



SURVIVAL GUIDE



SAINTS OF YAHAWAH

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PEDIATRIC VITAL SIGNS

THE FOUR VITAL SIGNS ARE:-

1. BODY TEMPERATURE
2. HEART RATE
3. RESPIRATION OR BREATHING RATE
4. BLOOD PRESSURE

TEMPERATURE

A FEVER MEANS THAT YOUR CHILD'S TEMPERATURE IS HIGHER THAN USUAL. IT IS THE MAIN WAY THEIR BODY FIGHTS AN INFECTION.

YOU CAN CHECK THEIR TEMPERATURE BY USING A THERMOMETER. A NORMAL TEMPERATURE READING IS 98.6F. READINGS OF 100.4 OR HIGHER MEANS YOUR CHILD HAS A FEVER.

HEART RATE

ALSO CALLED A PULSE, IS HOW MANY TIMES THE HEAR BEATS EACH MINUTE. IT IS FASTER WHEN YOUR CHILD IS ACTIVE AND SLOWER WHEN SEATED OR ASLEEP.

YOU SHOULD CHECK YOUR CHILD'S PULSE IF

1. THEY COMPLAIN OF CHEST PAIN, RACING FEELING OR SKIPPED BEAT
2. FAINT
3. HAVING TROUBLE BREATHING
4. BECOME PALE OR THEIR LIPS TURN BLUE

TO CHECK MAKE SURE YOUR CHILD HAS BEEN SEATED FOR AT LEAST. PLACE YOUR FIRTST TWO FINGERS ON THE FRONT OF THEIR NECK OR INSIDE OF

THE WRIST, ARMPIT OR ELBOW CREASE. YOU SHOULD FEEL THUMPS AGAINST YOUR FINGER. SET A TIMER FOR 30 SECONDS AND COUNT THE BEATS, DOUBLE THE NUMBER TO FIND THE HEART RATE.

- [INFANT](#) (TO 12 MONTHS): 100-160 BEATS PER MINUTE (BPM)
- [TODDLER](#) (1-3 YEARS): 90-150 BPM
- PRESCHOOLER (3-5 YEARS): 80-140 BPM
- SCHOOL-AGED CHILD (5-12 YEARS): 70-120 BPM
- ADOLESCENT (12-18 YEARS): 60-100 BPM

A HEART RATE THAT'S SLOWER THAN USUAL CAN SIGNAL A PROBLEM. FOR INFANTS, IT CAN MEAN:

- EXPOSURE TO CERTAIN [MEDICATIONS](#) BEFORE BIRTH
- BREATHING PROBLEMS
- A DROP IN BODY TEMPERATURE ([HYPOTHERMIA](#))

A SLOWER THAN USUAL [HEART](#) RATE IN KIDS CAN ALSO MEAN THERE'S AN ISSUE IN THE STRUCTURE OF THEIR HEART.

RESPIRATORY RATE

THIS IS HOW MANY BREATHS YOUR CHILD TAKES PER MINUTE. THIS NUMBER MAY GO UP WHEN THEY'RE EXCITED, NERVOUS, IN [PAIN](#), OR HAVE A HIGH FEVER. A FAST OR SLOW RESPIRATORY RATE MEANS YOUR CHILD MAY HAVE [TROUBLE BREATHING](#). CALL YOUR [PEDIATRICIAN](#) IF YOU HAVE ANY CONCERNS.

HOW TO CHECK

SET A TIMER FOR 30 SECONDS AND COUNT THE NUMBER OF TIMES YOUR CHILD'S CHEST RISES. DOUBLE THAT NUMBER TO GET THEIR RESPIRATORY RATE.

NORMAL RATE (BREATHS PER MINUTE):

- [INFANT](#) (0-12 MONTHS): 30-60
- [TODDLER](#) (1-3 YEARS): 24-40
- PRESCHOOLER (3-5 YEARS): 22-34
- SCHOOL-AGED CHILD (5-12 YEARS): 18-30
- ADOLESCENT (12-18 YEARS): 12-16

IF YOUR BABY OR CHILD'S PULSE IS FAST OR THEY HAVE ANY OF THE FOLLOWING SYMPTOMS, IT COULD MEAN THEY'RE HAVING TROUBLE BREATHING:

- BLUISH COLOR AROUND THE MOUTH
- PALE OR GRAY [SKIN](#)
- A GRUNTING SOUND WITH EACH BREATH OUT
- NOSE FLARES
- [WHEEZING](#)
- [SWEATING](#)
- TIREDNESS
- UPPER CHEST SINKS IN WITH EACH BREATH
- NOT EATING OR DRINKING WELL
- VOCALIZING LESS

RESPIRATORY DISTRESS IS SERIOUS. IT MEANS YOUR CHILD ISN'T GETTING ENOUGH OXYGEN. THIS MIGHT BE BECAUSE OF:

- AN INFECTION
- CHRONIC ILLNESS
- A BLOCKED AIRWAY

BLOOD PRESSURE

BLOOD PRESSURE IS THE FORCE OF [BLOOD](#) AS IT FLOWS THROUGH THE VESSELS THAT MOVE BLOOD FROM THE HEART TO THE BODY. CHILDREN CAN GET [HIGH BLOOD PRESSURE](#) JUST AS ADULTS DO. IF YOUR CHILD GROWS UP WITH HIGH BLOOD PRESSURE, OR HYPERTENSION, IT COULD MAKE THEM MORE LIKELY TO HAVE A [STROKE](#), [HEART ATTACK](#), [HEART FAILURE](#), AND [KIDNEY DISEASE](#).

BLOOD PRESSURE IS MEASURED USING TWO NUMBERS:

- **SYSTOLIC** IS THE FIRST NUMBER. IT MEASURES HOW MUCH PRESSURE IS ON YOUR [ARTERY](#) WALLS EACH TIME YOUR HEART BEATS.
- **DIASTOLIC** IS THE SECOND NUMBER. IT MEASURES HOW MUCH PRESSURE IS ON YOUR ARTERY WALLS BETWEEN HEARTBEATS, WHEN YOUR HEART IS AT REST.

YOUR CHILD MIGHT HAVE HIGH BLOOD PRESSURE BECAUSE OF:

- A HEART DEFECT
- KIDNEY DISEASE
- A GENETIC CONDITION
- A HORMONE DISORDER
- BEING OVERWEIGHT

HYPOTENSION IS BLOOD PRESSURE THAT'S TOO LOW. IT CAN MAKE YOUR CHILD FEEL NAUSEATED, DIZZY, OR FAINT.

YOUR CHILD MAY HAVE LOW BLOOD PRESSURE BECAUSE OF:

- MEDICATION THEY'RE TAKING
- DEHYDRATION
- BLOOD LOSS
- HEART PROBLEMS
- INFECTION
- ALLERGIES
- ENDOCRINE PROBLEMS
- NUTRITION ISSUES

HOW TO CHECK

YOUR CHILD'S DOCTOR WILL START TO CHECK BLOOD PRESSURE AT AGE 3. YOUR CHILD MAY NEED TO HAVE IT CHECKED SOONER IF THEY:

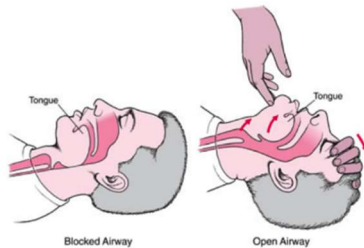
- WERE BORN PREMATURELY OR HAD LOW BIRTH WEIGHT
- HAVE CONGENITAL HEART DISEASE
- TAKE MEDICINE THAT CAN MAKE BLOOD PRESSURE RISE
- HAVE OTHER MEDICAL CONDITIONS THAT CAN LEAD TO HIGH BLOOD PRESSURE

BASIC FIRST AID

FIRST AID IS AIMED AT PRESERVING LIFE, PREVENTING DETERIORATION AND PROMOTE RECOVERY.

FOR EMERGENCY SITUATIONS. USE DRAB (DANGER,RESPONSE,AIRWAY AND BREATHING)

1. CHECK TO ENSURE THERE IS NO DANGER TO YOURSELF AND OTHERS
2. ATTEMPT TO WAKE THE PERSON BY SHOUTING LOUDLY IN BOTH EARS AND GENTLY SHAKING THE SHOULDERS. IF YOU DO NOT GET A RESPONSE THEN THEY ARE UNCONSCIOUS EITHER COMPLETE OR NEAR COMPLETE LACK OF RESPONSIVENESS OR UNAWARE OF BOTH SELF AND EXTERNAL SURROUNDINGS
3. AN UNCONSCIOUS PERSON CAN SWALLOW THEIR OWN TONGUE. AND THE AIRWAY CAN BECOME BLOCKED. OPEN THE AIRWAY BY **TILTING THE HEAD BACKWARDS AND LIFTING THE CHIN WITH TWO FINGERS**



4. KEEP YOUR HANDS ON THE PERSON'S HEAD & CHIN. PLACE YOUR CHEEK ABOVE THEIR MOUTH AND LOOK AT THEIR CHEST. LOOK, LISTEN AND FEEL FOR REGULAR BREATHING FOR UP TO **10 SECONDS**. YOU ARE ASSESSING FOR **NORMAL** BREATHING. THE OCCASIONAL GASPING OR SNORING SOUND IS NOT REGULAR BREATHING AND SHOULD BE TREATED AS NO BREATHING.

