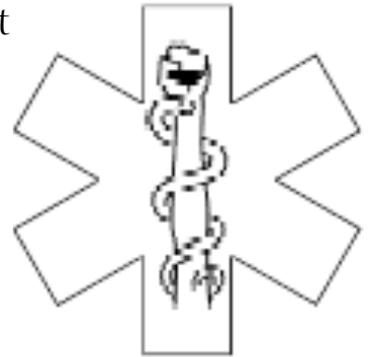


Health and Safety Reference Sheet

Staying aware of your wellness and the wellness of others...
Creating a new, autonomous, community healthcare...

Before a Mobilization:

- Create a legal/physical/emotional support structure for your return home
- Do your homework; secure housing early, study maps, read up on event
- Drink a lot of water; Decrease intake of caffeine, alcohol, and drugs
- Eat more leafy greens, complete proteins; less salt and grease
- Take tonic herbs and supplements; eg. nettle, dandelion, vitamin C
- Bathe well with Castille soap; skin oils trap chemical weapons
- Wash clothes a few times with detergent-free soap (eg. Castille)



During a Mobilization:

- DON'T wear contact lenses or tampons (a "Keeper" is best)
- Wear/bring weather appropriate clothing; long-sleeved shirt and pants (nothing 'fuzzy'), boots; warm and weatherproof layers, and a change of clothes in a sealed bag; Remove piercings and dangling jewelry;
- Stick with your affinity group or buddy
- Stay well-hydrated
- Avoid oil-based lotions and sunscreens
- Bring: water, snacks, cider vinegar/ lemon water soaked bandanas in ziploc bags, shatterproof swimming goggles (make airtight with tape or glue), important medications (w/ Dr.'s note)

Things to look out for in yourself and others:

-**Heat and Cold Concerns:** Watch yourself and others for these signs; Drink at least one liter of water per hour: You ought to be peeing often and sweating if it is hot, or if you are exerting yourself; Your pee should be clear; Eat high-energy snacks throughout the day; Dehydration and low-blood sugar can decrease your reaction time and stamina and leave you vulnerable to heat and cold injuries. [Tx=Treatment]:

Heat Exhaustion: Fatigue, Weakness, Irritability, Headaches, Sunburn, Dizziness, Nausea, Vomiting, Cool/Clammy Skin

Tx: Remove to shade, drape and fan cool wet cotton on wrists, neck, and feet, hydrate slowly

Heat Stroke: No longer sweating; Extremely tired, Hot and dry skin, Confusion/disorientation, Small pupils

Tx: Same as above, **seek medical attention**

Hypothermia: Seek medical attention for all cases beyond mild hypothermia; avoid cotton when wet
MILD: Decrease in circulation to hands and feet (they get cold), Goosebumps, Shivering (mild to involuntary),

MODERATE: Above plus: "The Umbles" (mumbling, stumbling, fumbling, grumbling),

SEVERE: Above plus: Blue/puffy skin, NOT Shivering

Tx: Dry clothes, Windproof layer, Gentle exercise, Warm liquids, High-energy snacks, Apply warmth to major arteries on the sides of neck, the armpits, and groin

[OVER FOR TRAUMA INFO]

Things to look out for CONTINUED

Critical Trauma:

**** ALL TRAUMA CARE REQUIRES MEDICAL SUPPORT****
STAY WITH PATIENT AND YELL "MEDIC" AND SEND FOR HELP

Things to Watch For:

Head Trauma: *Police Batons, Falls, Less-lethal projectiles,*

Obvious signs of head injuries including blood and deformity;

Less obvious signs: Disorientation, Irritability, Combativeness, Dazed facial expression, Nausea, Dizziness

Abdominal Trauma: *Police Batons, Falls, Less-lethal projectiles,*

Signs of abdominal trauma include: Nausea, Vomiting (with/out blood), Bruising, Tenderness, Swelling, Labored or shallow breathing, Bloody urine, Rapid heart-rate, Blood in stools (bright red or dark brown)

Sprains and Strains: *Police Violence, Falls, Blunt Trauma*

Swelling, Tenderness, Bruising, Pain; Rest, Ice, Compress and Elevate the Injury

Scrapes and Cuts: *Rough or sharp things, Glass, Pavement*

Abrasions (scrapes) should be scrubbed until clean from all foreign matter, then covered with a clean, absorbent layer that has been moistened with saline. Lacerations (cuts, not scrapes) that are bleeding a lot should have pressure held on until they stop bleeding; then cleaned with water and soap, then covered to protect from dirt. Visit mobilization clinic for full wound care

Chemical exposure: *Chemical Crowd Control Agents*

Signs of chemical-agent induced trauma include: Asthma, Wheezing, Labored breathing, Allergic reactions, Obstructed airway, Eye damage, Skin burns, Asphyxiation

After a Mobilization:

- Be sure to be aware of both your emotional and physical needs, and those of your community--
- Photograph and document your injuries --

For help documenting injury visit <http://www.midnightspecial.net/materials/shootingthewounded.html>

Physical Healing and Aftercare:

- Sleep:** Attempt to find a regular sleep schedule that gives you at least 8 hours of uninterrupted sleep.
- Diet:** Organic food lessens your body's chemical load, helping your liver and kidneys to process toxins
 - Include bitter foods in your diet to encourage your liver to produce bile. Grapefruit, bitter greens, dandelion root, burdock root, yellow dock root.
 - Other foods and supplements to include (and why): Licorice root (support adrenal and nervous system); Garlic and Ginger (Immune Support); Miso (probiotic and immune support); Mullein tea (lung health); Whole Vegetables and Grains (cleansing fiber); Sea Vegetable (trace minerals);
- Body Care:** Yoga, Stretching, Massage, Hot Baths, Sex, Exercise,

Emotional Healing and Aftercare:

- Relaxation:** Art, Nature Walk, s Movie Night (Comedies!), Dance Party, Potluck, Hot Baths (aromatherapy)
- Social Support:** Debrief/Reportback, Discussions, Peer Counseling

Mobilization-Specific Information:

- Clinic Address:** 3028 Brerton St. (Entrance around Back)
- Legal Number (staffed Sept. 20-27th):** 412-444-3553
- Sexual Assault Support** is available from all marked medics and at the Clinic