**Blister aftercare**

Change the dressing at least daily or whenever it becomes wet or dirty. Care should be taken to keep the feet as clean as possible at all times. Use soap and water for cleansing. If you're allergic to the adhesive used in most bandages, switch to adhesive-free dressings or sterile gauze and paper tape. These supplies are generally available at pharmacies.

Seek medical attention if any signs of infection develop:
- Increased redness, pain, swelling or warmth.
- Red streaking of the surrounding skin.
- Pus draining from area (It's not pus if it has been less than a day.)
- Tender lumps or swelling in your armpit, groin, or neck.
- Foul odor from the area.
- Generalized chills or fever over 99.6°F.
- Not healing well within 1 to 2 weeks.

A tetanus booster shot is recommended for anyone who has not had one in the last 8-10 years.

Follow-up with regular healthcare worker.

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**Burn aftercare**

Keep the burn area clean. You may apply nothing, honey, or aloe to the burn. Cover with a sterile non-stick (Telfa) gauze. If you are dressing fingers or toes, wrap them so they are separated. Change dressing daily.

Before daily dressing change, soak area in warm salt water (1 teaspoon salt to 1 liter water) to loosen stuck bandages and soak off crustng areas. You can either rest the burned area in a tub, or soak a washcloth and apply it to the burned area. You may add 2 tablespoons of bleach to the water to protect against infection.

Do not break blisters. Fluid-filled blisters protect against infection. If blisters break, wash the area with mild soap and water, then apply honey or an antibiotic ointment.

Prop burned area higher than the rest of the body, if possible.

A tetanus booster shot is recommended for anyone who has not had one in the last 8-10 years.

Burns may heal with pigment changes, meaning the healed area may be a different color than the surrounding skin. Avoid re-injuring or tanning if the burns are less than a year old – doing so may cause more extensive pigmentation changes.

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**Blunt projectile injury**

For legal purposes, document injuries with photos ASAP

First-aid:
- If wound is open, wash with water and gentle soap.
- Cover with clean, dry dressing (e.g., gauze pad).
- Apply ice to reduce swelling (wrap in cloth or use ice pack; do not apply ice directly to skin).

Seek immediate medical care for:
- Injuries to the head, neck, or spine.
- Prolonged vomiting.
- Blood in the urine if hit in the back.

Aftercare:
- Be aware that pain and swelling may increase, and area of redness and bruising may expand, for up to 3 days.
- Continue to apply ice as long as swollen.
- Rest with injured arm or leg elevated.
- Arnica is a good herbal remedy for bruising and swelling.
  - You can buy Homeopathic arnica pills at health food and large grocery stores. Dissolve them under the tongue as instructed on package. Potency: 30c.
  - Arnica oil may be applied to the skin for inflammation.

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**Chemical weapons exposure**

- Don't panic and don't rub your eyes.
- Remove contact lenses and dispose of them.
- Flush eyes with a 50/50 solution of liquid antacid (Maalox) and water – LAW – or water alone.
- Blow your nose, rinse mouth with water or LAW, spit it out.
- Stand in fresh air, facing the wind.
- Some people find wiping the skin with LAW brings relief.

Seek medical attention if:
- You break out in a rash or experience persistent symptoms – chemical weapons’ effects are designed to be temporary.
- If you have persistent eye irritation, call an eye specialist.
- Symptoms re-appear, worsen or change.

Personal decontamination:
- Shower in the coldest water you can stand, scrubbing vigorously with soap, being careful not to get chemicals from your hair onto your face.
- Follow-up with regular healthcare worker.

Personal aftercare
- Drink lots of water, eat nutritious food, get enough sleep.
- Ask an herbalist about detoxifying herbs.
Seek further medical care for:
- Injuries to the face (get checked for fractures).
- Injuries that affect movement of a joint.
- Signs of infection develop:
  - Red streaking of the surrounding skin.
  - Pus draining from area (It's not pus if it has been less than a day.)
  - Tender lumps or swelling in your armpit, groin, or neck.
  - Foul odor from the area.
  - Generalized chills or fever over 99.6°F.