IF A VICTIM IS **UNCONSCIOUS** BUT **BREATHING NORMALLY** THEN YOU SHOULD PLACE THEM INTO THE **RECOVERY POSITION** IN ORDER TO PROTECT THEIR AIRWAY.

THE RECOVERY POSITION INVOLVES ROLLING THE CASUALTY ONTO THEIR **SIDE** WITH THEIR HEAD TILTED BACK. BY DOING THIS, THE

TONGUE IS KEPT CLEAR OF THE AIRWAY AND ANY VOMIT IS ABLE TO DRAIN AND NOT OBSTRUCT THE CASUALTY'S AIRWAY.



HOW TO PLACE A VICTIM INTO THE RECOVERY POSITION

1. KNEEL BY THE VICTIM'S WAIST
2. PLACE THE HAND CLOSEST TO YOU AT A RIGHT ANGLE (SO IT LOOKS LIKE THE VICTIM IS 'WAVING')
3. GRASP THE HAND FURTHEST TO YOU, PLACE THE BACK OF THEIR HAND AGAINST THEIR CHEEK CLOSEST TO YOU
4. LIFT THE LEG FURTHEST AWAY FROM YOU AT THE KNEE AND PLACE THEIR FOOT ON THE FLOOR
5. USING THEIR KNEE AS A LEVER, PULL THE PERSON ONTO THEIR SIDE
6. ENSURE THEIR HEAD IS STILL TILTED BACK AND THEY ARE ON THEIR SIDE

ONCE THEY ARE IN THE RECOVERY POSITION YOU CAN CALL FOR ASSISTANCE

IF YOU SUSPECT THE VICTIM MAY HAVE SUSTAINED A NECK OR A BACK INJURY THEN MOVING THEM COULD WORSEN THE INJURY. HOWEVER, IT IS VITAL TO MAINTAIN THE VICTIM'S AIRWAY SO THAT THEY DO NOT SUFFOCATE. IF THE VICTIM'S AIRWAY IS CLEAR AND THERE IS NO EVIDENCE OF VOMITING THEN KEEPING THE VICTIM STILL IS ADVISED UNTIL EMS ARRIVE.

HOWEVER, IF YOU ARE UNABLE TO MAINTAIN THEIR AIRWAY THEN THE VICTIM WILL NEED TO BE MOVED CAREFULLY INTO THE RECOVERY POSITION. IF ADDITIONAL RESCUERS ARE AVAILABLE, ONE PERSON CAN SUPPORT THE VICTIM'S HEAD TO MINIMIZE EXCESSIVE MOVEMENT.

NOTE: IF THE PERSON IS NOT BREATHING CALL FOR EMERGENCE SERVICES IMMEDIATELY

CPR-CARDIOPULMONARY RESUSCITATION

CARDIAC ARREST IS WHEN THE HEART STOPS BEATING. SOME CAUSES OF CARIAC ARREST ARE:-

- A DISTURBANCE IN THE HEART RHYTHM (ARRHYTHMIA)
- DRUGS/POISONING
- HEART DISEASE / A HEART ATTACK
- TRAUMATIC INJURY / BLOOD LOSS
- ANAPHYLAXIS
- BREATHING PROBLEMS - EG CHOKING / ASTHMA ATTACK

THE PURPOSE OF CPR IS TO KEEP OXYGENATED BLOOD FLOWING THROUGH THE BODY TO KEEP THE VITAL ORGANS ALIVE. WITHOUT A SUPPLY OF OXYGEN, THE CELLS IN THE BODY START TO DIE. BRAIN CELLS ARE INCREDIBLY SENSITIVE, AFTER ABOUT **4 - 5 MINUTES** OF NO OXYGEN BRAIN CELLS WILL BEGIN DYING LEADING TO BRAIN DAMAGE AND DEATH

PERFORMING CPR ON AN ADULT

CHEST COMPRESSIONS:-

ONCE YOU'VE FOUND A VICTIM ISN'T BREATHING NORMALLY, YOU SHOULD START CPR BY ADMINISTERING **30 CHEST COMPRESSIONS**. CHEST COMPRESSIONS ARE THE **MOST IMPORTANT** COMPONENT OF HIGH-QUALITY CPR

1. KNEEL BY THE SIDE OF THE VICTIM
2. PLACE THE HEEL OF ONE HAND IN THE CENTER OF THE VICTIM'S CHEST
3. PLACE THE HEEL OF YOUR OTHER HAND ON TOP OF THE FIRST HAND
4. INTERLOCK THE FINGERS OF YOUR HANDS AND ENSURE THAT PRESSURE IS NOT APPLIED TO THE VICTIM'S RIBS. DO NOT APPLY ANY PRESSURE OVER THE UPPER ABDOMEN OR THE BOTTOM END OF THE STERNUM
5. POSITION YOURSELF VERTICALLY ABOVE THE VICTIM'S CHEST AND, WITH YOUR ARMS STRAIGHT, PRESS DOWN ON THE STERNUM APPROXIMATELY **5 - 6 CM**
6. AFTER EACH COMPRESSION, RELEASE ALL THE PRESSURE ON THE CHEST WITHOUT LOSING CONTACT BETWEEN YOUR HANDS AND THE STERNUM

7. REPEAT AT A RATE OF **100 - 120 CHEST COMPRESSIONS** PER MINUTE
8. EACH COMPRESSION AND RELEASE SHOULD TAKE AN EQUAL AMOUNT OF TIME

IF TRAINED, YOU CAN ATTEMPT TWO RESCUE BREATHS AFTER EVERY 30 CHEST COMPRESSIONS.

TILT THE VICTIM'S HEAD BACKWARDS, MAKE A SEAL OVER THEIR MOUTH AND BLOW IN FOR APPROXIMATELY ONE SECOND. DO NOT OVER INFLATE THE VICTIM'S LUNGS AS THIS COULD CAUSE VOMITING.

IF YOU ARE NOT PERFORMING RESCUE BREATHS THEN CONTINUE WITH **CHEST COMPRESSIONS** (THIS IS KNOWN AS 'HANDS-ONLY CPR') ALONE.

Proper Techniques for Chest Compressions.



WHEN TO STOP CPR

ONLY STOP CPR IF:

- THE CASUALTY SHOWS SIGNS OF LIFE: COUGHING, BREATHING ETC.
- YOU ARE ASKED TO STOP BY A HEALTHCARE PROFESSIONAL (AMBULANCE CREW ETC.)
- YOU BECOME TOO EXHAUSTED TO CONTINUE
- THE SITUATION SUDDENLY BECOMES TOO DANGEROUS

IDEALLY, YOU SHOULD ONLY CARRY OUT CPR FOR ONLY **2 MINUTES** BEFORE SWAPPING WITH SOMEONE ELSE. THIS IS TO ENSURE THAT THE CHEST COMPRESSIONS REMAIN EFFECTIVE

CIRCULATORY SYSTEM

ARTERIES: CARRY BLOOD UNDER HIGH PRESSURE AWAY FROM THE HEART. BLOOD IS LIKELY TO SPURT OUT OF A WOUND.

VEINS: CARRY BLOOD UNDER LOW PRESSURE BACK TO THE HEART. BLOOD WILL FLOW STEADILY FROM THE WOUND

CAPILLARIES: CARRY BLOOD TO THE INDIVIDUAL CELLS AND TISSUES, VERY SMALL AND VERY LOW PRESSURES. BLOOD WILL OOOZE FROM THE WOUND.



TYPES OF WOUND

THERE ARE VARIOUS DIFFERENT TYPES OF WOUND THAT A VICTIM MAY SUSTAIN.

LACERATION: TEARING OF THE SKIN & TISSUE

CONTUSION: A BRUISE

ABRASION: GRAZE - LOSS OF THE SUPERFICIAL LAYER OF SKIN

INCISION: A STRAIGHT CLEAN WOUND

PUNCTURE: CAUSED BY A SHARP OBJECT WHICH MAY STILL BE IN THE WOUND (FOREIGN / EMBEDDED OBJECT)

HOW TO DEAL WITH MAJOR BLEEDING

MAJOR BLEEDING IS LIFE-THREATENING AND REQUIRES URGENT FIRST AID INTERVENTION TO PREVENT FURTHER BLOOD LOSS AND THE DEVELOPMENT OF SHOCK.

