

September 2020

## Health and First Aid

### In a Nutshell

This paper is a supplement to the papers for September in the 2019 Preparedness Guide. In a “nutshell” here are 6 things you can do to prepare in this area, but for a list of supplies and more detail see the 2019 guide.

1. Choose and maintain a healthy lifestyle.
2. Don't get in the habit of taking chances with your health and safety. It is better to avoid problems than to fight them.
3. Collect and safely organize and store health and first aid supplies with instructions and any medications you need.
4. Learn safe procedures you can use in case first aid is needed.
5. Know where to get professional help when it is needed. Have the necessary contact information.
6. If you hold the priesthood, be sure you always have consecrated oil and be worthy to use it.

When it comes to health, the old saying, “An ounce of prevention is worth a pound of cure” is so true. One of the best things you can do to prepare is to keep your body as healthy as you can. If there are things you need to change in your lifestyle do it now! The first issue for September in the 2019 Preparedness Guide is packed with information for staying healthy. The second one has some first aid ideas including information of what to put in a first aid kit. These are both good to reference if you need more information.

## Prepare on an Ongoing Basis

Many people see preparedness as something that you use savings for and that you do once and then leave it alone for 20 years. There are times when a potential crisis is perceived and preparedness items are very popular. Then in between these times, preparedness companies practically go out of business. Everybody was preparing just before 2000. Again in 2008 when there were economy problems. Now they are back in line for difficult and higher-priced items during COVID. While it is better to start somewhere, even if it is in a crisis, than to do nothing, preparedness of all kinds is something you should be working on continually. Supplies should be rotated. New skills should be learned and refreshed on an ongoing basis. I love President Nelson's example in October 2020 Women's Conference of how Captain Moroni was constantly preparing his people, and he challenged us to constantly prepare. Below are some ideas of goals you might set for the month. If you set a different goal each month and accomplish it, preparedness will be a much better quality and you will be able to feel more at peace.

### Goals for Level 1

1. Make a plan to improve your health. Change your habits and lifestyle accordingly. It may be wise to start with one area and make the changes in that area for 90 days before adding another one. \*This may include keeping current on dental and healthcare visits.
2. Evaluate your food storage and see if you have vegetables, proteins, whole grains, calcium-rich foods, healthy fats, and fruits for a balanced diet, should you need to rely on your supply. If you need to add some things, make a list and a plan for adding them. Act on your plan.
3. Create a basic first aid kit for your family. Alternately, update the kit you have or add small ones to your 72-hour kits.\*It is also wise to have a first aid kit in your car.
4. Put together a sick box. You can do this either for your whole family or for each member. This is especially a good idea for single people who live alone or with roommates. This is simply a collection of things you might need in case you get sick and can't go to the store. It might contain cold medicine,

electrolyte drink/stomach settling soda, Saltines, chicken noodle soup, pain medication, calamine lotion, or any other thing you use personally when you have some kind of flu or other minor illness.

### Goals for Level 2

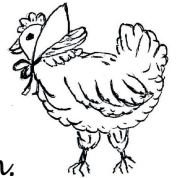
1. Evaluate the medications your family takes or that you need seasonally, such as allergy medications. Work a plan to have an extra supply for at least three months to a year and rotate through your supply to keep it as fresh as possible. \*Be sure you have a safe place to keep this supply.
2. Create a list of emergency services (other than police and fire you reach from 911) such as poison control, schools, gas company, power company, and your doctor's office. Print it out so you have a physical copy (or two or three). Laminate it or put it in a page protector. Have it in one or more stable places where you can easily access it if needed. \*Once our scout troop made lists like this when my kids were little. I ended up using it twice and was grateful I had it.
3. Find ways to manage stress so that you can cope better in a crisis. Practice the stress management techniques you learn.
4. Learn to positively identify edible plants where you live that may be beneficial in minor illness or to stay healthy if you ever need to forage. At the same time, know how to identify any negative look-alikes to useful plants and also plants that are toxic or that should be avoided. Be sure that you know of any cautions or side-effects before using any plant.

### Goals for Level 3

1. Take a course that will help you train to help in an emergency. This might include CERT, CPR, first aid, or other. If you have already taken such a course, brush up to keep your knowledge and skills keen.
2. Consider acquiring a special container of supplies you would need for your family in a pandemic or other crisis. This might require things such as masks, gloves, protective coverings, sanitizers (chlorine-based products have a short shelf-life). \*I also include respirators in my supplies in the event of unsafe air quality such as a time when many people are burning toxic things like plastics, insulation, and rubber, or when there might be excess chemicals.

3. Hold a family home evening in which you teach family members what to do in case of an emergency in which someone is hurt or sick. It is not a bad idea to role play or practice. Knowing what to do is often a good preventative to panic.
4. If you have family members who have a hard time remembering in a crisis, you might create a small notebook with a page each of simple steps to do in individual specific emergencies.

### Notes from Red Hen



Dear Journal,

*Aunt Bitty came to stay for a whole month. She taught me all of her secrets to staying healthy. I was already doing most of the things because my momma did them, but she did have some good tips. She also showed me what things chickens can eat in the summer and early fall that will help them be in better condition for the cold winter months. It takes a variety of things for a chicken to be in their best condition. For instance, green vegetables, fruits, and protein like bugs and worms are great additions to a grain diet. Chicken feed made from GMO corn simply isn't the best for a long healthy life, but farmers now simply count on replacing their chickens every two to three years.*

*Bitty says that years ago farmers couldn't just buy new chickens, so they took good care of the ones they had. They counted on them replacing themselves. If they protected them from predators the flock simply increased most years. How different things have become just in Bitty's lifetime! Now chickens just rely on the farmer to feed and shelter them. I must teach any of my chicks I can what I have learned so the information won't be lost.*