Preventing future blisters:
Whenever possible always keep feet clean and dry. Ensure boots are broken in for a good fit. Wear clean socks that also fit properly. Consider wearing thin liner socks (polypropylene or polyester) under heavier socks. Gloves can be worn on the hands to decrease friction as well.

As soon as you feel a hot spot developing, stop and apply a simple piece of tape placed directly over the hot spot. This will generally eliminate the friction that's causing the blister. You can also use Spenco 2nd skin, an inert breathable gel composed of 4% polyethelene oxide in water. It comes between two sheets of cellophane and feels like the consistency of snot. For a hot spot, one can remove one cellophane sheet, apply goopy side to flesh and secure it in place with tape. Applied this way it is very effective at removing friction between surfaces.

Clothing decontamination:
- You should not enter an enclosed space wearing contaminated clothing.
- Remove contaminated clothing and place it in sealed bag(s) until it can be disposed of or washed.
- Tear gas-exposed clothing is best decontaminated by hanging on a clothesline on a windy day.
- Clothing should only be washed in cold water in a well-ventilated area, ideally through several cycles with a harsh detergent soap.

Room, furniture or carpet decontamination:
- Intensive air exchange, preferably with hot air.
- Steam cleaning using 5-10% baking soda in water.

To lessen the impact of future exposures:
- Do not wear contact lenses.
- Wash clothes beforehand with detergent-free soap.
- Do not put on oil-based moisturizers, make-ups or creams.
- Keep skin and clothes dry.
- Minimize exposure; keep upwind.
- Wear protective gear:
  - Water-repellant outer layer cinched at neck, ankles, wrist. No exposed skin.
  - Eye protection like sealed goggles.
  - Breathing protection: chemical respirator or bandanna soaked in apple cider vinegar.
- If you experienced breathing difficulties you should avoid further exposure altogether.

Seek further medical attention if any signs of infection develop:
- Increased redness, pain, swelling or warmth.
- Red streaking of the surrounding skin.
- Pus draining from area (It's not pus if it has been less than a day.)
- Tender lumps or swelling in your armpit, groin, or neck.
- Foul odor from the area.
- Generalized chills or fever over 99.6°F.
- No healing in 6 days.

Additional information available from:
National Burn Victim Foundation, (201) 676-7700.
**Cough**

Coughing is the body’s way of cleaning the breathing system and getting rid of phlegm (mucus with pus) and germs in the throat or lungs. So when a cough produces phlegm, **do not take medicine to stop the cough, but rather do something to help loosen and bring up the phlegm.**

Treatment for cough:
- **To loosen mucus and ease any kind of cough, drink lots of water.** This works better than any medicine.
- **Also breathe hot water vapors.** Sit on a chair with a bucket of very hot water at your feet. Place a sheet over the bucket to catch the vapors as they rise. Breathe the vapors deeply for 15 minutes. Repeat several times a day. Some people like to add mint or eucalyptus leaves or **Vaporub**, but hot water works just as well alone. **CAUTION:** Do not use eucalyptus or **Vaporub** if you have asthma. They make it worse.
  - A different way to loosen mucus: soak your feet in hot water for 15 min twice a day.
- **For all kinds of cough,** especially a dry cough, the following cough syrup can be given: Mix 1 part honey, 1 part lemon juice. Take a teaspoonful every 2 or 3 hours. You could make a less effective syrup with sugar instead of honey.

**Colds and the flu**

Colds and the flu are common infections that may cause runny nose, cough, sore throat, and sometimes fever or pain in the joints. They usually begin with a scratchy or sore throat and tiredness, but no fever, chills or shakes.

**Colds and the flu almost always go away within 1-2 weeks without medicine.** Most people do not need antibiotics and do not need the flu shot.

