

2009 First Aid Guide

FIRST AID



First Aid Guide

Team Leader responsibility

The team leader is the first line of defense when it comes to medical problems. Please be sure to have an up-to-date first aid kit to handle such things as simple colds, headaches, bug bites, sunburns, upset stomachs, diarrhea, menstrual cramps, etc.

If a team member needs to go to the nurse's station/Red Cross/Hospital, it is required that the team leader accompanies his/her team members so that communication is clear. If you have any students who are so sick they cannot go to the ministry site, a leader must be left with them in camp. This is required!

Team leaders are responsible for carrying sufficient water to the ministry sites so that members can have plenty of water to drink. This is vital to good health! Please plan on at least 64 fluid ounces per member per day.

Team Member responsibility

Each member on your team must be current on his/her tetanus injections (within 5 years).

Make sure that any member with asthma brings his/her own medication. Please note, if a member's asthma is not under control, the member cannot join our trip.

We suggest that team members come prepared for emergencies by bringing a photocopy of the team members' parents' medical insurance.

During the day, take 15 minutes every now and then to have water drinking parties. Trust the nurse, you will be thankful later.

Those with allergies bring their medication with them. Warn those team members about the "dust."

First Aid nurse's station in camp

First aid is offered through the nurses in camp. If a team member needs to go to the nurse's station, it is required that the team leader accompanies his/her team members so that communication is clear.

However, in the event of an emergency beyond first aid treatment, you will be referred to the local hospital in Mexico or in the U.S.

First Aid kit

A FIRST AID KIT is a must!!! We have discovered that dozens of minor first aid needs may occur while you are at your ministry sites. These can easily be handled within your own team. This will free our camp doctor and nurses for more serious problems. Suggested items for your kits:

- Band-aid, adhesive bandages
- Band-aid, flexible bandages
- Sterile pads, 2" x 3"
- Cling gauze wrapping
- First aid tape
- Elastic bandage
- Antiseptic wipes
- First aid cream
- Ammonia inhalants
- Instant cold pack (small)
- Tylenol
- Advil
- Thermometers
- Pepto Bismol tablets
- One pair of tweezers
- One pair of scissors
- One needle
- Safety pins
- Arm Splint and Triangle cloth
- Other _____

Safety warnings

- Never drink non-bottled water, even in the showers.
- Be sure to use bottled water when you brush your teeth.
- Never swim in the irrigation canals. The water is really gross!!!
- Avoid purchasing cooked or raw food from street vendors.

Intestinal Infections

Like any mission trip, there is always a chance someone on our team could contract an intestinal infection. Some team members have contracted cases of intestinal infections after the trip. If safety warnings and the prevention list below are heeded, the chances of contracting an intestinal infection are low.

Diagnosis. Our staff is trained to help prevent these diseases, but sometimes things happen. Below is some information to help you diagnose if someone has caught something while on the trip. Please don't be afraid; this is just for your information.

These intestinal infections can be serious, especially in babies, young children, and in persons who have medical problems. The symptoms usually include diarrhea, cramping, fever, weakness, nausea, and in some cases, vomiting. If you have these diseases, the germs may remain in your stool for 4 weeks or more after you first become ill. When one member of the family has campylobacter, salmonella, or shigella, other members, even though they are not sick, may also have the germ in their stools.

Prevention. Children who are not yet toilet-trained pass on these infections most easily, but anyone who doesn't use good hygiene can spread these diseases. PLEASE USE ANTIBACTERIAL WIPES ON YOUR HANDS, ESPECIALLY AFTER BATHROOM USE.

To help prevent passing germs to others, all team members must:

WASH HANDS THOROUGHLY WITH SOAP AND WATER

- before preparing food
- before preparing baby formula
- before eating
- after handling raw meat or poultry
- after using the toilet
- after changing a baby's diaper
- use antibacterial solution on your hands whenever possible.

Shigella. Shigella usually spreads from person-to-person. The germs are present in the stool of infected persons and are often transmitted to the mouth of another by contaminated hands. Since very few germs are necessary to spread this infection, it is common for family members, playmates and child-care center contacts to become infected with this germ.

To prevent shigella, wash hands thoroughly after going to the bathroom, after changing a baby's diaper, and before handling or preparing food.

Campylobacter and Salmonella. In addition to the way shigella is spread, many animals (e.g. poultry, cattle, dogs, cats), as well as humans, can be the source of campylobacter and salmonella. These diseases can be contracted by eating contaminated meat, poultry, eggs, dairy products or other food products or by contact with infected animal feces. Cooking poultry and meat destroys the germs.

Adapted from:
COUNTY OF LOS ANGELES
DEPARTMENT OF HEALTH SERVICES
HEALTH EDUCATION UNIT

Emergency information

Please copy and leave this information with your church office and the student’s parents. In the event of an emergency (i.e. a parent needs to reach a student on the trip because of a death in the family, etc.), please call:

**Mexico Outreach
or Azusa Pacific University-Campus Safety**

**(626) 812-3027
(626) 815-6000 ext. 3256**

During Mexico Outreach trips, our office may be closed, but our staff will be calling in from Mexico twice daily for emergency messages. Leave a message with our office or APU security. We will forward the message as soon as possible and if needed the person will return the call. At times the cellular service is down. If the IOM office is closed and you do not receive a returned call, you may call Campus Safety.

Please leave the following information to expedite the process:

Caller’s name:
Date:
Base camp of person to be reached: <input type="checkbox"/> Ensenada: The Ranch <input type="checkbox"/> Mexicali: Ej. Cuernavaca <input type="checkbox"/> Mexicali: Ej. Chiapas
Organization city:
Organization name:
Leader’s name:
Team member’s name:
Return phone number:
Short message: