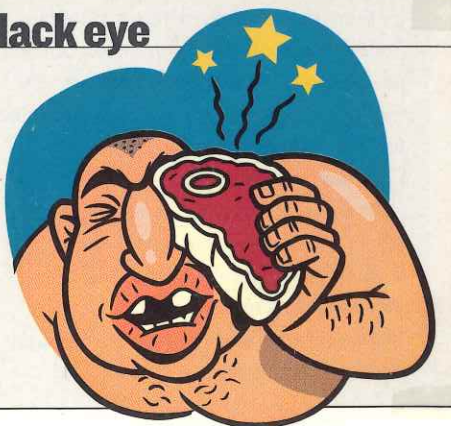
Nobody ever heeds the elbow adage. "People are always sticking pencils, paper clips, and keys in their ears," says Dr. Weiss. "This damages the ear canal and makes it more susceptible to infection." In fact, the *British Medical Journal* reports that a 26-year-old lad gave himself a phosphorus infection by digging into his ears with "strike anywhere" matches. God intended you to probe your ear with one thing: your finger. Notice how it can't slip in far enough to injure you?

If you're prone to wax buildup, put a few drops of mineral oil in your ear to help ease it out, says Dr. Weiss. A mixture of vinegar and rubbing alcohol can fight a swimmer's-ear infection.

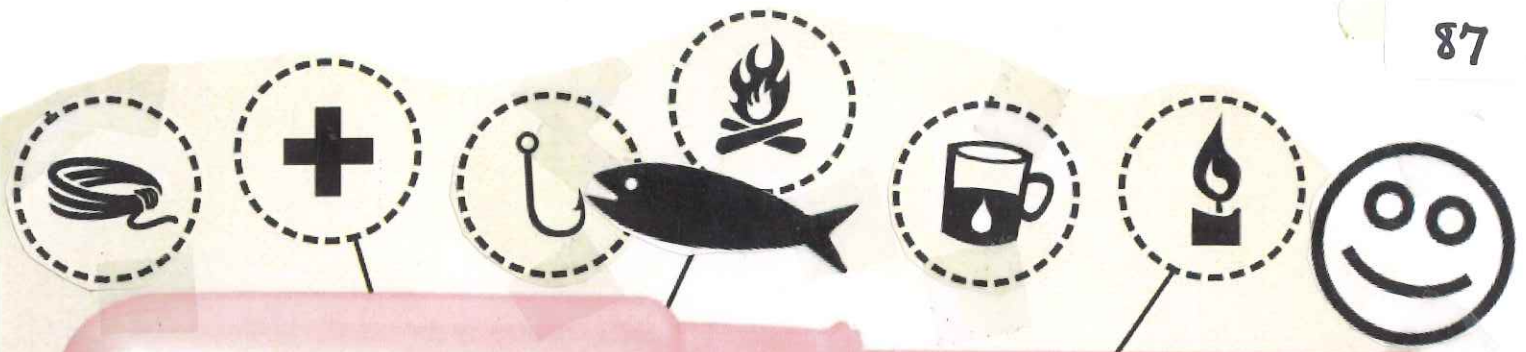


## Slapping a steak on a black eye

The rib-eye remedy is a standard old wives' tale, according to Richard O'Brien, M.D., of the American College of Emergency Physicians. "Meat is full of bacteria that can give you conjunctivitis." A cold compress will relieve the pain and swelling more effectively. If you detect any vision changes after the injury, head to an emergency room, says Dr. O'Brien. And next time, duck.







## THE TAMPON SURVIVAL GUIDE



## An old military trick

...is to wear pantyhose underneath socks to minimize friction and blisters while hiking.

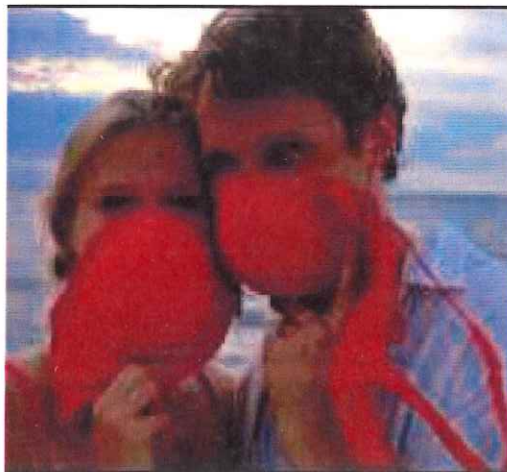
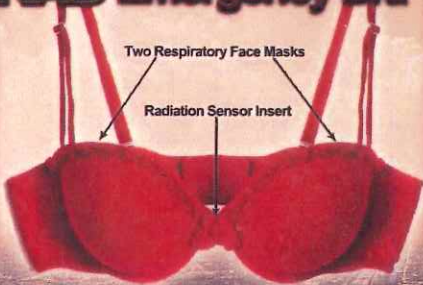


With pantyhose you'll also stay warmer, keep ticks and chiggers at bay, and you can improvise a fishing net or filter water!

### RAD Emergency Bra

Two Respiratory Face Masks

Radiation Sensor Insert



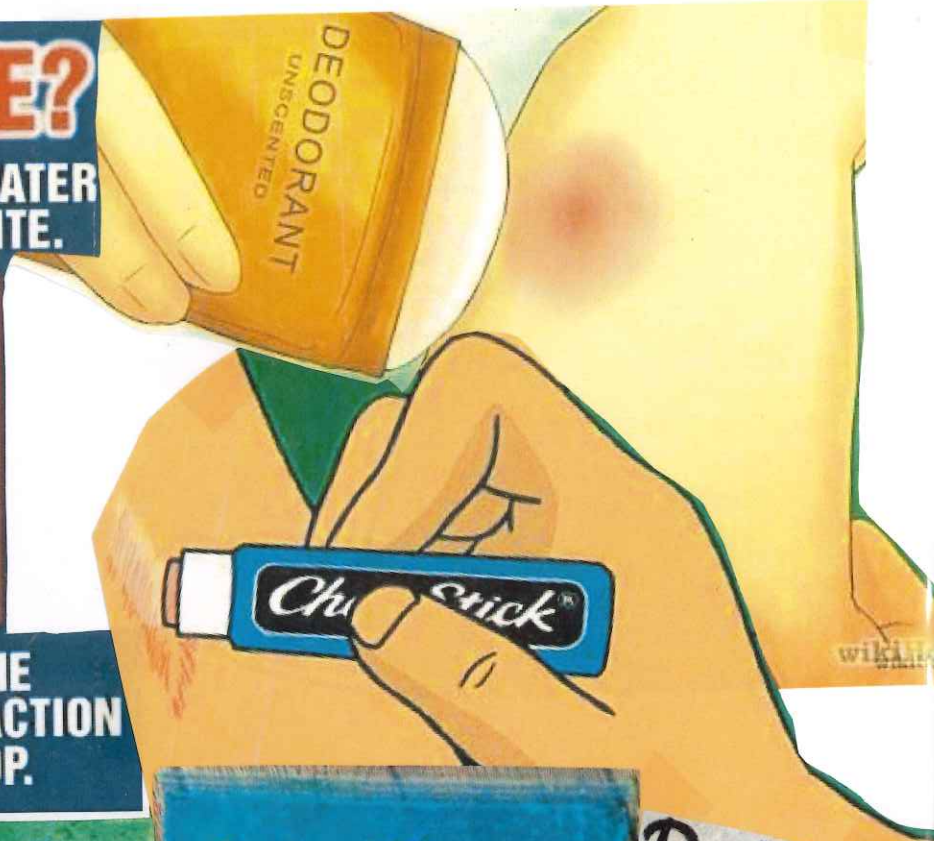


# MOSQUITO BITE?

WARM A SPOON UNDER HOT WATER  
AND PLACE ON TOP OF THE BITE.