**Drink plenty of water and get enough rest.**
- Aspirin or acetaminophen help lower fever and relieve body aches and headaches. More expensive ‘cold tablets’ are no better than aspirin. So why waste your money?
- No special diet is needed. However, fruit juices, especially orange juice or lemonade, are helpful.
- High doses of vitamin C, 3000-5000 mg a day, may also be helpful.

**Prevention of colds:**
- **Getting enough sleep and eating well helps prevent colds.** Eating papayas, bell peppers, oranges, and other fruit containing vitamin C may also help.

**Dehydration**

A good indicator of proper fluid levels throughout the day is urine output and color. You, and all people in your group should strive to be “copious and clear.” Ample urine that is light colored to clear shows that the body has plenty of fluid. Dark urine may mean that the body is low on water, and is trying to conserve its supply by hoarding fluid which makes the urine darker and more concentrated.

**If you are suffering from dehydration**
- Replace water and electrolytes (a little bit of sugar, and a pinch of salt and potassium), by sipping nutritious fluids:
  - Pedialyte
  - Watered-down gatorade with a pinch of salt added
  - Water with “Emergen-C” powder and a pinch of salt
  - Water with bananas, rice and applesauce and a pinch of salt.
- No further exertion for the day. Rest in bed until you recover.
- Seek medical attention if symptoms reappear, worsen or change.
- Follow-up with regular healthcare worker.
- Drink lots of water (to the point of floating or at least 64 oz throughout the day) You may substitute nettle tea for some of the water.

**Emotional stress**

Some people hold stress in their bodies following demos. This can show up as disturbed sleep, nightmares, anxiety, fear or depression. It can also trigger underlying stress from past events.

**What you can do for yourself**
- Don't isolate yourself. Reach out to your friends and allies.
- Remember – what happened is not your fault. You don’t need to feel ashamed or guilty, although you may find yourself having these normal responses to trauma. You coped the best you could with an utterly brutal situation.
- Being here is a mark of your courage, commitment and integrity. Don't let anyone tell you otherwise. Be proud.
- Friends and family members, in their own distress, may behave in ways that make it worse. You have the absolute right to stop them, to leave a destructive situation, and to find real help.
- Remember that people do survive even terrible things, and can come back stronger, but you may need time to focus on your own healing. Healing yourself is a political act.
Colds do not come from getting cold or wet (although getting very cold, wet, or tired can make a cold worse). **A cold is ‘caught’ from others who have the infection and cough or sneeze the virus into the air.**

To keep from giving the cold to others, **the sick person should eat and sleep separately.**

You should **cover your nose and mouth** when you cough or sneeze, **and wash your hands** many times throughout the day.

To prevent a cold from leading to earache, try not to blow your nose—just wipe it. Teach children to do the same.

**See a doctor if:**
- Your cold or flu lasts more than a week and is getting worse
- You get a fever, chills or shakes
- You cough up a lot of green phlegm (mucus with pus)
- You have bad pain in the throat, sinuses, or ears
- You have shallow fast breathing or chest pain

*These problems are more dangerous if you have lung or heart problems or cannot move much.*

Follow up with your health care provider.

This informational sheet is no substitute for the treatment and advice of a qualified health care professional.

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**What you can do to support your friends**

- **Find them.** Don't let them disappear into isolation.
- **Keep in contact.** Call them; ask how they're doing, if they're sleeping. Remember that people may think they're fine at first, but later begin to suffer the effects of the trauma. Commit to remain in contact over a period of months, not just the first few days.
- **Help them to talk.** We need to tell our stories, sometimes over and over again: ideally to someone who has been through it and understands, but if that's not possible, to someone who can simply listen, accept the full range of our feelings, without trying to make us feel better.
- **Feed them.** Shop, cook and clean for them, take care of some of their creature comforts.
- **Accompany them.** Help them get where they need to go.
- **Be an advocate for them.** Taking medical, legal, or mental health measures. Find appropriate help and resources for them.
- **Be an advocate for them with their school or job.** Help support their friends who may also be in grief, shock, rage. Be an advocate, or a buffer, between them and family members, lovers, or friends whose own level of stress and fear may cause them to react in ways that are not helpful. Be willing to let them get mad at you. Try to gently explain the reality of what happened.
- **Help them bear witness, but let them take the lead.** Some people may find their greatest relief comes from speaking out and telling their story publicly. You can help interest the media, or set up venues for them to talk to groups. For others, however, this might be too overwhelming or restimulating. Help them find other ways to witness: writing their story, writing statements that can be read by others for them, making tapes or videos at home.
- **In all these things, remember that your friend is in charge of her or his own healing. Don't patronize or infantilize them, but support them as they make their own choices.**

