

September 2022

Health and First Aid

Meds and Supplements

Does your health depend on certain medications or supplements? If the answer is yes, then you should build up and be rotating a supply of those things to the best of your ability.

It can be difficult to build a year's supply, or even a three-month supply of some prescription medications. The important thing is to do what you can. Some people find a supplier that will let them order three months at a time. Other people refill prescriptions as early as they can each time so that they have a few days' lead. Over time they build up extra weeks this way. Sometimes people can work with a doctor to have a month's supply. Whatever you can do, it is a good idea to have extras in case of a crisis. If the supply is cut off either from a natural disaster or from difficulties with the supply chain, an extra supply allows you to stay consistent with the things you need to stay well.

Building a Sick Box

When someone at your house gets sick do you have to make a special trip to the store for supplies to help them out? What if it is not possible to go to the store for some reason? I watched our oldest daughter make a small box of the supplies she used if she got sick when she went to college. She realized that her roommates might not be willing and able to collect these things

like Mom did. Some of the things were basic, like a pain killer, a bottle of Gatorade, a package of soda crackers, cough drops, and chicken noodle soup. It wasn't much, but it was enough to get her back on her feet so she could go out and get what she needed. I was inspired by her forethought. Everyone gets a little sick from time to time. What might be a simple illness can become serious if you don't have the ability to take care of yourself properly. During the Civil War and First World War soldiers often died of things that they would normally have recovered from if they had been at home with someone to care for them. Even if you don't use the supplies and you have to replace them a couple of times a year, it is wise to have the things you need in a specific place where you can easily access them. Then if you get a bit sick you don't have to worry. You've got this covered!

Priesthood Power

While it is wise and important to have supplies for emergencies, it is also important to be ready and worthy to call upon the power of the priesthood in a time of need. I recommend having fresh consecrated oil with you and possibly in your refrigerator where it will keep for a long time for priesthood holders. I also recommend having a ready list (with contact information) of those you can contact for a priesthood blessing should the need arise. Sometimes having a plan in place and knowing exactly what to do is even more important than supplies in a time of crisis.

As important as oil and a list are, being spiritually prepared to have the faith for such a blessing to be most effective is the most vital in this situation. Start now to build your supply of "spiritual oil" for a time of need.

First Aid Kit

We do not know when or what the crisis might be that we are called to face. In our area most people think of an earthquake when they think of preparedness. However, there are many other possibilities. It is wise to have at least a basic first aid case/box/

bin with your "grab and go" supplies. I am amazed at how often people come to the church library for a Band-Aid or a tissue. These things are a good place to start when you are preparing your supplies. There is a Red Cross list of items in the preparedness guide on www.providentpapers.com. However, if you just google first aid kit you will find good lists and ready-made kits. Most of the items are so common that you can buy them cheaply and easily. Most of these things don't expire fast either. The biggest thing is to have them ready when you need them and keep them rotated. I found that my kids had been raiding my car first aid kit one day when I opened it and it looked a lot like Old Mother Hubbard's cupboard. I decided that for me, a first aid kit was something I needed to update and check every six months like my 72-hour kit. That means if you buy a ready-made kit you should have a list of things that are in it so that you can check and replace the items that are taken or used.

Skills

Here is the level 3 section. If you can take the opportunity to get training for CPR, CERT, or any other skills that can be important in a medical emergency situation do it! In the event you need these skills to save a life or lives you will never regret the time you spent. The knowledge and skills you can carry with you may be the most valuable.

*Do you know what to do in the event someone is choking? This is a simple skill to learn and it is vital to know. While our youth were taught these things in scouting and girls' camp, things have changed and right now fewer people know what to do in these kinds of emergencies. While you may not be able to do much about global weather patterns or riots in third-world countries, you can choose to put some time and focus on preparing and learning skills.

So, in summary...

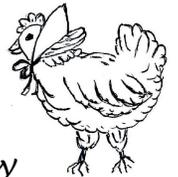
Here is the list you need to see if you are prepared in the health area:

1. Do you have supplies that you and your family need for minor illness and injury?
2. Do you have an extra or advance supply of medications or supplements you need?
3. Do you have fresh consecrated oil on hand, and are you constantly mindful and striving to be worthy to call upon these blessings as needed?
4. Do you have a current first aid kit that is ready to grab and go?
5. Have you taken the opportunity to train and update in skills that would help in an emergency.

*Herbal Extra Credit

There are many herbs that grow wild or that can be grown where we live that can effectively be used medicinally. However, many of them have look-alikes, and you need to know the proper way to use them. For those who are inclined to learn about these "medicinal weeds" as my husband refers to them, it is not a bad idea to cultivate this knowledge and skill. However, I will add that it is better to know what you are doing in this field than to play with it casually.

Notes from Red Hen



Dear Goldie,

I am sending you this message by way of Miss Magpie. Two of my chicks are sick, and it does not seem to be any of the common things I know how to treat. Please will you come and see if you can help me with your special knowledge? I have always said I wanted to learn more about helping the sick and injured, but I just have not taken the time. I am willing to trade for your service.

— Sincerely, Red Hen