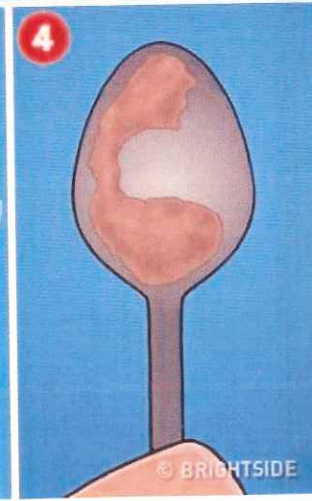
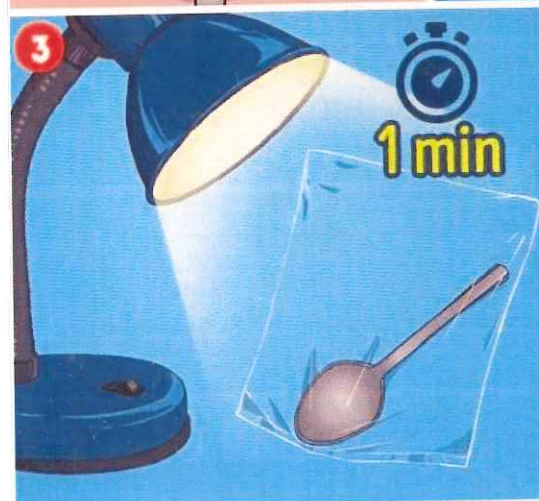
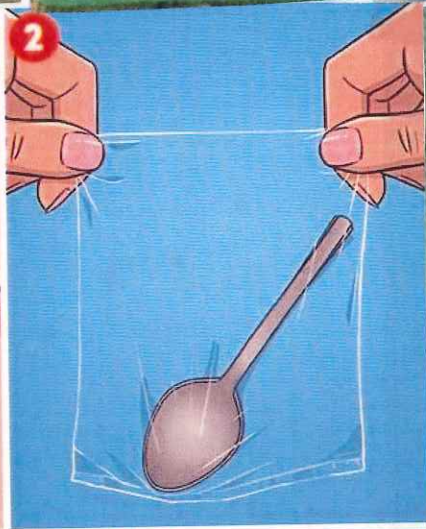
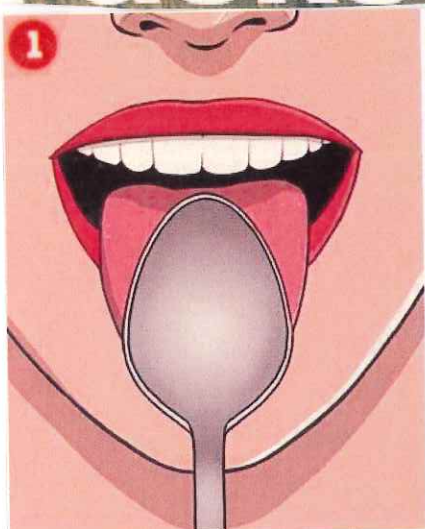
THE HEAT WILL DESTROY THE  
PROTEIN THAT CAUSED THE REACTION  
AND THE ITCHING WILL STOP.



## Ice Packs



Rubbing  
Alcohol  
Salt



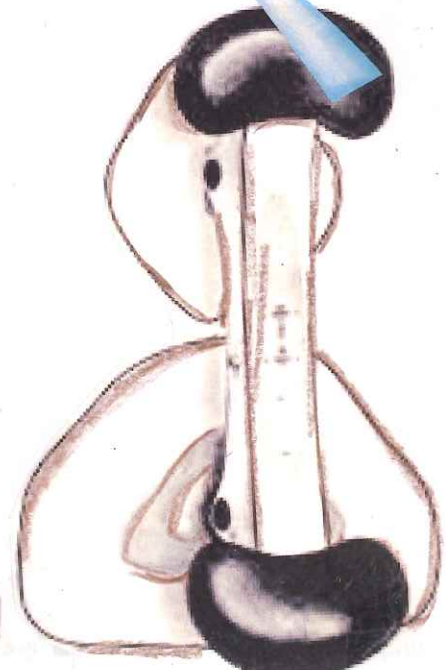
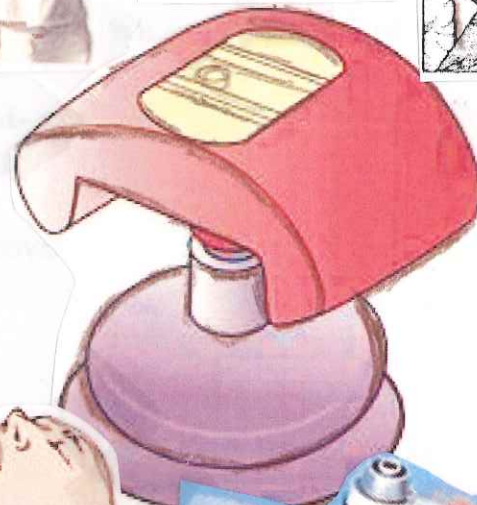
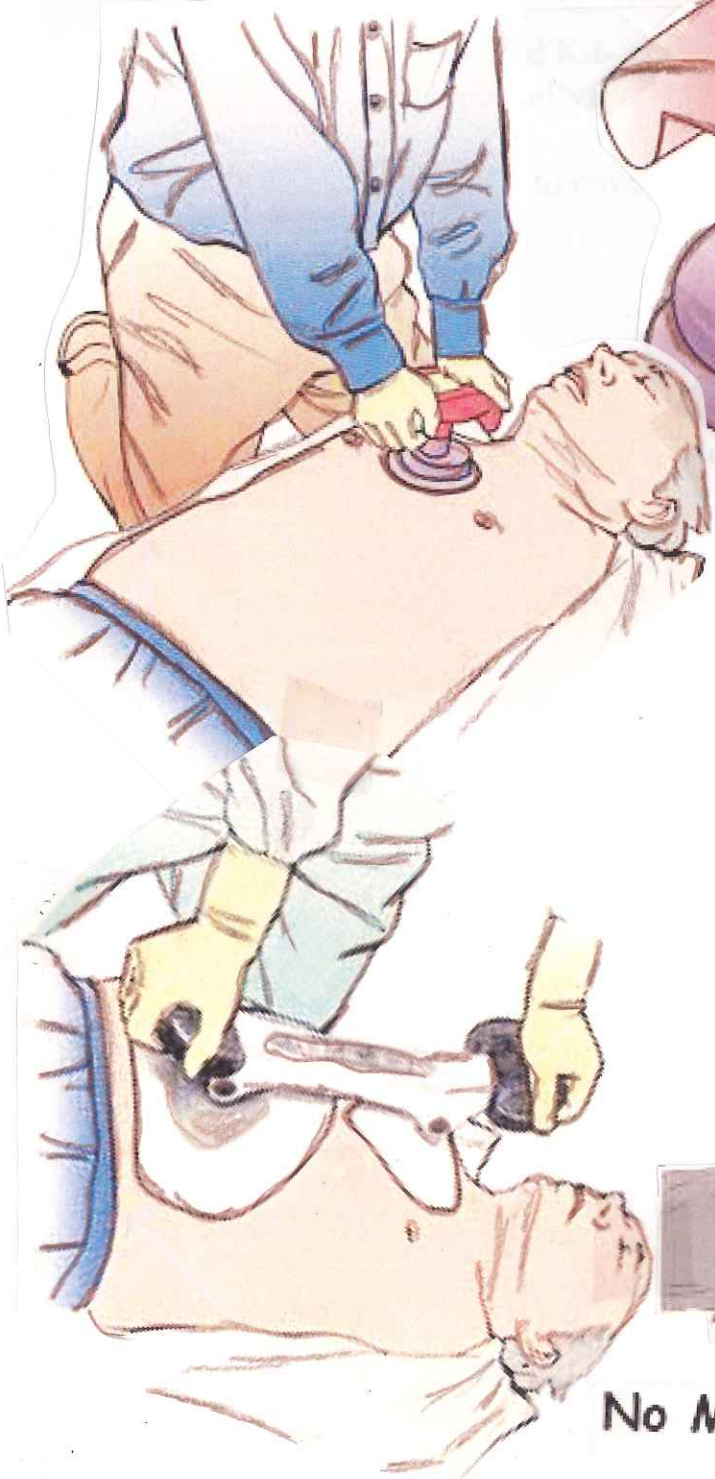
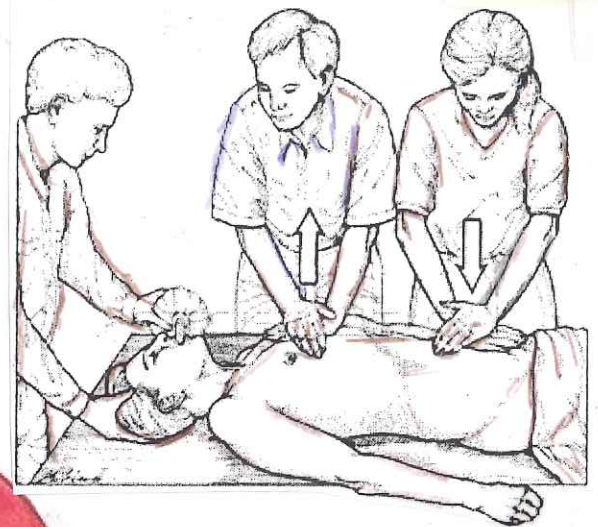


## Interposed abdominal compression (IAC-CPR)



### A BELLY FLOP FOR CPR?

Studies from Columbia and Johns Hopkins Universities suggest that performing CPR on someone lying on his stomach may be more effective than chest compressions. The variation appears to improve bloodflow to the brain and heart. Research is ongoing. **MH**



**No More Cracked Ribs!**



# aspirin a day can decrease heart attack risk by how much?

**A**  
13%

**B**  
28%

**C**  
Nothing, it  
doesn't work



**B** This is one pill worth popping. Researchers at the University of North Carolina found that an aspirin a day reduces your risk of coronary attack by 28%. The best time to take it is just before bed, at the lowest dose you can find.

What's the fastest way to bring your blood pressure back down to baseline?