1. EXPOSE INJURY AND **ELEVATE** ABOVE LEVEL OF THE HEART
2. IF THERE ARE NO FOREIGN OBJECTS, APPLY FIRM DIRECT PRESSURE OVER THE WOUND

3. IF THERE IS AN OBJECT, APPLY **PRESSURE** AROUND THE FOREIGN OBJECT AND CALL FOR HELP

P: POSITION - POSITION THE VICTIM IN A SAFE / COMFORTABLE POSITION

E: ELEVATE LIMBS

E: EXPOSE & EXAMINE THE INJURY. CHECK FOR ANY EMBEDDED OR FOREIGN OBJECTS SUCH AS PIECES OF GLASS.

P: PRESSURE - APPLY DIRECT PRESSURE OVER THE INJURY TO CONTROL BLOOD LOSS

DO NOT APPLY A TOURNIQUET UNLESS SPECIFICALLY TRAINED TO DO SO. DO NOT ATTEMPT TO WASH OUT A MAJOR WOUND - YOUR AIM IS TO CONTROL THE BLEEDING AS QUICKLY AS POSSIBLE. WATCH FOR SIGNS AND SYMPTOMS OF SHOCK. IF YOU HAVE ACCESS TO FIRST AID MATERIALS YOU MAY BE ABLE TO APPLY A STERILE BANDAGE TO A WOUND. APPLYING A BANDAGE PROVIDES DIRECT PRESSURE AND REDUCES THE RISK OF INFECTION. THE FOLLOWING VIDEO DEMONSTRATES HOW TO APPLY A STERILE BANDAGE.

HOW TO DEAL WITH PUNCTURE WOUNDS

A PUNCTURE WOUND OCCURS WHEN AN OBJECT PIERCES THE SKIN AND ENTERS INTO A TISSUE OF THE BODY. THIS CREATES AN OPEN WOUND WHICH IS PAINFUL AND MAY BE BLEEDING. PUNCTURES MAY OCCUR DUE TO ANY SHARP OBJECTS SUCH AS GLASS, SCISSORS, KNIVES, PINS, NAILS, WOOD SPLINTERS AND SHARP STONES.

THE OBJECT MAY REMAIN EMBEDDED IN THE WOUND OR MAY HAVE PASSED CLEAN THROUGH THE BODY PART INVOLVED.

1. DO NOT REMOVE THE OBJECT UNLESS IT IS VERY SMALL (FOR EXAMPLE A SMALL SPLINTER)
2. STOP THE BLEEDING BY APPLYING PRESSURE AROUND THE WOUND
- **TAKE CARE** NOT TO DISLODGE THE OBJECT
3. IF POSSIBLE, ELEVATE THE LIMB TO PREVENT FURTHER BLOOD LOSS
4. SEEK URGENT MEDICAL ATTENTION

IT IS IMPORTANT TO KEEP THE OBJECT AS STILL AS POSSIBLE TO PREVENT FURTHER INJURY TO THE DEEPER STRUCTURES BELOW THE SKIN. WHILST IT IS TEMPTING SOMETIMES TO ATTEMPT TO REMOVE THE OBJECT, THIS CAN ACTUALLY WORSEN THE SITUATION BY CAUSING FURTHER BLEEDING AND TISSUE DAMAGE. REMOVAL OF EMBEDDED OBJECTS SHOULD ONLY BE CARRIED OUT BY A MEDICAL PROFESSIONAL.

HOW TO HANDLE SHOCK

SHOCK IS A **MEDICAL EMERGENCY** WHICH CAN BE CAUSED BY SEVERE BLOOD LOSS. THE CASUALTY DOES NOT RECEIVE ENOUGH OXYGEN AND OTHER ESSENTIAL NUTRIENTS DUE TO THE LOSS OF BLOOD.

HOW TO RECOGNISE SHOCK

SIGNS & SYMPTOMS OF SHOCK INCLUDE:

- PALE, COLD AND CLAMMY SKIN
- CONFUSION
- DROWSINESS (REDUCING LEVEL OF CONSCIOUSNESS)
- FAST, WEAK PULSE
- FAST, SHALLOW BREATHING

IF A CASUALTY HAS LOST A LOT OF BLOOD, YOU SHOULD BE ACTIVELY LOOKING FOR SIGNS AND SYMPTOMS OF SHOCK.

FIRST AID TREATMENT FOR SHOCK

IF YOU SUSPECT A CASUALTY IS SUFFERING FROM SHOCK THEN YOU SHOULD:

1. CONTROL ANY EXTERNAL BLOOD LOSS (THINK PEEP FROM THE LAST UNIT)
2. LIE THE CASUALTY DOWN AND RAISE THEIR LEGS IF POSSIBLE
3. COVER THE CASUALTY WITH A COAT OR BLANKET TO KEEP THEM WARM
4. CALL FOR EMERGENCY MEDICAL HELP

DO NOT GIVE THE CASUALTY ANYTHING TO EAT OR DRINK! STAY WITH THEM UNTIL MEDICAL HELP ARRIVES. IF THE CASUALTY BECOMES UNCONSCIOUS / UNRESPONSIVE THEN YOU SHOULD PLACE THEM INTO

THE RECOVERY POSITION. IF THEY STOP BREATHING NORMALLY THEN COMMENCE CPR.

THE KEY SKILL FOR A FIRST AIDER IS BEING ABLE TO **RECOGNISE SHOCK DEVELOPING EARLY** AND CALL FOR PROMPT MEDICAL ASSISTANCE.

MINOR WOUNDS

1. WASH YOUR HANDS AND WEAR GLOVES
2. CLEAN THE WOUND THOROUGHLY WITH ANTISEPTIC WIPES OR CLEAN RUNNING WATER
3. COVER THE WOUND USING A CLEAN DRESSING (PLASTER, NON-ADHERENT PAD ETC.).

CAUTION: DO NOT REMOVE ANY EMBEDDED OBJECTS (E.G: GLASS) - SEEK MEDICAL ADVICE IF THERE ARE ANY OBJECTS IN A WOUND.

MOST MINOR WOUNDS WILL HEAL WITH TIME AND THESE SIMPLE FIRST AID STEPS. HOWEVER, SOMETIMES THEY CAN BECOME INFECTED. YOU SHOULD WATCH OUT FOR SIGNS AND SYMPTOMS OF AN INFECTED WOUND:

- INCREASING PAIN
- AREA AROUND THE WOUND BECOME RED, SWOLLEN AND WARM TO TOUCH
- THE WOUND STARTS PRODUCING DISCHARGE / PUS
- THE CASUALTY DEVELOPS A TEMPERATURE / FEVER

BELOW IS AN EXAMPLE OF AN INFECTED MINOR WOUND (CLICK ON THE PHOTO TO ENLARGE). YOU CAN CLEARLY SEE THE AREA AROUND THE WOUND HAS BECOME RED AND SWOLLEN. THE WOUND IS ALSO PRODUCING A YELLOW DISCHARGE.

TYPES OF BURNS

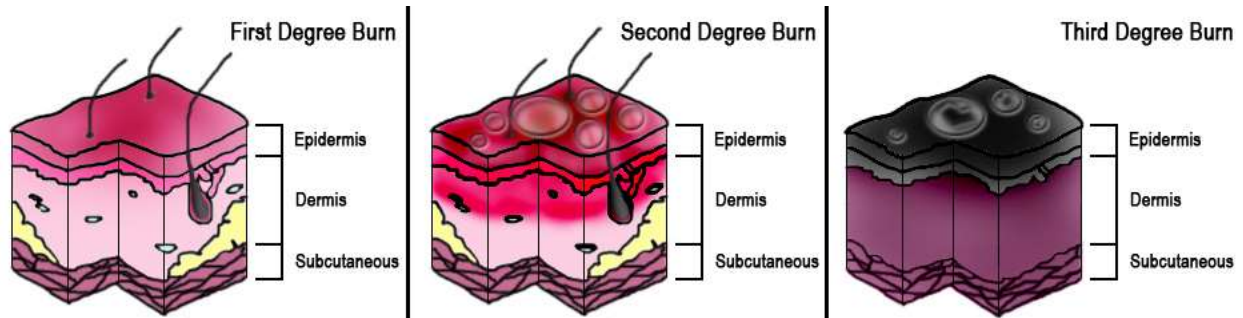
BURN INJURIES CAN BE CLASSIFIED BY THEIR **TYPE** AND **DEPTH**. THE SIZE OF BURNS IS EXPRESSED AS A PERCENTAGE OF TOTAL BODY AREA.

