

First Aid Table for My Missionaries

Renee Marlette APRN, FNP-BC (Mom LOVES you!)

SYMPTOM	PREVENTATIVE	TREATMENT/COMMENT
ALLERGY SYMPTOMS	For clear, runny nose, itchy/watery eyes: -avoid things that cause -stay well-hydrated -can use antihistamines	Can use antihistamines for allergy-like symptoms - cetirizine (Zyrtec) -supposed to be non-drowsy - loratadine (Claritin) -supposed to be non-drowsy - diphenhydramine (Benadryl) can make you sleepy. Can take 25 to 50 mg per dose. If just stuffy/congested nose do NOT use antihistamines. Instead treat as "Nasal Congestion" see section below.
ATHLETE'S FOOT	Wash feet with soap and water. When feet get wet, change out socks and shoes. Keep pair of socks with you. Consider waterproof galoshes.	White scaly between toes-can get red, itchy, even vesicles. Treat with <u>topical</u> antifungals such as terbinafine (Lamisil) . If not controlled see mission doctor for <u>oral</u> antifungal. (terbinafine, itraconazole, fluconazole).
BUG PROTECTION-FOMITES	Pre-treat clothing/missionary bag/scripture case: Duration (Permethrin 10%) Take 8 oz of 10% Permethrin in 32 oz spray bottle and apply to clothing so that you can visualize ALL fibers are wet. Better if compression seal ½ clothing with silica gel), then 12 mo later use those. Bed Bug Protection: Spray bedroll (sheets/pillowcase) with Duration (Permethrin 10%)	
BUG BITES - PROTECTION- SKIN & TREATMENT	Preventative on skin: - Picaridin 20% : More effective than DEET. Can use on face. Use <u>pea size</u> portion of lotion in am (14 hrs protection) and when swarming occurs use 20% spray - DEET bug repellent (not over 35%-45%, this just increases toxicity without doing much difference) use small amounts if higher percentage. NEVER use on face. *Put on sunscreen FIRST, then bug repellent	TOPICAL: anti-itch cream (hydrocortisone 1 % or Gold Bond or Calamine Lotion) ORAL: (for significant swelling, quarter-sized swelling or more). Also use oral antihistamine: - cetirizine (Zyrtec) -supposed to be non-drowsy - loratadine (Claritin) -supposed to be non-drowsy - diphenhydramine (Benadryl) , can make you sleepy. Can take 25 to 50 mg per dose.
CONSTIPATION	Pitted fruits best, any fruits will increase fiber. High fiber foods MUST be paired with adequate fluids Alternative: Fiber (Benefiber; Metamucil)	- Miralax 1-2 capfuls, 1-2 times a day, until 1-2 soft stool / day - Docusate sodium (Dulcolax) pill -If above not working: Glycerin suppository (buy locally) Fleets enema x1 only (buy locally) If still problems. CALL mission Doctor.
COUGH/CHEST CONGESTION	Generally bronchiolitis is viral in origin. Any cough lasting 7 or more days likely has a secondary bacterial component and should be treated with and antibiotic (see mission doctor)	-Fluids, at least 8 8oz glasses of water/day -Do NOT treat with antihistamine -use a mucoytic/expectorant to break up the secretions: Guaifenesin (Mucinex) . Take 400-600-800 mg. Can take 400 mg up to every 4 hours. (also a 1200 mg extended tab you take ONCE a day and do NOT chew). MUST stay hydrated while taking. *If FEVER or chills with cough-call doctor