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**To prevent future episodes of dehydration**

- **Keep hydrated.** Thirst cannot be relied on as an adequate measure of fluid status because it is a relatively late sign.
- **Prehydration provides a fluid “cushion” and delays the onset of dehydration.** Drinking 16 oz of fluid the evening before, 16 oz in the morning and another 16 oz of fluid an hour before exertion should top off fluid stores.
- **Then drink 8 oz of fluid every 20 minutes during heavy activity, with a goal of not experiencing thirst.**
- **Don't drink liquids that contain caffeine, alcohol, or large amounts of sugar (like soda) – these may actually cause you to lose more body fluid. Also avoid very cold drinks because these can cause stomach cramps.**

The danger of dehydration is as possible in cold weather as it is in hot weather. In hot weather you are aware that your body is losing fluids and salt. You can see, taste and feel the sweat as it runs down your face.

In cold weather, however, it is extremely difficult to realize that you are losing water. In cold climates, sweat evaporates so rapidly or is absorbed so thoroughly by heavy clothing that it is rarely noticeable on the skin. Dehydration also occurs in cold weather because drinking is inconvenient.

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**Suck on cough drops.**

**For a severe dry cough that does not let you sleep,** you can take a syrup with Dextromethorphan (in cold meds that say “cough suppressant”). If there is a lot of phlegm or wheezing, do not use dextromethorphan.

One **Benadryl** (Diphenhydramine 25 mg) every four hours can help stuffiness and itching, and is a mild cough suppressant.

**If you have any kind of a cough, do not smoke.** Smoking damages the lungs. worse.
- **To prevent a cough, do not smoke.**
- **To cure a cough, treat the illness that causes it—and do not smoke.**
- **To calm a cough, and loosen phlegm, drink lots of water—and do not smoke.**

**See a doctor if:**
- Your cough gets worse after 1 week
- You cough up blood, pus, or smelly phlegm
- You are losing weight
- You are wheezing or short of breath

Always follow up with your health care provider.

This informational sheet is no substitute for the treatment and advice of a qualified health care professional.
### Handcuff injury

- For legal purposes, document injuries with photos ASAP.
- Draw the area of decreased sensation. Document that there is no weakness or area of total numbness.
- Get further medical care.

#### About handcuff injuries

These injuries are usually called "Handcuff neuropathies." They involve damage to the radial, ulnar, and/or median nerves caused by the compression of the handcuffs. The nerve damage can manifest as pain in the wrist, hand, and/or fingers; loss of strength and weakness of grip; numbness; loss of flexation; diminished light-touch sensation; and tingling sensation in fingers.

Another injury sometimes caused by being in handcuffs for a long time is SCM/Scalene Syndrome. The muscles of the neck tighten and restrict the blood flow to the brachial plexus and hence to the arm/wrist/fingers. It is often misdiagnosed as Carpal Tunnel Syndrome and has the same symptom picture.

In the most common type of handcuff injury (experienced by 1 in every 20 people taken into police custody), feeling is numbed or altered in one or more fingers, but there is no muscle weakness or wasting. This is due to a bruising of the superficial radial (thumb side) nerve, which will grow back in 1-12 months (usually about 2 months).

### Head injury

If you have just gotten a neck or spine injury, sit or lay still and ask someone to cradle your head in their hands so you won't move it. Tell them to be careful not to jostle you. Call 911.