TYPES OF BURN

- SCALD - CAUSED BY A HOT LIQUID
- FRICTION - CAUSED BY ROUGH SURFACES, E.G: CARPET
- RADIATION/SUNBURN

- ELECTRICAL - WILL HAVE AN ENTRY BURN AND AN EXIT BURN
- CHEMICAL
- DRY - TOUCHING HOT OBJECTS, E.G: A COOKER.

DEPTHS OF BURN



SUPERFICIAL (1ST DEGREE) - THIS IS WHEN ONLY THE TOP LAYER OF SKIN HAS BEEN DAMAGED. THESE ARE THE MOST MINOR BURNS. OFTEN THE ONLY SIGN IS A REDDENING OF THE SKIN. MINOR SUNBURN FALLS INTO THIS CATEGORY OF BURNS.

PARTIAL THICKNESS (2ND DEGREE) - THESE BURNS CAUSE BLISTERS IN THE SKIN DUE TO THE DAMAGED TISSUE RELEASING FLUID.

FULL THICKNESS (3RD DEGREE) - THIS IS THE MOST SERIOUS TYPE OF BURN. IN A FULL THICKNESS BURN, EVERY LAYER OF THE SKIN HAS BEEN AFFECTED AND THE UNDERLYING BONE, MUSCLE OR FAT MAY HAVE ALSO BEEN DAMAGED.

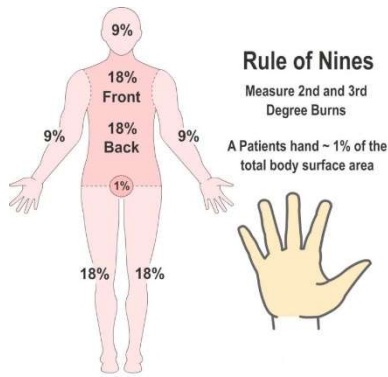
ASSESSMENT OF BURN SIZE

CORRECTLY ESTIMATING THE SIZE OF THE BURN IS IMPORTANT. BURN AREA IS MEASURED AS A PERCENTAGE OF TOTAL BODY SURFACE AREA.

THERE ARE TWO TECHNIQUES WHICH CAN BE USED:

- PALM OF HAND: ROUGHLY SPEAKING, THE PALM OF THE VICTIM'S HAND WILL BE APPROXIMATELY 1% OF THEIR BODY SURFACE AREA
- RULE OF NINES (SEE IMAGE)

BURNS IN THE REGION OF 10% OF BODY AREA ARE SERIOUS AND MAY PRODUCE SEVERE SHOCK.



TREATMENT FOR BURNS

STEP 1: IMMEDIATELY RUN THE BURN UNDER COLD RUNNING WATER FOR A **MINIMUM** OF 10 MINUTES. IF RUNNING COLD WATER IS NOT AVAILABLE THEN IMPROVISE! YOU CAN USE OTHER NON-TOXIC LIQUIDS SUCH AS DRINKS. YOUR AIM IS TO COOL THE BURN.

STEP 2: EXPOSE THE AFFECTED AREA AND IF POSSIBLE REMOVE ANYTHING THAT COULD BE CONSTRICTED (WATCHES, JEWELLERY ETC.). DO NOT REMOVE CLOTHING STICKING TO THE BURN, INSTEAD COOL THROUGH THE CLOTHING.

STEP 3: AFTER COOLING THE BURN, COVER WITH A NON-FLUFFY DRESSING/COVERING. IF YOU HAVE ACCESS TO A FIRST AID KIT, USE A NON-FLUFFY STERILE DRESSING. IF NOT THEN IMPROVISE WITH WHATEVER IS AVAILABLE (PLASTIC BAG, KITCHEN CLINGFILM, TEATOWEL ETC.). BE CAREFUL NOT TO CONSTRICT THE BURN!

STEP 4. SEEK MEDICAL ATTENTION FOR ANYTHING EXCEPT THE MOST MINOR OF BURNS.

WHAT NOT TO DO

- DO NOT TRY TO REMOVE CLOTHING STICKING TO A BURN, INSTEAD COOL THROUGH THE CLOTHING
- DO NOT APPLY TOOTHPASTE / BUTTER / CREAMS TO A BURN. RUNNING WATER IS THE MOST EFFECTIVE COOLING METHOD.
 - EXCEPTION: "AFTERSUN" LOTION IS USEFUL FOR SUNBURN
- DO NOT BURST ANY BLISTERS
- DO NOT STOP COOLING BEFORE 10 MINUTES IS UP!

CHEMICAL BURNS

THESE CAN RANGE FROM HOUSEHOLD CHEMICALS SUCH AS BLEACH, CLEANING PRODUCTS, PESTICIDES TO STRONG INDUSTRIAL CHEMICALS USED IN THE WORKPLACE. CHEMICAL BURNS CAN BE INCREDIBLY SERIOUS AS THE CHEMICAL WILL KEEP DAMAGING THE SKIN AND TISSUE UNTIL IT IS REMOVED.

STEP 1: CHECK FOR ANY DANGERS TO YOURSELF. THE CHEMICALS THAT CAUSED THE CASUALTY'S INJURIES COULD ALSO POSE A DANGER TO YOU. TRY TO ESTABLISH WHAT CAUSED THE BURN AND HOW SAFE THE CHEMICALS ARE. IF YOU ARE IN AN ENCLOSED AREA, MOVE THE CASUALTY OUTSIDE OR OPEN WINDOWS TO PREVENT THE BUILD UP OF FUMES. WEAR DISPOSABLE GLOVES.

STEP 2: COOL THE BURN WITH COPIOUS RUNNING WATER FOR AT LEAST **15 - 20 MINUTES**. ENSURE THAT YOU DO NOT COME INTO CONTACT WITH THE WATER USED TO COOL THE BURN AS IT MAY CONTAIN THE HARMFUL CHEMICAL.

STEP 3: IF ANY CLOTHING HAS COME INTO CONTACT WITH THE CHEMICAL, IT SHOULD BE REMOVED PROVIDING IT ISN'T STICKING TO THE BURN. TRY TO IDENTIFY THE CHEMICAL INVOLVED AND ITS CONTAINER.

STEP 4: COVER THE BURN WITH A STERILE, NON-FLUFFY FIRST AID DRESSING. IF NO DRESSING IS AVAILABLE, THEN IMPROVISE. GOOD ITEMS TO USE INCLUDE CLING-FILM AND PLASTIC BAGS.

IF THE BURN IS SERIOUS, THE CASUALTY SHOWS SIGNS OF SHOCK OR THE CASUALTY BECOMES DROWSY/LOSES CONSCIOUSNESS THEN CALL AN EMERGENCY AMBULANCE IMMEDIATELY. IF A LARGE CHEMICAL SPILL HAS OCCURRED THEN ALSO ENSURE THE FIRE BRIGADE AND POLICE HAVE ALSO BEEN INFORMED.

IF YOU BECOME EXPOSED TO THE CHEMICAL INVOLVED THEN YOU SHOULD SEEK MEDICAL ADVICE IMMEDIATELY.

PEDIATRIC FIRST AID

REMEMBER DRAB-DANGER, RESPONSE, AIRWAY AND BREATHING

1. CHECK FOR DANGER TO YOURSELF AND OTHERS

2. FOR CHILDREN-SHOUT LOUDLY IN BOTH EARS AND TAP THEM ON THE SHOULDERS.

FOR BABIES-FLICK THE BOTTOM OF THE FOOT

3. IF YOU DO NOT GET A RESPONSE THEN THEY ARE UNCONSCIOUS EITHER COMPLETE OR NEAR COMPLETE LACK OF RESPONSIVENESS OR UNAWARE OF BOTH SELF AND EXTERNAL SURROUNDINGS. AN UNCONSCIOUS PERSON CAN SWALLOW THEIR OWN TONGUE. AND THE AIRWAY CAN BECOME BLOCKED. OPEN THE AIRWAY BY **TILTING THE HEAD BACKWARDS AND LIFTING THE CHIN** WITH TWO FINGERS



FOR BABIES: YOU SHOULD ENSURE THE BABY'S HEAD IS IN THE 'NEUTRAL' POSITION. THIS MEANS THE HEAD IS NOT TILTED FORWARDS OR BACKWARDS, INSTEAD THE BABY SHOULD BE LOOKING AT THE CEILING. THEN USE YOUR FINGER TIPS TO LIFT THE CHIN.



BREATHING

KEEP YOUR HANDS ON THE CHILD / BABY'S HEAD & CHIN. PLACE YOUR CHEEK ABOVE THEIR MOUTH AND LOOK AT THEIR CHEST.

LOOK, LISTEN AND FEEL FOR REGULAR BREATHING FOR UP TO 10 SECONDS. YOU ARE ASSESSING FOR **NORMAL** BREATHING. THE OCCASIONAL GASPING OR SNORING SOUND IS NOT REGULAR BREATHING AND SHOULD BE TREATED AS NO BREATHING.