**A** Take an aspirin



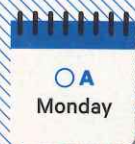
**B** Hold someone's hand



**C** Drink a cup of tea

**B** Skin contact is all it takes to prevent blood pressure spikes, found University of North Carolina scientists. The good news: the more touching the better. NB Contact with someone you know is preferable.

## Which day of the week are you most likely to have a heart attack?



**A**  
Monday



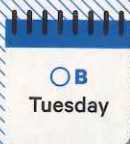
**C**  
Wednesday



**E**  
Friday



**G**  
Sunday



**B**  
Tuesday



**D**  
Thursday



**F**  
Saturday

**A** As if Mondays weren't bad enough, a study published in the *European Journal of Epidemiology* found men are 20% more likely to have a heart attack on this day. Heavy weekend drinking could add to an

## In which season are you most likely to have a heart attack?



**A** Spring



**B** Summer



**C** Autumn



**D** Winter

**D** Peak times for heart attacks are Christmas Day and New Year's Day, reports the journal *Circulation*. It's thought the cold weather, booze, over-eating and general merriment puts a strain on your beat box. Best skip that second helping of pudding.



**THE FORECAST:**  
**A heat wave**  
**WATCH OUT FOR:**  
**Fungal infections**



**THE FORECAST:**  
**Heat and humidity**  
**WATCH OUT FOR:**  
**Acne**



**THE FORECAST:**  
**Thunderstorms**  
**WATCH OUT FOR:**  
**Respiratory problems**



**THE FORECAST:**  
**A gray winter day**  
**WATCH OUT FOR:**  
**Depression**



**THE FORECAST:**  
**Sleet and freezing rain**  
**WATCH OUT FOR:**  
**A broken ankle or wrenched back**



**THE FORECAST:**  
**Blue skies**  
**WATCH OUT FOR:**  
**Cataracts**



**THE FORECAST:**  
**Chilly temperatures**  
**WATCH OUT FOR:**  
**A runny nose**



**THE FORECAST:**  
**Rain**  
**WATCH OUT FOR:**  
**A headache**



**THE FORECAST:**  
**Lightning**  
**WATCH OUT FOR:**  
**A heart attack**



**THE FORECAST:**  
**An incoming low-pressure system**  
**WATCH OUT FOR:**  
**Arthritis pain**



**THE FORECAST:**  
**A muggy day**  
**WATCH OUT FOR:**  
**Body odor**



**Q9**

What does having sex twice a week do to your risk of heart disease?

- A** Increases it  
**B** Decreases it  
**C** Nothing

**B** Having twice weekly sex sessions can decrease your chances of having a heart attack by half, says the New England Research Institute in Massachusetts. Not only does it provide a decent, sweat-inducing workout, but it's also a form of stress release. Letting her in on the facts might be a beneficial move.

**THE FORECAST:**  
**Sun and wind**  
**WATCH OUT FOR:**  
**Chapped lips and dry skin**





# THE HEALTH REPORT

NEW RESEARCH BULLETINS FROM AROUND THE WORLD.

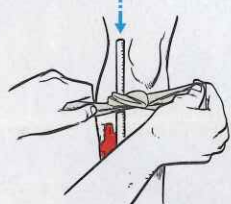
COMBAT  
SKILL

1

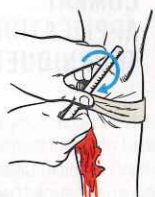
## USE A SOCK AND A STICK AS A TOURNIQUET



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2. Slip a stick through the knot and tie another overhand knot around it.



3. Twist the stick to tighten, slowing or stopping blood circulation to the wound.



4. Use another sock to tie the stick in place so you don't have to hold it.



## ON THE WESTERN FRONT

Medic magic that may one day trickle down.



## GIVE PAIN A ONE-TWO PUNCH

► FACT-CHECK DAD

## DUCT TAPE FOR WARTS?

The tape may help draw your immune system's attention, says clinical dermatologist Jules Lipoff, M.D. But you'll need more. Apply tape over some Compound W to trap the medicine, improving absorption. And once your skin moistens, use a pumice stone to slough off wart layers.



## LOW TECH TO THE RESCUE

Eight common items to always have on hand.



### □ NITRILE GLOVES

Comfy, strong, and less allergenic than latex. Medics use them to avoid bloodborne infections.



### □ PARACORD

Also called parachute cord. Good for securing splints, making slings, and lots else. Go with a 4-millimeter thickness.



### □ DUCT TAPE AND SAFETY PINS

Unlimited uses!

### □ SUPERGLUE FOR SURGERIES

Tests are ongoing for a liquid glue (MeTro) that seals wounds in under three minutes. In animal testing, it quickly sealed incisions without the need for sutures or staples.

## STEP UP IN A CRISIS

How to react in the aftermath of a mass shooting or terror attack. (Sadly, this scenario isn't so far-fetched anymore.)



### 1/ SURVEY THE BATTLEFIELD

Former U.S. Army Ranger Jeffrey Cain, M.D., suggests using the same strategy that combat medics use after the threat has passed: Where is assistance needed most?



### 2/ TREAT THE TREATABLE

Look for someone with an arm or leg wound and apply hand pressure above the injury to slow the bleeding until medical help arrives. This isn't the time to try a homemade tourniquet. You'll have more effect by wadding up your shirt and using it to press the limb against something hard, like the street or a table.



### 3/ RECRUIT HELP

The scene is likely to be chaotic, but if you can, give specific orders to others: "I need someone to hold pressure on her arm!" If you're injured but still mobile, don't wait for an ambulance. Get yourself to the nearest hospital by any means.

## 2 RETHINK DAILY ASPIRIN



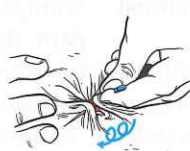
COMBAT  
SKILL

3

## "STITCH" A CHEST WOUND WITH A SAFETY PIN



1. A tourniquet won't work here. Rip a T-shirt into strips and pack the wound with them.



2. "Suture" the skin around the wound together with a safety pin or two. Skin is tough; it shouldn't rip.



3. If there's no safety pin and you must move the victim, tie a sweatshirt around the entire packed wound.

COMBAT SKILL TIPS BY DOUGLAS KECHIJIAN,  
FORMER U.S. AIR FORCE SPECIAL OPS PARARESCUE SPECIALIST

COMBAT  
SKILL

2

## STOP A PANIC ATTACK WITH COLD WATER OR ICE



1. Dunk his head in cold water. This triggers the vagus nerve and brings calm. Metabolism slows under water so we can hold our breath longer.



2. Other cooling options: Have the person hold ice or a bag of frozen peas to his face. This will simulate the same heart-slowing reflex.



## Treatments

### \*Strains, Sprains, and contusions

P-protection  
R-rest  
I-ice  
C-compression  
E-elevation  
S-support

### \*Abrasions or Scrapes

S-soak, soap, scrub  
I-irrigate, irrigate, irrigate  
D-dressing

### \*Soft Tissue Injuries

N-NSAID (nonsteroidal anti-inflammatory drugs)  
I-injection (corticosteroids)  
P-physical therapy  
E-exercise  
D-device (brace)

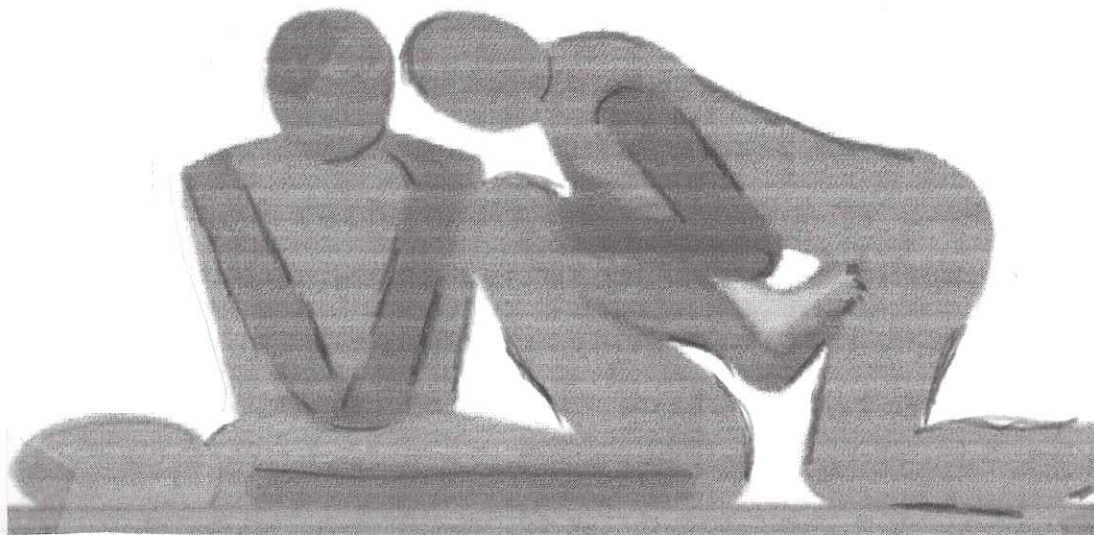
### \*Assessments

A-airway and cervical spine  
B-breathing  
C-circulation  
D-disability and neurologic  
E-exposure  
A-alert and responsive  
V-responsive to vocal stimuli  
P-responsive to pain stimuli  
U-unresponsive

### \*Head Injuries

I-impairment of consciousness  
Need-Nausea and vomiting  
My-Motor activity  
Very-vital signs  
Special-seizures  
Head-headache  
Protection-Papillary or eye










et al. *Circulation* 2000;102:I-105-I-111

  
American Heart  
Association

*Learn and Live*



# THIS IS IT



## Oral Piercing

The transmission of diseases such as hepatitis, HIV (news - web sites), herpes simplex virus, and tetanus.  
Prolonged bleeding if blood vessels are punctured.  
Blockage of the airway if the tongue swells.  
Loss of taste, mobility, and numbness of the tongue.  
Constant irritation to the oral tissues.  
Difficulty with chewing, speech and swallowing.