- If you have a head injury, get further medical care.

#### Aftercare

For a minor head injury, consider leaving the action.

- Try not to injure the head again; multiple concussions can be fatal.
- If you do suffer a second head injury, seek immediate medical attention.
- If you check out OK, you should head home and return to action only after a full week of no further symptoms and a follow-up with your healthcare worker.

#### If you sustained a more serious head injury:

After hospital assessment, you should have a responsible person stay with you to watch for the development of serious symptoms. The first 24 hours after injury are critical, although serious after-effects can appear up to 6 months after the injury.

- You should rest in bed the first 24 hours.
- The person watching you should wake you every 2 hours for the first 24 hours. See the checklist on the back of this sheet for signs they should look for.

### Hypothermia

### Frostnip aftercare

After the frost-nipped area is rewarmed, the layer of frozen skin will become red.

- Prevent re-freezing and protect the thawed tissue from trauma. It will be extremely delicate and seemingly minor trauma can be damaging.

Over a period of several days, the appearance of the healing injury becomes similar to that of a sunburn as the dead skin starts to peel.

- Aloe vera has been shown to be an effective topical ointment.

#### Seek medical attention if any signs of infection develop:

- Increased redness, pain, swelling or warmth.
- Red streaking of the surrounding skin.
- Pus draining from area (It's not pus if it has been less than a day.)
- Tender lumps or swelling in your armpit, groin, or neck.
- Foul odor from the area.
- Generalized chills or fever over 99.6°F.

If any open areas develop, a tetanus booster shot is recommended for anyone who has not had one in the last 8-10 years.

Since you have experienced a cold injury, you are at higher risk during future cold exposure.

### Hypothermia

- For legal purposes, document injuries with photos ASAP.
- Draw the area of decreased sensation. Document that there is no weakness or area of total numbness.
- Get further medical care.

#### About hypothermia

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In the most common type of handcuff injury (experienced by 1 in every 20 people taken into police custody), feeling is numbed or altered in one or more fingers, but there is no muscle weakness or wasting. This is due to a bruising of the superficial radial (thumb side) nerve, which will grow back in 1-12 months (usually about 2 months).
They should wake you every 4 hours the second day and every 8 hours the third.

Don't take any non-prescribed medicine, including aspirin, for at least the first 24 hours.

Follow-up with your regular healthcare worker.

Seek immediate further medical attention if you:

- Can't be awakened or aroused.
- Start vomiting.
- Are unable to move your arms & legs equally well on both sides.
- Have blood or fluid dripping from ears or nose.
- Have a temperature above 100°F (37.8°C).
- Cannot breathe well or breathe in a funny pattern.
- Develop a stiff neck.
- Are noticed to have pupils of unequal size or shape.
- Are noticed having convulsions.
- Develop noticeable restlessness, confusion, or disorientation.
- Have a persistent headache.

Additional information available from:
National Head Injury Foundation, 333 Turnpike Rd., Southborough, MA 01772. (800)444-6443

Seek medical attention if your symptoms reappear, worsen or change.
Follow-up with your regular healthcare worker.

To prevent future cold-related injuries:

- Sufficient clothing must be worn for protection against cold and wind. Cover all skin. Layers of clothing that can be removed and replaced as needed are the most effective.
- Clothing and equipment should be properly fitted to avoid any interference with blood circulation. Improper blood circulation reduces the amount of heat that reaches the extremities. Tight fitting socks, shoes and hand wear are hazardous under very cold conditions.
- Every effort must be made to keep clothing and body as dry as possible. This includes avoiding any excessive perspiration by removing and replacing layers of clothing.
- Foot powder or antiperspirant containing aluminum hydroxide can keep your feet from sweating.
- If your feet are wet: stop, dry your feet and put on dry socks.
- Exercise fingers/toes to keep them warm and detect numbness.
- Use chemical pocket, hand and foot warmers.
- Move indoors once your fingers or toes begin to feel cold.
- Never touch cold metal with bare skin.
- Get adequate rest, fluid and food intake.
- Avoid alcohol, fatigue, dehydration, and tobacco. Smoking during cold exposure further constricts peripheral blood vessels making cold injury more likely.