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CUTS	Clean with soap and water–FLUSH with water. Use antibiotic ointment or Use steri-strips (if you use antibiotic ointment first then the steri-strips won't stick)	If increased redness, puffiness, or STREAKING redness–you need an antibiotic from mission doctor.
DIARRHEA	(see Safe Food). STAY well hydrated drink electrolyte fluid (Gatorade/Powerade) for 50% of fluids, the rest CLEAN water. Home-made electrolyte solution (can flavor, too): - 1 liter water (FILTERED/clean water!) - ½ teaspoon salt - 2 tablespoons sugar *** MILD DIARRHEA (three or less/24 hrs or not severe), try bismuth subsalicylate (Kaopectate, Peptobismal) as an anti-diarrheal. Take 524 mg (2 tabs) every 30-60 min up to 8 doses/24 hrs. Can also try as prophylactic (take 524 mg po with meals and at night+4x/day) on days at risk. Liquid form more effective than tablet, but tablet in your kit. Caution: has aspirin in it. *** BAD DIARRHEA (more than three in 24 hours OR explosive/severe diarrhea). Use a stronger anti-diarrheal: Loperamide (Imodium A-D) : follow instructions carefully on the medication. Still stay HYDRATED. Do not use more than a day or two, can prolong some bloody diarrhea. Use with an ANTIBIOTIC (see next column)	When 3 or more severe diarrheal stool in 24 hours and no signs of slowing down, take antibiotic : 1. Azithromycio (Zithromax) Dose 1,000 mg oral x1(best efficacy, but can cause nausea). OR 500 mg every 24 hours for 3 days orally. in your kit 2. Alternate: CIPROFLOXACIN (prescription) 500 mg every 12 hours for 3 days. 50% resistance of some organisms in Southeast Asia- so not optimal choice. 3. Alternate: RIFAXJMIN (prescription) 200mg orally 3x daily for 3 days. ***If EVER there is BLOOD in stool, do NOT take antidiarrheals (can make you sicker). And CALL THE DOCTOR!!!
SAFE FOOD	If you can't cook it, boil it or peel it, DON'T eat it. Do NOT eat unpasteurized dairy products. Cold salsa, salad, sushi, raw or undercooked meat, buffet foods that have been allowed to sit. DO EAT canned foods just opened, soaked veggies in a concentrated solution	See Diarrhea
JOCK ITCH	Cream or powder– Gold Bond (powder probably better).	Treat with topical antifungal terbinafine (Lamisil) , clotrimazole (Lotrimin) econazole nitrate (Speetazole) , ketoconazole (Nizoral) , miconazole (Monistat-derm) are examples, there are more. If not controlled see mission doctor for oral antifungal. (terbinafine, itraconazole Fluconazol) .
MENSTRUAL CRAMPS	Exercise helps keep these at bay, stay well-hydrated	Naproxen (Aleve) Take one tablet/gel cap (220mg) every 8 to 12 hours while symptoms last. FIRST dose, you take 2 tablets together. If no naproxen, can use ibuprofen (see below for pain) Exercise HELPS -so get up and go for a walk. Stretching uterine area (yoga-like for min of 30 seconds each pose) helps. Stay hydrated.

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NASAL CONGESTION (STUFFY NOSE/ SINUSES)	<ul style="list-style-type: none"> - Fluids, at least eight 8oz glasses a day - do NOT use antihistamines (will dry it up a little but sock it in and take longer to clear) - Sinus Rinse: Neil Med Sinus Rinse (do once a day with CLEAN water, one packet per bottle) 	-Use mucolytic/expectorant: Guaifenesin (Mucinex) . Take 400-600-800 mg. Can take 400 mg up to every 4 hours. (also a 1200 mg extended tab you take ONCE a day and do NOT chew). MUST stay hydrated while taking. -Sinus Rinse: Neil Med Sinus Rinse (do <u>twice</u> a day with CLEAN water, <u>two</u> packets per bottle) *If FEVER or chills with cough–call doctor
NAUSEA & VOMITING (MOTION SICKNESS)	Motion Sickness: 1. Keep your eyes on the outside world while in motion (ie car: sit in front seat and look at direction you are moving. On ship: stay on deck and look to horizon). 2. Avoid reading, watching a movie or looking at things close to you 3. Try lying on your back with eyes closed 4. Dramamine	Treatment (& PRIOR to exposure for prevention) for Motion Sickness: Dimenhydrinate (Dramamine) Diphenhydramine (Benadryl) - will make you sleepy, don't use if driving! Meclizine (Antivert) Prescription: Scopolomine patches (pricey!)
PAIN	Acetaminophen (Tylenol) 500-1000 mg every 4-6 hours. Max dose 4,000 mg in 24 hr period. Ibuprofen (Motrin) 400-800 mg every 8 hours. No more than 2,400 mg in 24 hours (better as anti-inflammatory, in case of bruise/sprain, etc)	Do not take at exactly the same time, but may alternate one or the other every 4 hours. Can use topical ice for up to 20 min at a time, up to 4x/day. More pain??? CALL mission Doctor.
SAFE LIVING/GERM PREVENTION	Hand sanitizer vs Washing your hands (the key is SCRUBBING hands with soap and clean water for the time it takes you to sing the alphabet!)	Use Soap and water before you prepare meals, eat and touch your face., before and after you use the bathroom. ANY time there is visibly soiled hands, use soap and water In a pinch (no hand washing available) use sanitizer, but only if no visible soiling.
SAFE WATER	Do NOT drink, rinse utensils, or brush your teeth with unsafe water. Do NOT use ICE unless it was made with safe water. No carbonated fountain drinks. MAY drink carbonated canned drinks and reliable bottled water–otherwise PUT IN YOUR BOTTLE. Boiled water is safe at any altitude.	SAFE WATER RATIOS: 4 drops of unscented bleach per liter of water or 2 iodine tablets and wait for 30 min. (Afterwards can add ascorbic acid (vitamin C) or powdered fruit drink to improve taste.)
SPRAINS/STRAINS	Prevent: Don't do stupid stuff! (jumping off)	RICE: Rest: minimal use of joint, if possible Ice: 20 min on/20 min off or 4x/day Compression: Ace wrap, do not leave on at night as can swell and cut off circulation Elevate: whenever possible (KT tape: to support sore muscle/tendon. Do NOT put on circumferentially, do <u>not</u> overlap)
STOMACH UPSET	(see Safe Food and Safe Water)	Bismuth subsalicylate (Pepto-Bismol) tablets - in your kit OR TUMS with calcium [in your kit]