B2 TRI-CITY HERALD | SUNDAY, MARCH 1, 2009

## Where did rapper Kanye West get a Kamiakin jacket?

HERALD STAFF

Rapper Kanye West recently wore a Kamiakin High School Braves letterman jacket on BET to promote a music video. And that has Tri-Citians, especially Kamiakin grads, wondering how West got his hands on the school's signature symbol.

The information first appeared on [kennewickrealestateblog.com](http://kennewickrealestateblog.com).

On another blog, [dresslikekanyewest.com](http://dresslikekanyewest.com), a post read, "CRAZY! I totally graduated from there in 08, thats sooo sweet!! I really want to know how he got it."

Another post read "No one's going to believe this, but I went to Kamiakin HS (in Kennewick) and that is EXACTLY the Indian I had on the back of my jacket! Like Exactly! That's awesome. I guess I can start wearing that thing again."

To take a peek at the photos and comments, go to <http://dresslikekanyewest.com/2009/02/kanye-and-kid-cudi-on-bet> or <http://kennewickrealestateblog.com>.

## Healthy finger food

Picking your nose boosts the immune system



Coughs and sneezes may spread diseases, but picking your nose and eating it will ward them off, according to an Austrian doctor.

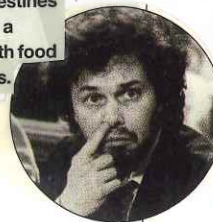
Professor Dr Friedrich Bischinger, a lung specialist based in Innsbruck, recommends defying the disgust of friends and colleagues and

"People who pick their nose and eat it get a natural and cost-free boost to the immune system," claims

Yet the nose is a filter in which a great deal of bacteria are collected, and when this mixture arrives in the intestines it works just like a medicine." Health food at your fingertips.

### 13. Where do people secretly deposit the most boogers?

- a. ☐ In elevators
- b. ☐ Under couches
- c. ☐ On car floor mats





# How Gross Are You?

*Every now and then, food sits on the counter all night and sheets don't get changed. But how germmy does that make your life, really? JESSICA MIGALA gets the facts on how risky your habits are to your health.*

## YOU WASH YOUR COFFEE CUP ONCE A WEEK.

**▼ HOW GROSS IS IT?** If you take your joe black, you're in luck: "Coffee has antimicrobial properties, and it doesn't contain the nutrients bacteria need to multiply," says Angela Fraser, Ph.D., a food-safety professor at Clemson University. Nutrients like protein and sugar—which means milk and creamer. If your lips deposit bacteria that combine with milk residue, you could give birth to millions of germs. Limit the chance: Wash the mug every time.

## YOU EAT PIZZA THAT SAT OUT ALL NIGHT.

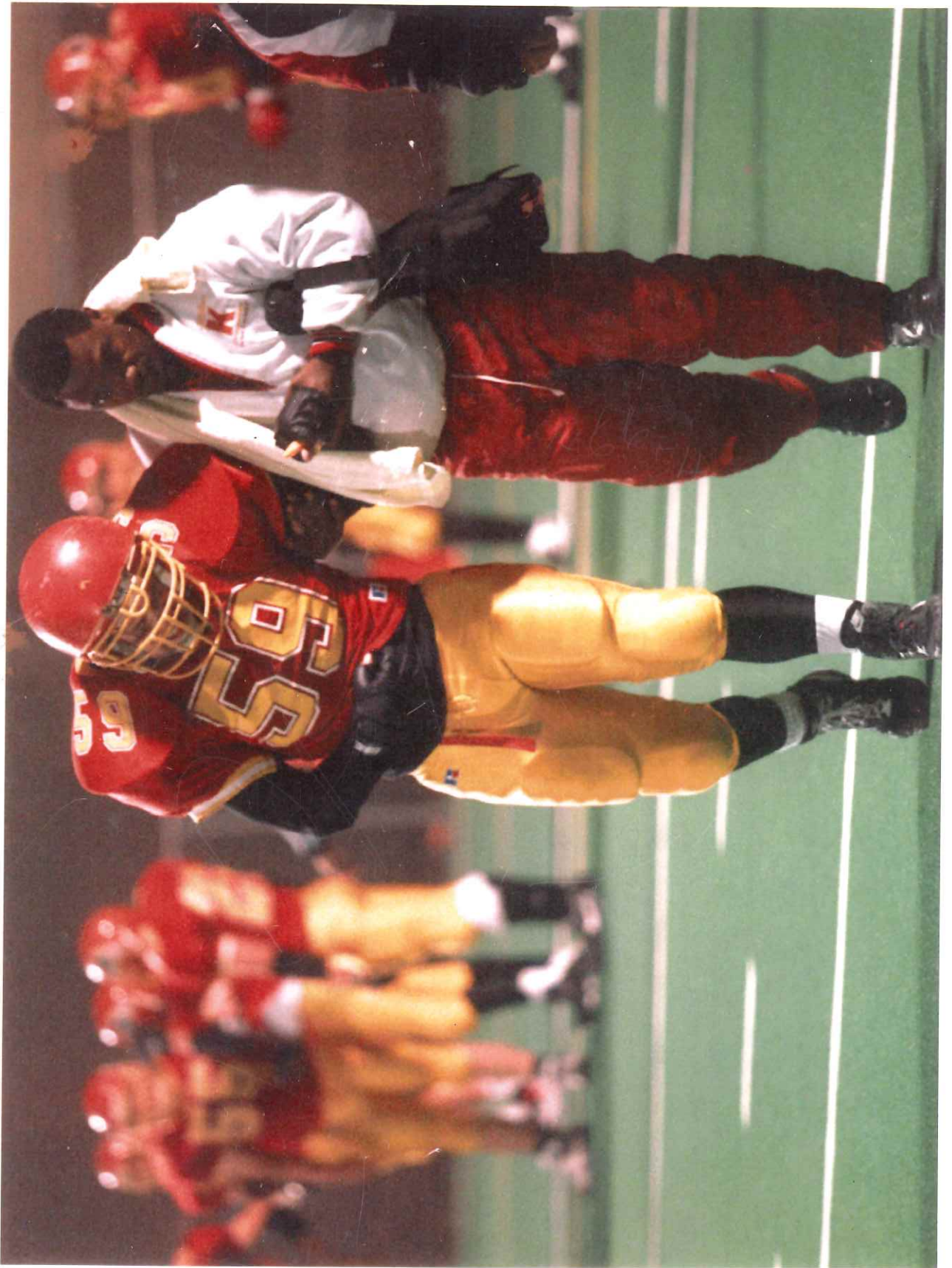
**▲ HOW GROSS IS IT?** Pizza crust is dry, the sauce is acidic, and pepperoni and sausage are preservative-laden—all things that don't support bacteria survival, says Fraser. Different story if you got spinach and tomatoes: Moisture-rich toppings tend to breed microbes that can gang up and felly you (diarrhea, vomiting). Best to refrigerate pizza within four hours, before bacteria have the chance to really go wild.

## YOU USE THE SAME DISHRAG UNTIL IT STINKS.

**◀ HOW GROSS IS IT?** That odor is a telltale sign of a bona fide science experiment. By the time something smells, "it has millions of organisms growing inside," says Reynolds. (You need only hundreds to cause illness.) That can include *E. coli* and salmonella. Ideal: Throw it in the washer after every use. Since pretty much no one does that, at least spread the rag out to dry. That'll kill 90 percent of bacteria, she says.