ONCE YOU'VE ASSESSED WHETHER THE CHILD / BABY IS BREATHING NORMALLY YOU CAN PERFORM THE APPROPRIATE FIRST AID TREATMENT.

UNCONSCIOUS AND BREATHING CHILDREN/BABIES: THE RECOVERY POSITION

IF THE CHILD / BABY IS BREATHING THEN YOU NEED TO PROTECT THEIR **AIRWAY** BY PLACING THEM IN THE RECOVERY POSITION. THE RECOVERY POSITION INVOLVES ROLLING THE CASUALTY ONTO THEIR SIDE WITH THEIR HEAD TILTED BACK. BY DOING THIS, THE TONGUE IS KEPT CLEAR OF THE AIRWAY AND ANY VOMIT IS ABLE TO DRAIN AND NOT OBSTRUCT THE CHILD OR BABY'S AIRWAY.

CHILDREN

FOR CHILDREN, THE RECOVERY POSITION TECHNIQUE IS THE SAME AS FOR ADULTS.



BABIES / INFANTS

HOLD THE BABY ON THEIR SIDE WITH THE HEAD TILTED DOWNWARDS. ENSURE YOU HAVE FULLY SUPPORTED THE HEAD.



UNCONSCIOUS AND NOT BREATHING CHILDREN/BABIES: CPR

IF THE BABY / CHILD IS NOT BREATHING, YOU SHOULD [CALL AN AMBULANCE](#) AND START RESCUE BREATHS AND CHEST COMPRESSIONS IMMEDIATELY.

YOU DO NOT NEED TO CHECK FOR A PULSE, AS THIS OFTEN WASTES VALUABLE TIME. IF A PUBLIC DEFIBRILLATOR (AED) IS AVAILABLE, THEN IT SHOULD BE SENT FOR IMMEDIATELY.

CHILDREN

1) FIRST DELIVER **FIVE RESCUE BREATHS**

OPEN THE CHILD'S AIRWAY USING THE HEAD TILT / CHIN LIFT TECHNIQUE. PINCH THE NOSE AND DELIVER FIVE RESCUE BREATHS. EACH BREATH SHOULD ONLY LAST AROUND A SECOND, BE CAUTIOUS NOT TO OVER INFLATE THE CHILD'S LUNGS.

2) THEN GIVE **THIRTY CHEST COMPRESSIONS**

PLACE THE PALM OF ONE HAND IN THE CENTRE OF THE CHILD'S CHEST ON THE BRESTBONE (STERNUM). GIVE THIRTY CHEST COMPRESSIONS AT A RATE OF 100 - 120 MINUTE

3) AFTER THIRTY CHEST COMPRESSIONS, DELIVER ANOTHER **TWO RESCUE BREATHS**

4) REPEAT THE CYCLE OF **THIRTY CHEST COMPRESSIONS TO TWO RESCUE BREATHS (30:2)**



BABIES

1) FIRST DELIVER FIVE RESCUE BREATHS

ENSURE THE BABY'S HEAD IS IN THE NEUTRAL POSITION. COVER THEIR MOUTH AND NOSE WITH YOUR MOUTH AND DELIVER FIVE RESCUE BREATHS.

EACH BREATH SHOULD ONLY NEED A 'PUFF' OF AIR FROM YOUR CHEEKS.



2) THEN GIVE THIRTY CHEST COMPRESSIONS

USE TWO FINGERS TO COMPRESS THE BABY'S CHEST ON THE BRESTBONE (STERNUM) AT A RATE OF 100 - 120 CHEST COMPRESSIONS PER MINUTE

3) AFTER THIRTY CHEST COMPRESSIONS, DELIVER ANOTHER TWO RESCUE BREATHS

4) REPEAT THE CYCLE OF **THIRTY CHEST COMPRESSIONS TO TWO RESCUE BREATHS** (30:2)

CHOKING

CHOKING IS A COMMON CAUSE OF DEATH IN CHILDREN AND BABIES. CHILDREN AGED UNDER FIVE YEARS OLD ARE MOST AT RISK. IT IS VITAL TO KNOW THE FIRST AID STEPS TO HELP A CHOKING CHILD OR BABY

CHILDREN

1. GIVE UP TO FIVE BACK BLOWS

HIT THE CHILD USING THE PALM OF YOUR HAND IN THE CENTRE OF THEIR BACK. YOUR AIM IS TO CREATE VIBRATIONS TO DISLODGE THE OBJECT FROM THE AIRWAY

2. GIVE UP TO FIVE ABDOMINAL THRUSTS

STAND / KNEEL BEHIND THE CHILD. PLACE A FIST JUST ABOVE THEIR BELLY BUTTON. WITH YOUR OTHER HAND, GRASP THE FIST AND PULL SHARPLY INWARDS AND UPWARDS

3. REPEAT THE CYCLE OF FIVE BACK BLOWS AND FIVE ABDOMINAL THRUSTS UNTIL HELP ARRIVES

BABIES

A BABY WHO IS CHOKING WILL BE DISTRESSED AND MAY BE UNABLE TO CRY, COUGH OR BREATHE.

1. GIVE UP TO FIVE BACK BLOWS

LAY THE BABY FACE DOWN ACROSS YOUR THIGH OR FOREARM (ENSURE THE HEAD IS SUPPORTED). GIVE UP TO FIVE FIRM BLOWS USING THE PALM OF YOUR HAND IN BETWEEN THE BABY'S SHOULDER BLADES.

2. GIVE UP TO FIVE CHEST THRUSTS

TURN THE BABY OVER SO THAT THEY ARE ON THEIR BACK. USING TWO FINGERS, DELIVER FIVE FIRM CHEST THRUSTS INWARDS AND UPWARDS TOWARDS THE HEAD.

4. REPEAT THE CYCLES OF BACK BLOWS AND CHEST THRUSTS UNTIL FURTHER HELP ARRIVES.

MENINGITIS

MENINGITIS IS A SERIOUS INFECTION OF THE MEMBRANES WITH COVER THE BRAIN AND SPINAL CORD (KNOWN AS THE MENINGES). MENINGITIS IS ESPECIALLY COMMON IN BABIES AND YOUNG CHILDREN SO IT'S IMPORTANT TO KNOW THE SIGNS AND SYMPTOMS OF THIS DISEASE.

SIGNS AND SYMPTOMS OF MENINGITIS

- FEVER
- VOMITING AND REFUSING TO FEED
- IRRITABILITY / CONFUSION
- DROWSY / FLOPPY / UNRESPONSIVE
- RAPID BREATHING RATE

- UNUSUAL HIGH-PITCHED OR MOANING CRY
- PALE, BLOTCHY SKIN, AND A RED RASH THAT DOESN'T FADE WHEN A GLASS IS ROLLED OVER IT
- STIFF NECK
- AVOID BRIGHT LIGHTS (PHOTOPHOBIA)
- SEIZURES

MOST PEOPLE ARE AWARE OF THE RASH WITH ACCOMPANIES MENINGITIS. THE RASH WHICH OCCURS IS A **NON-BLANCHING RASH**, THIS MEANS IF YOU ROLL A GLASS OVER IT THE RASH DOESN'T DISAPPEAR. THIS IS SOMETIMES KNOWN AS THE 'GLASS TUMBLER TEST'.

IMPORTANT: A RASH ONLY DEVELOPS ONCE MENINGITIS IS ADVANCED AND IN SOME CASES MAY NOT OCCUR AT ALL. IF YOU ARE CONCERNED THEN DO NOT WAIT FOR A RASH TO APPEAR. IF YOU SEE A RASH THEN YOU SHOULD SEEK EMERGENCY MEDICAL ATTENTION (CALL AN AMBULANCE). MENINGITIS IS A LIFE-THREATENING MEDICAL CONDITION WHICH REQUIRES HOSPITAL TREATMENT. IF YOU SUSPECT MENINGITIS THEN DO NOT DELAY IN CALLING FOR EMERGENCY HELP.

ASTHMA IN CHILDREN

ASTHMA IS AN INFLAMMATORY CONDITION OF THE SMALLEST AIRWAYS - THE BRONCHIOLES. THESE TINY TUBES CAN BECOME INFLAMED AND SECRETE EXCESSIVE AMOUNTS OF MUCOUS CAUSING SEVERE DIFFICULTY IN BREATHING. THIS IS KNOWN AS AN ASTHMA ATTACK. THE CAUSE OF ASTHMA IS THOUGHT TO BE A COMBINATION OF ENVIRONMENTAL AND GENETIC FACTORS.