SYMPTOM	PREVENTATIVE	TREATMENT/COMMENT
SUNBURN	Preventative*: Use SPF 50 or above. Sunscreen (apply 20-30 minutes BEFORE sun exposure) Reapply often, gel every 12 hrs. Use chapstick with at least 15% SPF *Put on sunscreen FIRST, then bug repellent	-Immediately take ibuprofen (dosing above) and continue for 2-3 days. -apply Aloe Vera gel (buy locally), re-apply
TEMPERATURE	Normal 98.6 For 37 C	Fever at or over 101 F = 38.5 C or greater. May treat with acetaminophen (Tylenol) or ibuprofen (Advil) , do not exceed maximum doses. May alternate ibuprofen and Tylenol every 4 hours. If fever more than one day, contact mission doctor.
VAGINAL YEAST INFECTION	Do not wear tight clothing. Change garments when soiled. Change feminine pad every few hours.	Fluconazol (diflucan) Take one tablet (150 or 200mg tab) daily for two days in a row. If not improved, see mission doctor. May use topical antifungals or different oral antifungal.
WARTS	Keep feet clean and dry as possible (change socks and shoes when wet). Use flip flops in shower. NEVER go barefoot, even in your apartment.	Use CLEAN blade (boiled in water 2 min) to scrape off dead section of plantar's wart, then cut to just size of wart the mediplast (pads with 40% salicylic acid) new one on every OTHER day (every day if it gets wet). Will remove skin layers.
WATER INFO (3rd WORLD COUNTRIES)	Do NOT drink, rinse utensils, or brush your teeth with unsafe water. Do NOT use ICE unless it was made with safe water. No carbonated fountain drinks (from open fountain) MAY drink carbonated canned drinks and reliable bottled water-otherwise PUT IN YOUR BOTTLE. Boiled water is safe at any altitude. <u>7 areas of Concern</u> 1 Showers: don't put in mouth (gum lines) 2 Brushing teeth: use squeezable water bottle 3 Washing hands: squeezable water bottle with your own soap when away from home. 4 Ice: don't use 5 Fruits & veggies: Peel or cooked, that's all! (no lettuce/salad, etc) 6 Utensils, cups, plates & Water Bottle Washed: See 'Boiling Water Safely'. Clean your water bottle ONCE a week. 7 Bottled Water: still use your water bottle to filter—as can get reliable. Want 'Purified water' bottles, if available and trusted.	<u>Boiling Water Safely:</u> *First, water must appear CLEAR to start. If cloudy, filter the water with coffee filters, cloths, paper towels or placing cotton at the bottom of a funnel and pouring water through. Filter as many times as needed to be clear, THEN boil. *Boil at a ROLLING boil for 3 minutes minimum . Put in 3 containers: 1. Drinking water, allow to cool 2. Face and hands water (do NOT place hands directly in water) 3. Dishes: one container with dishes and plates and water bottle (not filter) and submerge. Another container for rinsing. NEVER place items in water, pour on ALL item to rinse. <u>Alternative Approach:</u> (not as effective as boiling, alternative when cannot boil) In clean container place 5 drops of bleach for very two liters of water then wait 30 min . The bleach must be plain, no perfumes or dyes.

Take care of yourself (and others)...We love you!!!