# INSTRUCTIONS FOR USE

## FOLLOW CURRENT CHOKING PROTOCOL AND DIAL 911



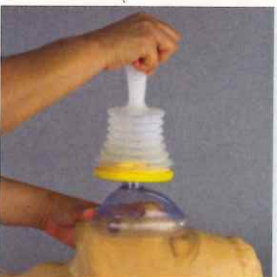
Insert mask into the unit with a firm twisting motion while applying pressure. **Make sure that you check mask to ensure it's attached to the unit. The stem of the mask DOES NOT need to be completely inserted into the unit.**



Place mask over nose and mouth, **holding chin upwards. MASK MUST BE HELD FIRMLY OVER NOSE AND MOUTH WITH HAND.**



**Holding mask in place with one hand** and chin held upwards, push handle down with other hand to compress unit.



Once handle is depressed, **pull handle upward with a short, SWIFT tug while holding mask firmly in place.**



Roll person on side and sweep the mouth to clear any debris. **Also check unit for debris. Repeat steps as necessary. If LifeVac is used refer to the Information Page Literature (Indications For Use) section for additional action.**



**IF NO SPONTANEOUS RESPIRATION IS NOTED, THEN RETURN TO CURRENT CHOKING PROTOCOL AND START CPR.**





# LIFEVAC

## PRACTICE INSTRUCTIONS



Open the bag visually inspect contents for any defects/cracks and review all literature provided. **ONLY OPEN AND REMOVE PRACTICE MASK. DO NOT OPEN OTHER MASKS UNTIL NECESSARY.** Look at unit and become familiar with it. The rattle you hear is the custom one-way valve and is a normal sound. Familiarize yourself with the current choking protocol. *LifeVac suggests becoming certified in CPR and becoming familiar with the Heimlich maneuver and back slaps.*



**Gently** insert the **PRACTICE MASK** into the unit with a twisting motion while applying pressure. Make sure that you check the mask to ensure it is securely attached to the unit. The stem of the mask **DOES NOT** need to be completely inserted into the unit.



Use on a hard, flat surface. With your hand on the mask, hold it in place and depress the handle.



Once handle is depressed, pull handle upward with a short, swift tug while holding mask firmly in place. You will feel the negative pressure that the LifeVac unit generates. Repeat this procedure a few times to understand how LifeVac works.



Once familiar with the LifeVac unit, remove the mask by twisting and pulling it, while holding the unit's base. It should be hard to remove the mask. If so, you know you have secured the mask properly. Dispose of the **PRACTICE** mask. If difficulty removing the mask, type the link below into your browser to view a helpful video.

[https://youtu.be/I0ngQx\\_wd6k](https://youtu.be/I0ngQx_wd6k)



Repack the LifeVac unit, **unopened** masks and literature back into the storage bag, making sure **no masks are attached to the unit**. Store in a safe, dry, accessible place in case of an emergency.



## Advanced First Aid & CPR Outline/Curriculum

Two Man CPR  
Three Man CPR  
Two Man Hymlick - Abdominal Thrust  
Chest Thrust  
Good Samaritan Law  
Infectious Disease and First Aid  
The Super Bug  
Hepatitis  
HIV  
CPR Facts-or-Fiction  
Belly CPR  
Foot CPR  
Cough CPR  
K-9 CPR  
Tourniquet "to use or not to use."

## W. Richland man, 45, dies during Pasco ballgame

**By Jeff Morrow**  
Herald sports editor

An umpire officiating a Richland-Pasco Senior American Legion baseball game suffered a fatal heart attack Wednesday at Pasco High School.

Don Ashworth, a five-year Tri-City resident who moved to West Richland from Tennessee for a job as a technical writer, was working home plate during the first game of the Central Washington League doubleheader when he began feeling sick during a third-inning pitching change.

"He said, 'Geez, I don't feel good,' so we sat him down in the shade," said Herb Brayton, a Pasco booster. "We got wet rags and put them on his body."

Ashworth, 45, began to feel a little better but suddenly got worse five minutes later, and a parent called 911.

CPR was started when he began having trouble breathing. He was taken by ambulance to Lourdes Medical Center in Pasco, where he died at 5:17 p.m., said Franklin County Coroner Dan Blasdel.

"He complained about being overheated," Blasdel said. "Right now, it's looking like a heart attack."

Ashworth leaves behind a wife and two sons.

His death left friends in shock.

"He was one of the great personalities, one of the great guys," said CJ Mitchell, a longtime Tri-City umpire. "He was just a baseball enthusiast. He got a chance to work a Posse game, and he was excited about that."

Brayton said Ashworth always gave his time to youth baseball.

"I'll always remember Don as the guy who called me up when I was president of the Babe Ruth league," said Brayton. "He told me he was new in town and wanted to help out. He did a lot of umpire training for free. He got a bunch of green kids out in the



## Heart Attack or Heartburn

Heartburn - a burning pain in the center of your chest that can worsen with swallowing and leaves a bitter taste.

Heart Attack - Pain in the center of the chest - SOB - pain radiates to arm or neck

Gallbladder - Ulcer - Chest muscle strain strain ( coughing )

## Worst Time to have a Heart Attack

**Dawn is the Deadliest Hour for Many with Heart Failure**

5am to 6:58am

## Study: Holiday Season is the worst for Heart Attacks

Thanksgiving weekend - December - January

## 5 Scary times for your Heart

Morning - Monday morning - After a meal - Exercise - Public Speaking

## Heart Attack and Weather

Rain		32%
Other		19%
Cold Weather		21%
High Winds		15%
Hot Weather		10%
Snow		3%

## Heart Attack Risk Locations

Health Clubs  
Churches  
Sporting Activities  
Traffic Jams

## Bad Air/Carcinogenic Locations

Churches  
Airplanes  
Bars/Restaurants

## Common Early Symptoms

Occurring Before a Heart Attack in Women

Unusual fatigue	71%
Sleep disturbances	48%
Shortness of breath	42%
Indigestion	39%
Anxiety	35%
Chest discomfort	30%



**Animal-to-Human Infections**

- |                                 |                            |
|---------------------------------|----------------------------|
| 1. Influenza <u>I</u>           | A. Deer mice               |
| 2. HIV-AIDS <u>E</u>            | B. Mosquitoes              |
| 3. Monkey pox <u>M</u>          | C. Deer ticks              |
| 4. SARS <u>J</u>                | D. Rats                    |
| 5. Mad Cow <u>K</u>             | E. Monkeys and chimps      |
| 6. Bird Flu <u>L</u>            | F. Camels                  |
| 7. Lyme Disease <u>C</u>        | G. Primates                |
| 8. Smallpox <u>F</u>            | H. Water fowl (wild ducks) |
| 9. Black Death <u>D</u>         | I. Ducks and Geese         |
| 10. Spanish flu <u>H</u>        | J. Exotic cats and dogs    |
| 11. E-Bola <u>G</u>             | K. Cows                    |
| 12. Hantavirus <u>A</u>         | L. Chickens                |
| 13. West Nile Virus <u>B</u>    | M. Prairie Dogs            |
| 14. Scratch Fever <u>N</u>      | N. House Cats              |
| 15. Salmonella <u>O</u>         | O. Reptiles                |
| 16. Lymphocyte Meningitis _____ | P. Dogs                    |
| 17. Roundworm <u>P</u>          | Q. House Mouse             |
| 18. Q Fever <u>R</u>            | R. Barnyard Animals        |



W.H.O Top 10 Health Hazards

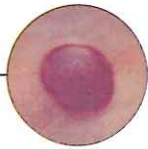
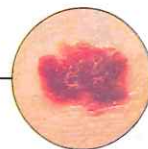
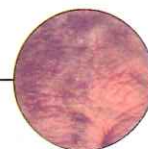
- |   |                     |
|---|---------------------|
| 1. Unsafe sex                           | <u>2</u>            |
| 2. High cholesterol                     | <u>8</u>            |
| 3. Alcohol                              | <u>6</u>            |
| 4. Un-safe water-Sanitation and Hygiene | <u><del>3</del></u> |
| 5. Indoor pollution                     | <u>4</u>            |
| 6. Obesity                              | <u>10</u>           |
| 7. Iron deficiency                      | <u>5</u>            |
| 8. Underweight Malnutrition             | <u>1</u>            |
| 9. Tobacco                              | <u>7</u>            |
| 10. H.B.P                               | <u>9</u>            |







