

USG Div 4C—Medical Checklist

The information compiled by this Division has been distilled into the following checklist. Important things that may come to our attention later will be added.

Use this hard copy as your Guide to what you need to do and check off each step as it is done.

Feel free to call on your POD Medical (Div 4C) Person or me for help and advice on any of these steps.

First Aid Basic Kit Checklist

The list of items necessary to be sufficiently prepared for almost anything is extensive. Each household should have a full kit. Obviously each POD should have one and members would also bring their personal kits, should we need to activate the PODS.

The kit has been broken down into sections. As a group, we will procure a section and then get trained on it. Then onto the next section in the same fashion until we each have everything and know what to do with it all.

See attached list for the specific items for each section.

_____ Section 1—Everything to with bandages Target _____

_____ Section 2---Illnesses, poison, dehydration Target _____

_____ Section 3---Shock, CPR, radiation, splints Target _____

_____ Section 4---Bites, skin, eyes and teeth Target _____

Checklist for each section:

_____ 1. Find any of the items you can around the house or pick them up at a discount store or drug store or store mentioned .

_____ 2. What you cannot find, can be ordered from www.mooremedical.com. A list is available with the specific items that Ellen recommends. You can order directly on that site. (Some items are sold in bulk so, as a group, we will purchase them and you can contribute your part.) Procure by the target date.

Optional Medical Steps

_____1. Medications you currently take. Get a Doctor to give you extra prescriptions.

_____1A. Get them filled.

_____1B. Rotate them out as you use them so you always have several in stock within the expiration time.

_____2. Specific splints or back braces that you might need based on your specific history.

_____3. Blood Pressure Machine and batteries for it.

_____3. Put everything in a roach-proof and moisture-proof container that you use specifically for Medical (large enough to hold all 4 sections) and place it where you can reach it easily and can grab and go, if needed.

_____4. Notify everyone in the household (and POD members if you are a POD owner) where it is.

_____5. Bring the items for the section to the USG meeting, which will be on the Target Date, where Ellen will train on their use.

REPEAT FOR THE NEXT SECTION

To help get this done in a timely manner, each POD should have a Medical Division terminal. This person does not have to be a medical expert, but someone who will help their POD members to get this done and co-ordinate with me.

South 1—Marcy

South 2—Ellen DONE

Downtown— _____

North— _____

Natural Remedy First Aid Kit by Winston

Winston's kit is full of fast and effective ways to handle First Aid unconventionally. It is vital to have this kit.

_____1. Watch the instructional talk by Winston on video on the website with the idea of applying everything yourself. There is a hand-out to guide you.

_____2. Purchase the kit from Winston, a \$450 value for \$150.

_____3. Decide where to keep this kit and notify everyone in the household where it is. Have it ready with your First Aid bag to go , if needed.

www.mooremedical.com

Section 1 Bandages

Here are the costs for items in the correct quantity:

<u>Item #</u>	<u>Description</u>	<u>Specs</u>	<u>Size</u>	<u>PKG</u>	<u>NEED</u>	<u>Com ment</u>	<u>Actual Cost</u>
Bandages - Wound Care							
53371	<u>Assorted Sheer Strips</u>			Box/80	80		\$2.19
48237	<u>Elastomull Gauze Bandage</u>		3" x 4.1 yds.	Bag/12	12		\$7.09
49162	<u>Elastomull Gauze Bandage</u>		2" x 4.1 yds.	Bag/12	12		\$5.49
52404	<u>Gauze Pads</u>	<i>Sterile</i>	3" x 3"	Box/100	100		\$7.19
15959	<u>Cotton Swabs</u>	<i>Double- ended</i>	3 1/4"	Box/300	300		\$1.75
69544	<u>MooreBrand® Cotton Balls</u>	<i>Sterile</i>	Medium	Box/500	500		\$7.59
96753	<u>Antiseptic Towelettes</u>			Box/100	100		\$3.25
74071	<u>SemperCare® Vinyl Powder-Free Exam Gloves</u>	74071S 74072M 74073L	Small	Box/100	200	Get S, M or L	\$7.89
14320	<u>Slant Tip Stainless Steel Tweezers</u>		3.5"	Each	1		\$2.79
505	<u>NEOSPORIN® Antibiotic Ointment</u>		1/2 oz	Each	3	5.19 each	\$15.57
Total of these selections							\$60.80

Section 1 Bandages

Here are the costs for items sold in large quantities. You can share with someone or use the site for the full description and shop it elsewhere.

				Pkg	Need	Price per pkg
68207	<u>MooreBrand® Adhesive Bandages</u>	<i>Sheer Plastic</i>	Butterfly Medium, 1-5/8" x 3/8"	Box/100	10	\$5.79
68208	<u>MooreBrand® Adhesive Bandages</u>	<i>Sheer Plastic</i>	Butterfly Large, 2-3/4" x 1/2"	Box/100	10	\$7.39
17529	<u>Kendall™ Hypoallergenic Silk Tape</u>		1/2" x 10 yds.	Box/24	6	\$23.59
17530	<u>Kendall™ Hypoallergenic Silk Tape</u>		1" x 10 yds.	Box/12	2	\$23.59
80854	<u>MooreBrand® Elastic Bandages with Clip Closures</u>		2" x 4.5 yds	Box/10	5	\$9.89
80856	<u>MooreBrand® Elastic Bandages with Clip Closures</u>		4" x 4.5 yds	Box/10	5	\$14.69
8669	<u>TELF A® Ouchless Non-Adherent Dressings</u>		3" x 4"	Box/100	25	\$29.39
8250	<u>MooreBrand® Sterile Gauze Pads</u>	<i>Sterile</i>	2" x 2"	Box/100	100	\$6.79
74078	<u>CURITY™ Gauze Sponges Sterile</u>	<i>Sterile 10's in Soft Pouch</i>	4" x 4" 12 ply	Pkg/100	25	\$14.49
94643	<u>Gauze Sponges Non-Sterile</u>	<i>Non-Sterile</i>	4" x 4" 12-ply	Box/200	100	\$12.29
42335	<u>MooreBrand® Moleskin Plantar-Fascia Straps</u>		3" x 11"	Pkg/50	10	\$39.59
15262	<u>Triangular Bandage</u>			Case/24	3	\$28.49

Section 1 Bandages

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These things may be around the house or can be purchased easily.

- 25 Heavy duty sanitary napkins
- 2 8 oz bottle of Alcohol
- 1 Bottle of liquid anti-bacterial hand soap
- Scissors
- Nail clipper
- Bottle opener
- 25 assorted safety pins
- Thermometer
- Flashlight with batteries
- Package of plastic bags.
- 1 Large tube Silvadene
- 1 Bottle of vinegar