AN ASTHMA ATTACK IS NORMALLY TRIGGERED BY SOMETHING, WHETHER IT BE AN ALLERGEN (E.G: POLLEN, DUST, VEHICLE EMISSIONS, SOOT ETC.) OR AN ENVIRONMENTAL CONDITION SUCH AS COLD AIR. NORMALLY, AN ASTHMA ATTACK IS CHARACTERISED BY THE FOLLOWING SYMPTOMS:

- A WHEEZING SOUNDS WHEN BREATHING
- DIFFICULTY IN BREATHING
- UNABLE TO COMPLETE A FULL SENTENCE
- HYPERVENTILATION
- ANXIETY AND PANIC
- REDUCING LEVELS OF CONSCIOUSNESS

REMEMBER NOT ALL OF THESE SIGNS AND SYMPTOMS MAY BE OBVIOUS.

THE CASUALTY MAY WEAR A BRACELET ON THEIR WRIST/ANKLE/NECK WITH DETAILS OF THEIR ASTHMA. ALSO, THEY MAY CARRY THEIR MEDICATION WITH THEM.

FIRST AID FOR AN ASTHMA ATTACK

STEP 1: SIT THE CHILD DOWN IN THE POSITION THEY FIND MOST COMFORTABLE FOR THEIR BREATHING.

STEP 2: FIND THEIR MEDICATION, WHICH IS NORMALLY AN INHALER (POSSIBLY WITH A SPACER DEVICE) CONTAINING A DRUG SUCH AS SALBUTAMOL.

STEP 3: ASSIST THE CHILD TO USE THEIR MEDICATION. THEY SHOULD HAVE BEEN TRAINED IN HOW TO ADMINISTER THE INHALER. MOST CHILDREN SHOULD USE A DEVICE KNOWN AS A SPACER WITH THEIR INHALER. A SPACER MAKES IT EASIER FOR THE CHILD TO TAKE THE MEDICATION.

STEP 4: PROVIDE REASSURANCE AND HELP CALM THE PERSON'S BREATHING IF THEY ARE HYPERVENTILATING.

IF THE MEDICATION DOES NOT HAVE ANY EFFECT, THE CASUALTY STARTS TO BECOME DROWSY/EXHAUSTED OR IF THEY HAVE FORGOTTEN THEIR MEDICATION THEN YOU SHOULD CALL AN EMERGENCY AMBULANCE IMMEDIATELY.

IF THE CASUALTY BECOMES UNCONSCIOUS, THEN OPEN THEIR AIRWAY BY TILTING THEIR HEAD BACK AND CHECK FOR NORMAL BREATHING. IF THEY ARE BREATHING THEN ROLL THEM ONTO THEIR SIDE TO PROTECT THEIR AIRWAY. IF THEY ARE NOT BREATHING THEN COMMENCE CARDIOPULMONARY RESUSCITATION (CPR).

ASTHMA ATTACKS CAN APPEAR FRIGHTENING BUT YOU SHOULD MAKE EVERY EFFORT TO REMAIN CALM AND IN-CONTROL OF THE SITUATION. DO NOT DELAY IN CALLING FOR EMERGENCY HELP IF YOU ARE CONCERNED.

CROUP

CROUP IS A VIRAL INFECTION OF THE AIRWAYS IN CHILDREN. IT IS MOST COMMON BETWEEN THE AGES OF 6 MONTHS AND 3 YEARS ALTHOUGH IT CAN OCCUR IN OLDER CHILDREN AND RARELY ADULTS.

THE INFECTION CAUSES MILD SWELLING IN THE THROAT WHICH LEADS TO PROBLEMS WITH THE CHILD'S BREATHING.

SIGNS AND SYMPTOMS

- CHARACTERISTIC BARKING COUGH
- HOARSE / CROAKY VOICE
- DIFFICULTY IN BREATHING
- COLD LIKE SYMPTOMS: FEVER, COUGH ETC.

THESE SYMPTOMS OFTEN ARE WORSE AT NIGHT.

FIRST AID TREATMENT

MILD CROUP CAN OFTEN BE MANAGED AT HOME. HOWEVER IF YOU ARE CONCERNED OR THE CHILD HAS SIGNIFICANT DIFFICULTY IN BREATHING THEN YOU SHOULD SEEK URGENT MEDICAL ATTENTION.

1. SEEK MEDICAL ATTENTION. THE CHILD MAY REQUIRE MEDICINES TO HELP WITH THE SWELLING IN THE THROAT
2. USE SIMPLE PAINKILLERS SUCH AS PARACETAMOL (IF ALLOWED) TO REDUCE ANY FEVER AND PAIN
3. MONITOR REGULARLY AND ENSURE THE CHILD REMAINS ADEQUATELY HYDRATED

FEBRILE SEIZURES

A FEBRILE SEIZURE, OR FEBRILE CONVULSION, IS A FIT/SEIZURE WHICH HAPPENS WHEN A CHILD'S BODY TEMPERATURE IS RAISED. FEBRILE SEIZURES ARE COMMON AND OFTEN AFFECT CHILDREN AGED BETWEEN 18 MONTHS AND 3 YEARS.

MOST FEBRILE SEIZURES OCCUR WHEN THE CHILD HAS A COMMON ILLNESS SUCH AS AN EAR INFECTION OR COLD.

SIGNS AND SYMPTOMS

THE CHILD WILL HAVE A SEIZURE, WHICH MAY INVOLVE:

- THE CHILD BECOMES UNRESPONSIVE
- THE BODY BECOMES STIFF AND MAY START JERKING/TWITCHING
- THEY WET THEMSELVES

MOST FEBRILE SEIZURES ONLY LAST FOR AROUND 5 MINUTES.

FIRST AID TREATMENT

1) RECORD THE TIME THE SEIZURE STARTED

2) PLACE THE CHILD ON THEIR SIDE, PREFERABLY ON A SOFT SURFACE

3) REMOVE ANY HAZARDS FROM AROUND THE CHILD

4) REMOVE ANY EXCESSIVE CLOTHING TO HELP COOL THE CHILD

DO NOT PLACE ANYTHING IN THE CHILD'S MOUTH WHILST THEY ARE HAVING THE SEIZURE

YOU SHOULD SEEK ROUTINE MEDICAL ADVICE AFTER EACH SEIZURE.

YOU SHOULD SEEK EMERGENCY MEDICAL HELP IF:

- YOU ARE CONCERNED
- THE SEIZURE LASTS LONGER THAN 5 MINUTES
- THE CHILD HAS MULTIPLE SEIZURES
- THE CHILD HAS ABNORMAL BREATHING OR AN OBSTRUCTED AIRWAY
- THERE ARE SIGNS OF A SERIOUS ILLNESS SUCH AS MENINGITIS

FIRST AID FOR STROKE

Heat Stroke FIRST AID

Heat Stroke is the most severe form of heat illness wherein the body overheats and can't cool down by sweating because of dehydration. It can cause death or permanent disability if emergency treatment is not provided.

SYMPTOMS

- Dizziness or fainting
- Hot and dry skin
- Very high core body temperature of 104°F (40°C) or more
- Lack of sweating
- Throbbing headache
- Behavioral changes such as confusion or disorientation
- Muscle weakness or cramps
- Nausea and vomiting
- Rapid heartbeat
- Rapid, shallow breathing
- Seizures
- Unconsciousness or coma

TREATMENT

- 1 Move the person to a shady spot or indoors.
- 2 Call emergency medical help. Continue to the next steps while waiting for professional help to arrive.
- 3 Have the person lie down with the feet elevated.
- 4 If still conscious, have him sip cool water.
- 5 Remove his clothing.
- 6 Cool the person by spraying with cool water.
- 7 Apply damp sheets / towels / sponges / ice packs to the armpits, wrists, ankles and groin.
- 8 Use fan to direct air onto the body.