WHAT'S ON YOUR SKIN	DIAGNOSIS	CAUSE	HOW TO GET RID OF IT
A tan patch that looks like a large, dark freckle		Too much time in the sun or a tanning booth; genetics	Check with a doctor to rule out malignancy. If the spot is benign and you still want it removed, a dermatologist can take care of it with a laser. For a specialist, call the American Society for Dermatologic Surgery at (800) 441-2737, or click on <a href="http://www.asds-net.org">www.asds-net.org</a> .
An itchy or bleeding lesion that has an irregular border, is asymmetrical, has changed color or size, is elevated, or is larger than a pencil eraser	9.	Sun exposure and genetics are major factors.	See a dermatologist immediately. Even if it's not malignant, consult your doctor about having it removed.
A red, swollen bump that hurts or itches	10.	A bug with an attitude	If it's a sting, use a credit card or a fingernail to scrape out the stinger. Then wrap an ice pack in a thin towel and apply it for 15 minutes to reduce the swelling. Aspirin can ease the pain and itching. If you think you're having an allergic reaction, get emergency help.
A shine	11.	Overachieving sebaceous glands. Dark-haired men have more of these than light-haired guys do.	Wash your face with an oily-skin soap that contains salicylic acid. Then apply an alcohol-based toner with a cotton ball. Look for one with natural ingredients, such as cucumber, witch hazel, or citrus acids.
A bubble of skin filled with liquid	12.	Constant friction separates the outer layer of the skin from the other layers. Eventually the skin starts to bubble, and fluid that usually lies unnoticed between skin cells collects inside.	Sterilize a needle, then prick the blister on different sides. (Prick it more than once, since holes may reseal almost immediately.) Squeeze out the liquid, but leave the "roof" of the blister intact. It will protect the irritated area from infection.
Deep lines and creases	13.	You probably spent too much time in the sun as a child. Most sun damage occurs in the first 10 to 12 years of life.	Try an over-the-counter antiwrinkle cream that contains retinoids, which are derived from vitamin A and increase cell turnover. Also, wear sunscreen if you spend time outdoors.
Red, scaly patches that show up as either a splatter of drops or big splotches	14.	An overactive immune system	Don't pick, scrub, or scratch. Apply a moisturizing cream, such as Cetaphil or Eucerin, after bathing. A 1 percent hydrocortisone ointment is also worth a try. And reduce your stress level if you can. (Stress aggravates psoriasis.)
Bluish lines that make your legs look like a road map	15.	Nobody's certain, but genetics play a role. If your mother and grandmother had them, chances are you will, too. Western societies have a greater incidence of varicose veins.	To counteract the throbbing associated with varicose veins, lie down and elevate your feet on a couple of pillows for at least half an hour. Also, eat a high-fiber diet to avoid constipation. A constantly full colon can exert pressure on the upper leg veins, and that can aggravate varicose veins.
Rough, raised spots, usually appearing in small clusters	16.	Warts are actually benign tumors caused by the human papilloma-virus, which most of us are in contact with every day.	Use an over-the-counter wart remover that contains salicylic acid, and keep the area around the warts dry. Warts on your penis should be checked by a doctor, since penile warts can be transmitted to sexual partners.
Multicolored markings, often appearing on the biceps, ankle, or tush	17.	Too much tequila	Tiny tattoos can be cut out with a scalpel; local anesthetic will numb any pain. Most larger ones can be removed in stages with a laser. The cost for each treatment runs from a couple of hundred dollars to a couple of thousand. ♦



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# INSECTS SUCK

And bite. Here's how to fight eight tiny foes

**T**HE SUMMER'S WORST predators aren't single lifeguards; they're the invisible bugs that host family reunions on your ankles. Didn't use repellent? For most bites, you can apply ice to slow itching and cortisone cream to reduce pain, says Jeffrey S. Schneider, M.D., dermatologist. Others require further treatment. We'll help you ID, and treat, eight common bites.



## The bite:

Groups of itchy red bumps at the edges of your clothing—mostly at the sock line or anywhere on your legs. You may see a blister in the center of each bump.

## The culprits:

**Where they're found:** On pets, of course, and under rug edges and in floor cracks

**What happened:** They've started to suck your blood with their piercing mouths.

**What next?** Try Benadryl or cortisone cream, says Alexa Boer Kimball, M.D., a dermatologist at the Stanford University school of medicine.



**The bite:** Scattered hive-like bites—raised and itchy

## The culprits:

**Where they're found:**

Anywhere near water

**What happened:** You're having a minor allergic reaction to the anticoagulant that each mosquito carries in its saliva, says Lynn Kimsey,

Ph.D., a professor of entomology at the University of California at Davis.

**What next?** Follow the ice/cortisone advice above; scratching can leave you with tiny scars.



**The bite:** Intense local pain that leaves no mark

## The culprit:

**Where they're found:** Shady areas under bushes or trees

## What

## happened:

"Their mouth parts are like scissors, and they basically chop their way into the skin. The flies are after a meal of blood to help them produce eggs," Kimsey says. They don't inject much histamine-producing saliva, though, so they don't leave a mark.

**What next?** Kill the fly, then ice the bite. Both will make you feel better.



## The bite:

A red irritation with two tiny puncture wounds in

the middle, as if a mini vampire had bitten you. You feel achy and numb everywhere.

## The culprit:

**The bite:** A bumpy rash of 50 or 60 mini bites in a fold on your body, like in the crook of your wrist or the web between your fingers

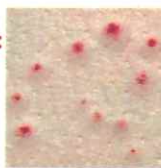
## The culprits:

**Where they're**

**found:** All climates; they travel skin to skin

**What happened:** A platoon of them burrowed into your skin and laid their eggs.

**What next?** Ask a dermatologist for a prescription of permethrin cream, which should clear up the rash within a month. Wash your clothes to get the stragglers.



**The bite:** An ugly bull's-eye-shaped wound, with a deep red welt in the middle surrounded by a halo of white skin, which

is itself surrounded by an enlarging red corona

**The culprit:**

that could be bearing the Lyme-disease bacterium

**Where they're found:** Woods

**What happened:** The tick injected tissue-chewing saliva into your skin to create a feeding tube for itself.

**What next?** Use tweezers to pull it out by its mouth, not its body. See a doctor if Lyme disease is common in your area.



**Where they're found:** Dark places outside, like around woodpiles, ledges, or meter boxes

**What happened:** It injected a fly-killing toxin that can cause muscle spasms and a fever lasting up to 24 hours.

**What next?** Go to the doctor for an antivenom injection.

**The bite:** A constellation of tiny, painful bites on your legs. They may later turn

into blisters and possibly scar.

## The culprits:

**Where they're found:**

Around clumps of vegetation



and rotted wood

**What happened:** They injected piperidine alkaloid—a substance designed to kill spiders and other ants.

**What next?** Make compresses with cool, diluted vinegar (1 part vinegar to 4 parts water). Apply one four times a day for a few days.

**The bite:** Multiple excruciatingly itchy lumps around your belt line and sock line

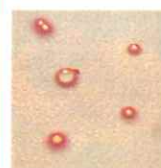
## The culprits:

**Where they're found:** Low, damp, grassy areas—like along riverbanks

**What happened:** These

too-tiny-to-be-seen larval mites crawled up your pants and got you where you're the most tender: where your clothing rubs against your skin.

**What next?** Hot, soapy water will remove remaining mites. Then use ice and cortisone cream. Next time, use repellent before walking in summer grass.



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# What the Hell Is That?

Good question. We show you how to get rid of sores, blotches, warts, rashes, and even wrinkles (without using kitchen utensils)

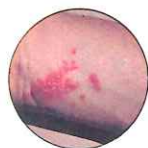
BY JACK CROFT

**Y**OU ENTER THE WORLD complete with your own protective packaging: skin. Your personal shrink-wrap spends the next 70 years or so fending off the world's attacks, along the way showing off an impressive collection

of battle scars: diaper rash, age spots, and a whole lot of nasty blights in between. By the time they stick you into that pine box, your epidermis has had more ugly things on it than Jesse Ventura ever did.

What is all that stuff? How can you get

rid of it? Here's a guide to the bumps and blemishes that show up on your skin, and how to make them go away. (Follow the label instructions for all medications, and see your dermatologist if the problem persists.)

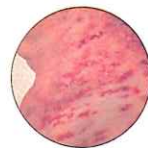


**WHAT'S ON YOUR SKIN**  
Thin lines of redness and blistering

1.

**CAUSE**  
You're among the 67 percent of Americans allergic to these plants' resins.

**HOW TO GET RID OF IT**  
Mix 1 or 2 tablespoons of plain oatmeal in a basin of water and immerse the affected area. Alternate your oatmeal bath with cold compresses soaked in plain water. Resist the urge to scratch; it can lead to infection.



Painful blisters and sores, usually running along one side of your chest, stomach, or head

2.

The chicken-pox virus. It lies dormant in nerve cells near your spinal cord after a bout with the disease and can reactivate later. About 20 percent of people who've had chicken pox someday contract shingles.

Your doctor can prescribe an antiviral medication that will limit the duration and severity of the outbreak. But the medication helps only if it's begun in the first three days, so act quickly. Clean blisters and sores that have opened by sponging them lightly with mild soap and water once or twice a day.



A tiny sore inside your mouth that stings like a mother whenever you eat grapefruit

3.

Stress, heredity, hot foods and liquids, and certain edibles, such as chocolate, nuts, tomatoes, citrus fruits, pretzels, and corn chips

Take a swig of a liquid antacid and swish it around your mouth. (Then spit it out.) The thick, milky solution coats the canker sore and helps protect it from irritation. If the sore is still there after 14 days, see your doctor.



Dark markings on the back of your hand, seemingly resistant to soap or scrubbing

4.

An overaggressive bouncer

Soap, water, and a little bit of time are your best bet. Certain inks will succumb to a dollop of liquid dishwashing detergent mixed with a few drops of water. Or try a cotton ball soaked with rubbing alcohol.



Red, dry, cracked patches anywhere on your body (though some people have them only inside their elbows or behind their knees)

5.

Heredity, allergies

Take a tepid shower, then use a cream moisturizer such as Cetaphil, Eucerin, or Aquaphor within 3 minutes, while your skin is still wet. A 1 percent hydrocortisone ointment is also effective. If you itch, take an over-the-counter antihistamine such as Benadryl as well.



Purple discoloration in your ocular area

6.

Door frames, baseball bats, elbows, angry husbands

Wrap a bag of frozen corn or peas in a thin towel and apply it to your eye for 15 minutes every 2 to 3 hours. Take acetaminophen, not aspirin, for the pain; aspirin will slow the clotting and healing of the broken blood vessels.