However, if you experience total numbness, weakness, or muscle wasting, permanent damage may occur. A special splint, deep tissue massage, physical therapy, or possible surgery may be required.

Self-care
In addition to any medical care you receive, you may want to take the following self-care measures.

- Homeopathic arnica is a good herbal remedy for bruising and swelling. You can buy these pills at health food and large grocery stores. Dissolve them under the tongue as instructed on package. Potency: 30c.
- Homeopathic hypericum is a good remedy for nerve damage, potency 30c.
- St. John's wort (hypericum) herbal tincture may be taken internally (but not the oil.) Consult an herbalist if possible, and do not use if you are taking anti-depressants.
- A combination of hypericum, arnica, and hemp oil can be used externally on the skin. Evening primrose oil may be added to the mix.

Additional information available from:
- Corey-Pine Shane, herbalist is available for phone consultations, and can send remedies to you by mail. coreypine@bigfoot.com, 828-225-9461.
- Gail Dickinson, MD is available for telephone questions. Make it clear to her staff that this is an activist calling or you will be told she is not accepting new patients. 860-928-7775.
**Nosebleed**
- Rest with your head elevated at 30 to 45 degrees. Try to keep your head higher than the level of your heart. You can do this by sleeping on several pillows.
- Do not blow your nose, even if it feels blocked, for several days to avoid dislodging the blood clot. If you have to sneeze or cough, open your mouth so that the air will escape out the mouth and not through the nose.
- Do not put anything up your nose.
- Do not strain during bowel movements.
- Do not strain or bend down to pick up anything heavy.
- Do not smoke (dries out nasal passages making them more prone to rebleeding).
- Stay on a soft cool diet. No hot liquids for 24 hours.
- Do not take long hot showers or baths for 24 hours.
- Do not take any nonprescription medicines which thin the blood such as aspirin, ibuprofen or naproxen (Alleve, Naprosyn).

If re-bleeding occurs:
- Sit quietly. Do not lay flat or put your head between your legs.
- Bend forward at the waist. Do not tip your head back (to prevent blood from running into the throat).

**Runny nose with itchy eyes**

*Allergic rhinitis*

Runny nose and itchy eyes can be caused by an allergic reaction to something in the air that a person has breathed in. It is often worse at certain times of year.

- You can take one Loratadine (Claritin 10 mg) every day. Loratadine can make you drowsy.
- You can put cold compresses on itchy eyes. You can use ice wrapped in a towel or even a towel soaked with cold water. You also can make Lipton tea, and put tea bag on the eye.
- You can take one Benadryl (Diphenhydramine 25 mg) at night. Benadryl can make you drowsy.
- You can put eye allergy drops in your eyes.
- Find out what things cause this reaction (for example: dust, pollen, mold) and try to avoid them. If you have to work with something you are allergic to, protect yourself from breathing it in with a respirator.

See a doctor if:
- There is pus in your eye
- You do not improve in 2 days
- Your vision stays blurry
- You have pain that increases
- You are wheezing or short of breath

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**Heat injury**

**Nausea, vomiting, diarrhea**
Clamp the soft parts of your nose closed with your fingers for 5 uninterrupted minutes without relieving pressure. Use a watch or a clock to make sure you keep up the pressure a full 5 minutes. During this time, breathe through your mouth. Holding your nose tightly closed allows the blood to clot and seal the damaged blood vessels.

If bleeding stops and recurs, repeat, but pinch your nose firmly on both sides for 10 minutes.

You may apply cold compresses to the cheeks and nose at the same time. Do not apply ice directly to the skin.

Do not swallow blood. It may upset your stomach or make you gag, putting you at risk for choking.