EMERGENCY CONTACT NUMBERS

POLICE-999

FIRE-990

AMBULANCE-811

IF YOU NEED TO CALL FOR HELP. GIVE PRECISE INFORMATION:-

- THE LOCATION OF THE INCIDENT
- THE NUMBER OF VICTIMS / PEOPLE INVOLVED
- THE NATURE OF THEIR INJURIES
- IN SOME CASES, THEIR AGE
- ANY HAZARDS AT THE INCIDENT (E.G: SPILT FUEL, FIRE, ELECTRICITY)

DISASTER MANAGEMENT UNIT HOTLINE NUMBERS

- ARIMA BOROUGH CORPORATION

800 - 2ABC (2222)

- CHAGUANAS BOROUGH CORPORATION

800 - DCBC (3222)

- COUVA/TABAQUITE/TALPARO REGIONAL CORPORATION

800 - CTTC (2882)

- DIEGO MARTIN REGIONAL CORPORATION

800 - DMRC (3672)

- PENAL/DEBE REGIONAL CORPORATION

800 - PDRC (7372)

- POINT FORTIN REGIONAL CORPORATION

800 - PFBC (7322)

- PRINCES TOWN REGIONAL CORPORATION

800 - PTRC (7872)

- PORT OF SPAIN CITY CORPORATION
800 - PSCC (7722)

- SAN FERNANDO CITY CORPORATION
800 - SCDU (7238)

- SANGRE GRANDE REGIONAL CORPORATION
800 - SGRC (7472)

- SAN JUAN/LAVENTILLE REGIONAL CORPORATION
800 - SLRC (7572)

- SIPARIA REGIONAL CORPORATION
800 - 4SRC (4772)

- MAYARO/RIO CLARO REGIONAL CORPORATION
800 - 4MRC (4672)

- TUNAPUNA/PIARCO REGIONAL CORPORATION
800 - TPRC (8772)

TOBAGO EMERGENCY MANAGEMENT AGENCY - 211

HOME TREATMENT FOR KIDS

DECONGEST WITH ONION

SLICE UP AN ONION AND PLACE IT ON A PLATE NEXT TO BABY'S/CHILD'S BED OR CRIB. THE SULFUR CONTENT IN THE ONION DRAWS OUT MUCUS AND FLUIDS IN BODY. IF YOUR BABY HAS A STUFFY NOSE, IT CAN LOOSEN THAT UP WITH NO SIDE EFFECTS EXCEPT FOR THE OBVIOUS ODOR IN THE ROOM."

CLOGGED NOSE

STEAM UP THE BATHROOM AND KEEP BABY IN THERE FOR A LITTLE WHILE, NOT THE BEDROOM, TO DECONGEST LITTLE ONES.

CHILL A FEVER WITH LEMON

NOTE THAT A [FEVER IN BABIES](#) UNDER THE AGE OF 3 MONTHS IS CAUSE FOR CONCERN AND SHOULD BE EVALUATED BY A DOCTOR, MOST [FEVERS](#) DO LITTLE MORE THAN MAKE YOUR BABY FEEL OUT-OF-SORTS. SLICE A LEMON OVER A BOWL OF WARM WATER TO CAPTURE THE FRUIT'S AROMATIC OILS. USING A COTTON CLOTH, GIVE YOUR BABY A "SPONGE BATH" WITH THE WARM LEMON WATER. THE COOLING PROPERTIES OF THE LEMON AND EVAPORATING WATER WORK TOGETHER IN REDUCING THE FEVER

BREASTFEEDING MOMS: ARE YOU GIVING YOUR CHILD GAS?

LIMINATING CERTAIN FOODS, YOU MIGHT BE ABLE TO CURB GAS PRODUCTION IN YOUR CHILD. GAS PRODUCERS ARE DAIRY PRODUCTS, WHEAT, EGGS, VEGETABLES IN THE CABBAGE FAMILY, AND BEANS. [CAFFEINE](#), [CHOCOLATE](#), AND SPICES.

CONSTIPATION IN BABIES/KIDS

HYDRATE AND CHOP A FEW ORGANIC PRUNES. "PUT THEM WITH WHATEVER SOLID FOOD YOU'RE GIVING THEM. IF YOU'RE FEEDING BROCCOLI AND PEAS, ADD SOME PRUNES. THAT USUALLY DOES IT."

DRY SKIN

IF YOUR BABY HAS DRY, [ITCHY SKIN](#), TRY A SOOTHING OATMEAL BATH. TO MAKE YOUR OWN OATMEAL BATH, GRIND OATMEAL IN A BLENDER OR FOOD PROCESSOR UNTIL IT'S FINELY PULVERIZED. SPRINKLE A HALF-CUP OF OATMEAL INTO THE BATH AS THE WATER IS RUNNING, AND MIX THOROUGHLY. THE WATER WILL LOOK MILKY, AND THE TUB WILL BE SLICK. ALLOW YOUR BABY TO SOAK FOR UP TO 15 MINUTES. YOU CAN REPEAT THIS UP TO THREE TIMES A DAY

WARM COMFORT: THE HOT WATER BOTTLE

SWADDLE A HOT WATER BOTTLE IN A SOFT TOWEL AND YOU HAVE THE PERFECT CUDDLE COMPANION FOR YOUR SICK CHILD. TUCK THE BOTTLE NEXT TO A SORE EAR, TUMMY, OR CHEST. OR WARM CHILLED TOES BY ENFOLDING THE BOTTLE AND YOUR CHILD'S FEET WITH EXTRA TOWELS UNTIL YOUR BABY'S FEET FEEL WARM.

CHAMOMILE CALMS

A TRADITIONAL TREATMENT FOR DIGESTIVE FLARE UPS AND [INSOMNIA](#), CHAMOMILE TEA CAN BE USED WITH YOUR BABY AS A COMPRESS TO EASE [STOMACH](#) TROUBLE. TO MAKE A COMPRESS, ADD TWO TO THREE ORGANIC CHAMOMILE TEA BAGS TO A BOWL OF HOT WATER AND STEEP. SOAK A COTTON CLOTH IN THE CHAMOMILE INFUSION, WRING IT OUT, AND PLACE IT ON YOUR BABY'S [ABDOMEN](#) AND COVER. MAKE SURE THE CLOTH ISN'T TOO HOT. TO KEEP THE COMPRESS WARM, YOU CAN TOP IT WITH A HOT WATER BOTTLE. KEEP IT IN PLACE FOR 10 TO 15 MINUTES.

GRIPE/COLIC

DRAW SWEETBROOM AND GIVE BABY ONE OUNCE TO DRINK

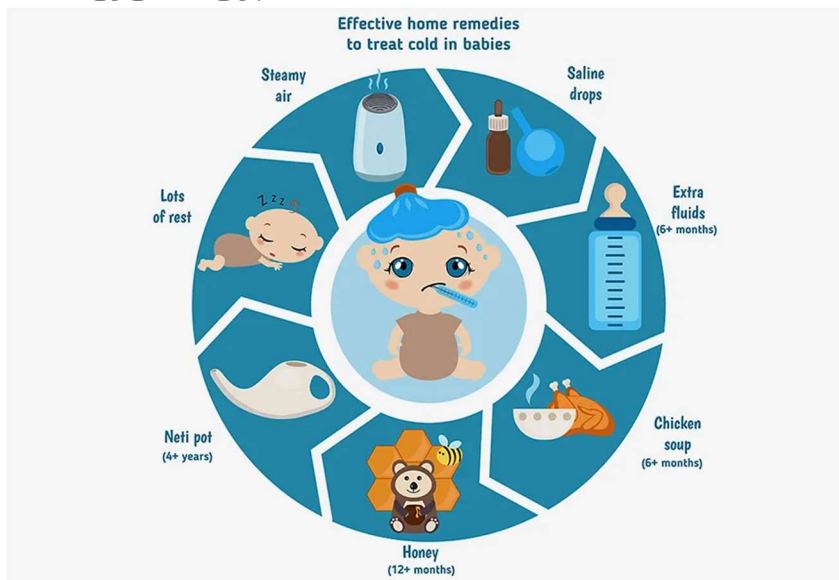
DIARRHEA IN BABIES/KIDS

- KEEP HYDRATED
- SOUP
- YOUNG COCONUT WATER FOR DRINKING

COLD AND FLU IN BABIES/TODDLERS

- BREASTMILK-CONTAINS ANTIBODIES WHICH MAKE THE BODY IMMUNE TO ALL KINDS OF GERMS AND VIRUSES, INCLUDING THE COLD AND FLU VIRUSES
- DRY ROASTED TURMERIC RUB-. BURN A DRY TURMERIC STICK TILL IT IS CHARRED ON A STOVE AND THEN MAKE A PASTE BY ADDING SOME WATER. THIS PASTE, WHEN APPLIED ON THE BRIDGE OF THE BABY'S NOSE, CAN PROVIDE RELIEF. AVOID APPLYING THE PASTE INSIDE THE BABY'S NOSE.
- CARROT JUICE-CARROTS CONTAIN ESSENTIAL NUTRIENTS AND VITAMINS THAT HELP BOOST THE IMMUNE SYSTEM. THIS IS ONE OF THE BEST HOME REMEDIES TO TREAT COLD IN TODDLERS. CARROTS CAN BE STEAMED, MASHED AND DILUTED WITH SOME ROOM TEMPERATURE WATER FOR BABIES AGED 6 MONTHS AND ABOVE (BABIES WHO HAVE BEEN INTRODUCED TO SOLIDS). FOR OLDER KIDS WHO CAN DIGEST FRESH FRUIT JUICES, YOU CAN GO FOR FRESH CARROT JUICE.
- SALINE DROPS-NASAL OR SALINE DROPS ARE A QUICK AND SAFE OPTION TO PROVIDE YOUR BABY SOME RELIEF FROM CONGESTION. ONE CAN USE A DROPPER TO ADMINISTER THE SALINE DROPS. THEN USE A NASAL SUCTION BULB TO REMOVE THE MUCUS.
- LEMON WATER MIXED WITH HONEY-LEMONS ARE RICH IN VITAMIN C THAT IS EFFECTIVE IN FIGHTING OFF A COLD. SQUEEZE SOME LEMON JUICE IN A GLASS OF WARM WATER, AND ADD HONEY FOR TASTE. THIS REMEDY IS BEST SUITED FOR KIDS ONE AND OLDER WHO HAVE BEEN INTRODUCED TO THE INGREDIENTS.
- GARGLE SALT WATER-FOR RELIEF OF SORE THROAT IN OLDER KIDS
- RAISE YOUR CHILD'S HEAD-YOUR CHILD'S BODY REPAIRS ITSELF AT NIGHT WHEN HE'S ASLEEP, WHICH IS WHY DEEP, UNINTERRUPTED