An inflamed, painful sore

7.

Bacteria trapped inside a hair follicle or pore

Three times a day, soak a washcloth in warm water and place it on top of the boil for 15 minutes, rewarming the washcloth frequently. This will bring the boil to a head, causing it to drain naturally. As with your attractive new office assistant, do not pinch, squeeze, or pop.

Adapted from *The Doctors Book of Home Remedies for Men*. Copyright 1999 by Rodale Press, Inc.

Beginner - Renewals - Advanced  
509-734-3461 Home 509-783-5162

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Bus. 509-734-3461 Home 509-783-5162

PHOTOS: FROM TOP: LEN BARBIERO/THE STOCK SHOP; CUSTOM MEDICAL STOCK PHOTO; DR. P. MARAZZI/SCIENCE PHOTO LIBRARY; CATHY CRAWFORD; CUSTOM MEDICAL STOCK PHOTO; BERND KAPPELMAYER; CUSTOM MEDICAL STOCK PHOTO





**B** *Haemophilus influenzae*  
Despite the availability of a vaccine, this bacteria is a leading cause of pneumonia, meningitis, and tracheobronchitis.



**A** *Streptococcus pyogenes*  
Also known as the "flesh-eating" bacteria. Between 10,000 and 15,000 cases are reported in the United States every year.



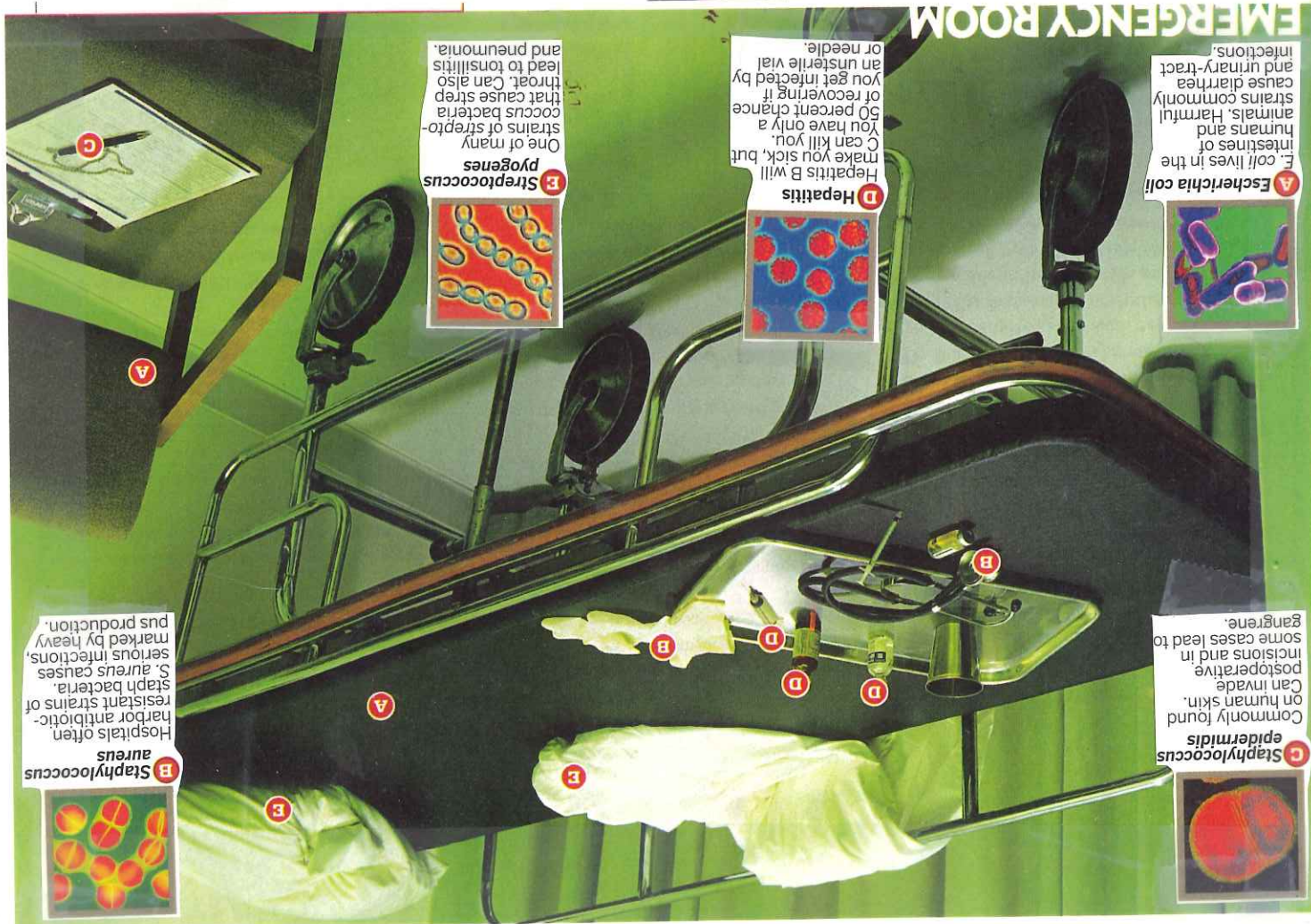
**C** *Pseudomonas aeruginosa*  
Second most common cause of infection in ICUs. This bacteria can result in pneumonia and be fatal when it infects the urinary tract.



**D** *Enterobacter*

It commonly lives in the human intestinal tract. Similar to *E. coli*, it's one of the most common causes of infections in hospitals.

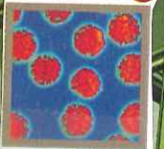
## EMERGENCY ROOM



**A** *Escherichia coli*  
*E. coli* lives in the intestines of humans and animals. Harmful strains commonly cause diarrhea and urinary-tract infections.



**D** *Hepatitis B*  
Hepatitis B will make you sick, but you can kill you. You have only a 50 percent chance of recovering if you get infected by an unsterile vial or needle.



**B** *Streptococcus pyogenes*  
One of many strains of streptococcus bacteria that cause strep throat. Can also lead to tonsillitis and pneumonia.



**C** *Staphylococcus epidermidis*  
Commonly found on human skin. Can invade postoperative incisions and in some cases lead to gangrene.



**B** *Staphylococcus aureus*  
Hospitals often harbor antibiotic-resistant strains of staph bacteria. *S. aureus* causes serious infections, marked by heavy pus production.





# BEDSIDE

Ninety percent of us carry this virus in a dormant state. In a weak immune system, however, it can cause pneumonia or even meningitis.

**B** *Haemophilus influenzae*



Virtually any part of the body can be infected by it. The ears, eyes, bones, and even heart valves are vulnerable.

**B** *Pseudomonas aeruginosa*



Along with *Klebsiella* and *enterobacter*, *E. coli* accounts for as many as half of all infections acquired in U.S. hospitals each year.

**C** *E. coli*

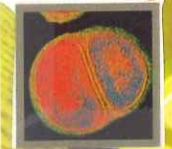


Like *E. coli*, it thrives in the human intestine. Causes urinary, pulmonary, and wound infections. In rare cases, it can lead to pneumonia.

**D** *Klebsiella*



**A** *Staphylococcus epidermidis*



This bacteria clings to skin, tubing, and prosthetics. It's the main infectious culprit after heart-valve replacements.



## EMERGENCY ROOM



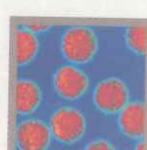
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**E Streptococcus pyogenes**  
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## PREPARING FOR SCHEDULED SURGERY

Here's yet another way losing weight can save your life: A *New England Journal of Medicine* study showed that **every year, about 1,500 pieces of surgical equipment are left inside patients**, a significant number of whom are overweight. In fact, researchers found that just a one-point rise in body-mass index increases your risk of acquiring a souvenir scalpel by 10 percent. "A possible explanation is that the larger the person is, the more room there may be to lose track of objects," says Atul Gawande, M.D., M.P.H., the lead study author.

If you're not ready to stub your cigs for good, at least take a short hiatus. **Stopping smoking**

**10 days before surgery will increase your ability to move oxygen through your lungs**, says Dennis Stewart, M.D., an associate adjunct professor of surgery at the University of Florida. Maximum oxygen delivery is one of the keys to fighting off infection.

One week before your surgery, begin drinking 8 to 10 glasses of water every day. "People tend to shy away from fluids because they're sick and in pain and their thirst center is off," says Van Kanegan. But **if you're dehydrated, surgery can cause blood-pressure complications** and make you more susceptible to infections and shock.

Use one of those 8 to 10 glasses of water to wash down a One-A-Day. The goal is to **ensure that you're maxed out on essential nutrients by the time you hit the hospital**. The reason: When you're sick, all of your nutritional reserves are used up to help healing, says Michael Meguid, M.D., Ph.D., a professor of surgery at Upstate Medical University in New York. "You require more of everything—just a little bit more. That's why we recommend multivitamins."