Do not talk (also to avoid gagging).

Do not pack the nose with anything.

Seek medical attention if:

- You have a nosebleed that won't stop with this method or keeps reoccurring.

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**Allergic reactions**

An allergy is a disturbance or reaction that affects only certain persons when things they are sensitive or allergic to are...

- breathed in
- eaten
- injected
- or touch the skin

Anybody could be allergic to anything, but **common allergens** include:

- Tree pollen, grass pollen, weed pollen
- Mold
- Dust mites, cockroaches, animal dander

Allergic reactions, which can be mild or very serious, include:

- itching rashes, lumpy patches or hives
- runny nose and itching or burning eyes
- irritation in the throat, difficulty breathing, or asthma
- allergic shock

An allergy is not an infection and cannot be passed from one person to another. However, children of allergic parents also tend to have allergies.

This informational sheet is no substitute for the treatment and advice of a qualified health care professional.
**Sunburn**

No special medicine is needed, but it may help to gargle with warm water.
- It is even more helpful to gargle with a pinch of salt or baking soda in a cup of hot water two to six times a day.
- Drink hot teas with a small pinch of cayenne, lots of honey and lemon juice.
- Take any medicine for pain your health worker gives you, or you can take 1-2 Tylenol tablets every 6 hours.
- Suck on cough drops.

**CAUTION:** if the sore throat begins suddenly, with high fever, it could be a strep throat. Special treatment is needed from a doctor.

Always follow up with your health care provider.

This informational sheet is no substitute for the treatment and advice of a qualified health care professional.

**Stuffy or runny nose**

A stuffy or runny nose can result from a cold or allergy. A lot of mucus in the nose may cause sinus problems like infection.

**To help clear a stuffy nose,** do the following:
- Lean your head back and put drops of salt water into your nose. Warm salt water is best. This helps to loosen the mucus.
- If you do not have a dropper bottle, put a little salt water into your hand and sniff it into the nose.
- **Breathing hot water vapor helps clear a stuffy nose.**
  You can add Lemon in the water, or opening herbs/ols such as Eucalyptus, Rosemary, or Mint. **CAUTION:** Do not use Eucalyptus if you have asthma.

**Wipe a runny or stuffy nose,** but try not to blow it. Blowing the nose may lead to earache and sinus infections.

**Persons who often get earaches or sinus trouble after a cold can help prevent these problems** by using decongestant nasal spray. Use the nasal spray after putting a little salt water in your nose. **CAUTION:** Use decongestant spray no more than 3 times a day, for no more than 3 days.

- A decongestant syrup (like DaQuil or Nyquil) may also help.

**Sprains / strains**

**Rest**
- Protect the injured joint from further injury by allowing the joint to rest 1 or 2 days with the aid of a sling or crutches. After a few days, you may use the joint as pain allows.
- After a few days, begin exercising the joint gently, without putting any weight on it. Use ice when finished with the exercises to minimize inflammation.
- Before resuming regular activities, be sure that you have full range of motion, strength and balance in the joint with no pain or swelling with activity. Do not ignore persistent joint pain; a body part that hurts should not be used.

**Ice**
- Apply ice to the injured joint during the first day – separated from the skin by a thin towel. Do not apply ice directly on the skin as this may cause frostbite. Keep the ice pack on the joint up to 2 hours at a time. Continue the ice treatment at 2 hour intervals.
- On the second or third day, you may continue ice treatment or switch to heat. Heat, like ice, can deaden pain and promote healing, but it can also promote inflammation. When your greatest discomfort is associated with stiffness, heat may help.
- To use heat, soak the joint in hot water, or apply heat for 15 minutes every 2 hours. But beware: if any swelling develops, stay away from heat.

**Compression**
- An elastic (Ace) bandage should be used if it makes the injured part feel better.
You may get better quicker if you do not eat dairy products like milk and cheese until you have fully recovered.

See a doctor if:
- You do not improve after 2 weeks
- You get worse after taking your meds or herbs
- You get a fever, chills, or shakes
- You are short of breath

Always follow up with your health care provider.

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**Taser injury aftercare**

Upon contact, the Taser delivers a 5-second burst of 50,000 Volts of electricity. This weapon takes control of your body away from you while simultaneously delivering a lot of pain. The pain often hurts less than the humiliation and disrespect of being assaulted with this weapon.

- Don't isolate yourself. Reach out to your friends and allies.
- Being here is a mark of your courage, commitment and integrity. Don’t let anyone tell you otherwise. Be proud.
- Friends and family members, in their own distress, may behave in ways that make it worse. You have the absolute right to stop them, to leave a destructive situation, and to find real help.
- Remember that people do survive even terrible things, and can come back stronger, but you may need time to focus on your own healing. Know that healing yourself is a political act.
- For legal purposes, document injuries with photos ASAP.

**Seek immediate medical care for:**
- Injuries to the head, neck, or spine
- Prolonged vomiting
- Blood in the urine if hit in the back

**Wound**

- Stop bleeding by direct pressure or elevating injured area.
- Clean the wound well with water.
- Cover with a dry sterile gauze pad or clean cloth.
- Do not remove an impaled object; stabilize it in place and seek medical care.
- For nosebleeds, pinch nose until bleeding stops.
- For eye injuries, cover eye and seek care.

**Aftercare**

- Keep the wound clean. Wash the area gently with soap and water without scrubbing as the wound heals.
- The wound area should otherwise be kept dry.
- Change the dressing at least daily or whenever it becomes wet or dirty.
- If you're allergic to the adhesive used in most bandages, switch to adhesive-free dressings or sterile gauze and paper tape. These supplies are generally available at pharmacies.
- For painless tape or Band-aid removal, you may soak the adhesive tape in nail-polish remover (applied on the outside) for a few minutes. This will dissolve the adhesive and release both the skin and hair.
- Try not to pick at the protective scab.
A tetanus booster shot is recommended if you have not had one in the last 10 years.
Wound aftercare:
- Be aware that pain and swelling may increase, and the area of redness and bruising may expand, for up to 2-3 days.
- Apply ice as needed as long as swelling or localized muscle spasms persist.
- Keep the burn area clean and wrapped in sterile non-adherent dressing. Change dressing daily.
- Before daily dressing change, use lukewarm plain water compresses to help soak off crusting areas.
- Arnica is good for bruising and swelling, and Hypericum is good for nerve damage. You can buy these Homeopathic pills at health food and large grocery stores. Dissolve them under your tongue as instructed on package.
- A tetanus booster shot is recommended for anyone who has not had one in the last 8-10 years.

Supportive care
- Replace electrolytes by sipping nutritious fluids like water with Gatorade or "Emergen-C" powder with a pinch of salt added.
- Get some rest and drink lots of water.

Seek medical attention if any signs of infection develop:
- Increased redness, pain, swelling or warmth.
- Red streaking of the surrounding skin.
- Pus draining from area (It's not pus if it has been less than a day.)
- Tender lumps or swelling in your armpit, groin, or neck.
- Foul odor from the area.
- Generalized chills or fever over 99.6°F.
- Not healing well within 1 to 2 weeks.

See a doctor if:
- You were bitten by an animal (or a person).
- You are cut on the chest, back, abdomen, face or hands, unless the cut is very small and shallow.
- The cut cannot be fully cleaned of debris.
- You have any deep puncture wounds.
- You have any numbness, weakness, or cannot move beyond the wound.
- You have any wound requiring stitches – if it cannot be closed, the cut is deep (you might see a white fatty layer), has jagged or bruised edges or flaps of skin, or if it is in an area (like on a joint) where the edges may be pulled apart. Any cut that might need stitches should be seen as soon as possible.

If you are immunocompromised, have a chronic illness such as diabetes, or have prosthetic heart valves or orthopedic prostheses, ask your doctor about antibiotics to prevent infection.