It's time to put your holistic tendencies on hold. In a study published in the *Journal of the American Medical Association*, University of Chicago researchers found that **many herbal supplements can cause surgical complications**

incompetent P.A.'s. You wonder how they could pass a first-aid test in a Boy Scout curriculum."

In an E.R., some drugs (such as local anesthetics) come in vials that are intended for multiple doses—on different patients. (The vial is labeled as either multiuse or disposable.) With multiuse vials, the protocol is for the rubber seal on the vial to be swabbed with alcohol between uses, but Dr. Pezzi says some workers occasionally forget or aren't thorough enough. Not only could germs be passed, but so could serious blood-borne illnesses, such as HIV. "If I went into an E.R., I'd **go as far as bribing the nurses with pizza or flowers to make sure they use a disposable, onetime vial instead of a multiuse vial**," says Dr. Pezzi.



## Advanced First Aid & CPR Outline/Curriculum

Two Man CPR  
 Three Man CPR  
 Two Man Hymlick - Abdominal Thrust  
 Chest Thrust  
 Good Samaritan Law  
 Infectious Disease and First Aid  
 The Super Bug  
 Hepatitis  
 HIV  
 CPR Facts-or-Fiction  
 Belly CPR  
 Foot CPR  
 Cough CPR  
 K-9 CPR  
 Tourniquet "to use or not to use."

## W. Richland man, 45, dies during Pasco ballgame

By Jeff Morrow  
 Herald sports editor

An umpire officiating a Richland-Pasco Senior American Legion baseball game suffered a fatal heart attack Wednesday at Pasco High School.

Don Ashworth, a five-year Tri-City resident who moved to West Richland from Tennessee for a job as a technical writer, was working home plate during the first game of the Central Washington League doubleheader when he began feeling sick during a third-inning pitching change.

"He said, 'Geez, I don't feel good,' so we sat him down in the shade," said Herb Brayton, a Pasco booster. "We got wet rags and put them on his body."

Ashworth, 45, began to feel a little better but suddenly got worse five minutes later, and a parent called 911.

CPR was started when he began having trouble breathing. He was taken by ambulance to Lourdes Medical Center in Pasco, where he died at 5:17 p.m., said Franklin County Coroner Dan Blasdel.

"He complained about being overheated," Blasdel said. "Right now, it's looking like a heart attack."

Ashworth leaves behind a wife and two sons.

His death left friends in shock.

"He was one of the great personalities, one of the great guys," said CJ Mitchell, a longtime Tri-City umpire. "He was just a baseball enthusiast. He got a chance to work a Posse game, and he was excited about that."

Brayton said Ashworth always gave his time to youth baseball.

"I'll always remember Don as the guy who called me up when I was president of the Babe Ruth league," said Brayton. "He told me he was new in town and wanted to help out. He did a lot of umpire training for free. He got a bunch of green kids out in the





## AT Home CPR & First Aid

Leo Combs, Instructor/Consultant

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	WHAT'S ON YOUR SKIN	DIAGNOSIS	CAUSE	HOW TO GET RID OF IT
	Thin lines of redness and blistering	1.	You're among the 67 percent of Americans allergic to these plants' resins.	Mix 1 or 2 tablespoons of plain oatmeal in a basin of water and immerse the affected area. Alternate your oatmeal bath with cold compresses soaked in plain water. Resist the urge to scratch; it can lead to infection.
	Painful blisters and sores, usually running along one side of your chest, stomach, or head	2.	The chicken-pox virus. It lies dormant in nerve cells near your spinal cord after a bout with the disease and can reactivate later. About 20 percent of people who've had chicken pox someday contract shingles.	Your doctor can prescribe an antiviral medication that will limit the duration and severity of the outbreak. But the medication helps only if it's begun in the first three days, so act quickly. Clean blisters and sores that have opened by sponging them lightly with mild soap and water once or twice a day.
	A tiny sore inside your mouth that stings like a mother whenever you eat grapefruit	3.	Stress, heredity, hot foods and liquids, and certain edibles, such as chocolate, nuts, tomatoes, citrus fruits, pretzels, and corn chips	Take a swig of a liquid antacid and swish it around your mouth. (Then spit it out.) The thick, milky solution coats the canker sore and helps protect it from irritation. If the sore is still there after 14 days, see your doctor.
	Dark markings on the back of your hand, seemingly resistant to soap or scrubbing	4.	An overaggressive bouncer	Soap, water, and a little bit of time are your best bet. Certain inks will succumb to a dollop of liquid dishwashing detergent mixed with a few drops of water. Or try a cotton ball soaked with rubbing alcohol.
	Red, dry, cracked patches anywhere on your body (though some people have them only inside their elbows or behind their knees)	5.	Heredity, allergies	Take a tepid shower, then use a cream moisturizer such as Cetaphil, Eucerin, or Aquaphor within 3 minutes, while your skin is still wet. A 1 percent hydrocortisone ointment is also effective. If you itch, take an over-the-counter antihistamine such as Benadryl as well.
	Purple discoloration in your ocular area	6.	Door frames, baseball bats, elbows, angry husbands	Wrap a bag of frozen corn or peas in a thin towel and apply it to your eye for 15 minutes every 2 to 3 hours. Take acetaminophen, not aspirin, for the pain; aspirin will slow the clotting and healing of the broken blood vessels.
	An inflamed, painful sore	7.	Bacteria trapped inside a hair follicle or pore	Three times a day, soak a washcloth in warm water and place it on top of the boil for 15 minutes, rewarming the washcloth frequently. This will bring the boil to a head, causing it to drain naturally. As with your attractive new office assistant, do not pinch, squeeze, or pop.

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# What the Hell Is That?

Good question. We show you how to get rid of sores, blotches, warts, rashes, and even wrinkles (without using kitchen utensils)








BY JACK CROFT

**Y**OU ENTER THE WORLD complete with your own protective packaging: skin. Your personal shrink-wrap spends the next 70 years or so fending off the world's attacks, along the way showing off an impressive collection

of battle scars: diaper rash, age spots, and a whole lot of nasty blights in between. By the time they stick you into that pine box, your epidermis has had more ugly things on it than Jesse Ventura ever did.

What is all that stuff? How can you get

rid of it? Here's a guide to the bumps and blemishes that show up on your skin, and how to make them go away. (Follow the label instructions for all medications, and see your dermatologist if the problem persists.)

	WHAT'S ON YOUR SKIN	DIAGNOSIS	CAUSE	HOW TO GET RID OF IT
	Thin lines of redness and blistering	Poison ivy/oak/sumac	You're among the 67 percent of Americans allergic to these plants' resins.	Mix 1 or 2 tablespoons of plain oatmeal in a basin of water and immerse the affected area. Alternate your oatmeal bath with cold compresses soaked in plain water. Resist the urge to scratch; it can lead to infection.
	Painful blisters and sores, usually running along one side of your chest, stomach, or head	Shingles	The chicken-pox virus. It lies dormant in nerve cells near your spinal cord after a bout with the disease and can reactivate later. About 20 percent of people who've had chicken pox someday contract shingles.	Your doctor can prescribe an antiviral medication that will limit the duration and severity of the outbreak. But the medication helps only if it's begun in the first three days, so act quickly. Clean blisters and sores that have opened by sponging them lightly with mild soap and water once or twice a day.
	A tiny sore inside your mouth that stings like a mother whenever you eat grapefruit	A canker sore	Stress, heredity, hot foods and liquids, and certain edibles, such as chocolate, nuts, tomatoes, citrus fruits, pretzels, and corn chips	Take a swig of a liquid antacid and swish it around your mouth. (Then spit it out.) The thick, milky solution coats the canker sore and helps protect it from irritation. If the sore is still there after 14 days, see your doctor.
	Dark markings on the back of your hand, seemingly resistant to soap or scrubbing	A nightclub hand stamp	An overaggressive bouncer	Soap, water, and a little bit of time are your best bet. Certain inks will succumb to a dollop of liquid dishwashing detergent mixed with a few drops of water. Or try a cotton ball soaked with rubbing alcohol.
	Red, dry, cracked patches anywhere on your body (though some people have them only inside their elbows or behind their knees)	Eczema	Heredity, allergies	Take a tepid shower, then use a cream moisturizer such as Cetaphil, Eucerin, or Aquaphor within 3 minutes, while your skin is still wet. A 1 percent hydrocortisone ointment is also effective. If you itch, take an over-the-counter antihistamine such as Benadryl as well.
	Purple discoloration in your ocular area	A black eye	Door frames, baseball bats, elbows, angry husbands	Wrap a bag of frozen corn or peas in a thin towel and apply it to your eye for 15 minutes every 2 to 3 hours. Take acetaminophen, not aspirin, for the pain; aspirin will slow the clotting and healing of the broken blood vessels.
	An inflamed, painful sore	A boil	Bacteria trapped inside a hair follicle or pore	Three times a day, soak a washcloth in warm water and place it on top of the boil for 15 minutes, rewarming the washcloth frequently. This will bring the boil to a head, causing it to drain naturally. As with your attractive new office assistant, do not pinch, squeeze, or pop.
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