SLEEP IS IMPORTANT FOR THE INFECTION TO SUBSIDE. RAISING YOUR KID'S HEAD WILL PREVENT THE MUCOUS TO GO BACK INTO HIS SYSTEM AND ALLOW HIM TO BREATHE EASILY. SIMPLY TAKE A TOWEL AND FOLD IT. PUT THIS TOWEL UNDER YOUR CHILD'S HEAD SO AS TO ELEVATE HIS HEAD. YOU CAN DO SO WITH A SOFT PILLOW TOO. MAKE SURE THAT THE HEIGHT OF THE PILLOW IS OPTIMUM AS YOUR CHILD MAY END UP HAVING NECK TROUBLE IF THE PILLOW IS TOO ELEVATED.



TIPS:-

- ENSURE THAT THE BABY GETS 18 HOURS OF SLEEP, AND TODDLERS OR OLDER KIDS GET A MINIMUM OF 8 HOURS OF SLEEP WHEN THEY HAVE A COLD AND COUGH.
- DO NOT USE HONEY FOR CHILDREN WHO ARE LESS THAN 1-YEAR-OLD. THIS COULD LEAD TO A DISORDER CALLED INFANT BOTULISM (A FORM OF POISONING).
- TODDLERS AND OLDER KIDS SHOULD BE ENCOURAGED TO USE A HANDKERCHIEF AND WASH THEIR HANDS TO AVOID INFECTION
- WASH YOUR AND YOUR BABY'S HANDS FREQUENTLY DURING THIS TIME TO AVOID INFECTIONS. 80% OF INFECTIONS SPREAD THROUGH TOUCH.

- ENSURE THAT YOUR CHILD IS NOT ALLERGIC TO ANY INGREDIENT YOU WILL BE USING IN YOUR HOME REMEDY
- BREASTFEED AS MUCH AS YOU CAN. BREAST MILK HAS A LOT OF ANTIBODIES THAT BUILD IMMUNITY.
- DO NOT FORCEFULLY GIVE FOOD TO YOUR BABY. LOSS OF APPETITE IS COMMON DURING COLDS AND FLU.
- YOUR BABY'S CLOTHING DURING A COLD AND FLU SHOULD BE IN ACCORDANCE WITH THE WEATHER. KEEP YOUR BABY WARM BY CLOTHING HIM IN LAYERS.
- FEED ONLY BOILED AND COOLED WATER TO PREVENT ANY OTHER INFECTIONS IN THE BABY.
- TRY THE RECIPES ON YOURSELF BEFORE USING THEM ON THE BABY.
- DISINFECT OBJECTS THAT ARE USED FREQUENTLY.

CHAMOMILE

IT HELPS THE DIGESTIVE SYSTEM, SOOTHES THE TUMMY, RELIEVES ANXIETY, HELPS WITH PROBLEMS SUCH AS [DIARRHOEA](#), COLIC, [ACID REFLUX](#), [INDIGESTION](#), INFECTIONS, BOOSTS THE IMMUNE SYSTEM, HELPS HEAL WOUNDS, AND RELIEVES IRRITATED SKIN. A CHAMOMILE BATH CAN BE VERY USEFUL TO CALM THE LITTLE ONES BEFORE BED, AND LIGHT CHAMOMILE TEA CAN ALSO DO WONDERS FOR YOUR CHILD.

ELDERBERRIES AND ELDERFLOWERS

THIS IS ANOTHER WONDERFUL HERB TO GIVE TO YOUR CHILD AS IT CAN PROTECT AND CURE ILLNESSES. IT IS KNOWN FOR ITS HEALING PROPERTIES AND IS USED TO TREAT COLD, COUGH, BACTERIAL AND VIRAL INFECTIONS, AND FLU. ELDERBERRIES CAN HELP HEAL YOUR CHILD FROM THE FLU AND CAN SHORTEN THE DURATION OF THEIR COLD. ELDERFLOWERS CAN HELP WITH [NASAL CONGESTION](#) TOO.



ELDERBERRY SYRUP CAN BE GIVEN TO YOUR CHILD OCCASIONALLY TO SUPPORT HIS DELICATE IMMUNE SYSTEM. ELDERFLOWERS CAN BE USED TO MAKE A BATH FOR YOUR CHILD SO THAT HE CAN ABSORB THE BENEFITS OF IT.

SHADOW BENI-USED TO CLEAR BABIES CHEST FROM MUCUS ETC. DRAW A COUPLE AND GIVE TO DRINK

SOFT CANDLE-USED FOR SWELLING. SOFTEN IT AND PLACE ON PIECE OF CLOTH AND APPLY TO SPOT. OR SWINGE THE WONDER OF THE WORLD LEAF AND ADD SOFT CANDLE TO THE LEAF THEN APPLY TO SWELLING

BURST TOE/HAND-BURN CLOTH AND PLACE ON YOUR TOE/HAND AND WRAP WITH CLOTH AND TEAR END AND TIE IT.

SEA BATH-USED FOR BUTTONS ON THE SKIN. GO TO THE SEA AND USE THE SAND AND RUB ON SKIN AND RINSE AFTER

HOME REMEDIES FOR ECZEMA

ALOE VERA GEL

APPLE CIDER VINEGAR-APPLYING DILUTED APPLE CIDER VINEGAR COULD HELP BALANCE THE SKIN'S ACIDITY LEVELS

OATMEAL-ADD POWDERED OATMEAL TO A WARM BATH AND SOAK

COCONUT OIL-APPLY COLD-PRESSED VIRGIN COCONUT OIL DIRECTLY TO THE SKIN AFTER BATHING AND UP TO SEVERAL TIMES A DAY. USE IT BEFORE BED TO KEEP THE SKIN MOISTURIZED OVERNIGHT.

HONEY- DAB A LITTLE HONEY ONTO THE AREA

TEA TREE OIL- TRY MIXING TEA TREE OIL WITH A CARRIER OIL, SUCH AS ALMOND OR OLIVE OIL, THEN APPLYING THE SOLUTION.

TIP:- USE MITTENS TO PREVENT INFANTS FROM SCRATCHING THEIR SKIN

HOME MADE VICKS VAPOR RUB

1. PETROLEUM JELLY WITH ESSENTIAL OILS

ADD 60 DROPS OF ESSENTIAL OIL TO A QUARTER CUP OF PETROLEUM JELLY AND MIX WELL.

APPLICATION:-

RUB OINTMENT LIBERALLY ON CHEST AND BACK 3-4 TIMES A DAY

IT CAN ALSO BE APPLIED AROUND THE NOSTRILS.

2. BEESWAX, POIL AND ESSENTIAL OIL

POUR 3 $\frac{1}{2}$ TABLESPOONS OF OIL INTO JAR AND SET IT IN A POT OF WARM WATER (ABOUT 150 DEGREES) TO FORM A DOUBLE BOILER.

ADD 1 1/2 TEASPOON OF BEESWAX TO THE OIL ND STIR UNTIL IT HAS MELTED THEN REMOVE FROM THE POT OF WATER ONCE IT HAS STARTED TO COOL, ADD 60 DROPS OF ESSENTIAL OIL

MUST HAVE'S

LIGHTER

FOLDING KNIFE

MEDICAL KIT (PLASTERS DIFFERENT SIZES,GAUZE DIFFERENT SIZES,TRIANGULAR BANDAGESMCREPE ROLLED BANDAGES, SAFETY PINS,DISPOSABLE STERILE GLOVES,TWEEZERS,SCISSORS, STICKY TAPE,THERMOMETER,SKIN RASH CREAMS-HYDROCORTISONE KIDS AND ADULT, PAINKILLERS, PANADOL SYRUP FOR KIDS, IBUPROFEN, ANTIHISTAMINE CREAMS OR TABLETS,EYE WASH)

BASIC FIRST AID MANUAL OR GUIDE BOOK. ENSURE EXPIRATION DATES ARE WELL IN THE FUTURE

GLOWSTICKS

BATTERIES DIFFERENT SIZES

IODENE

TOOTHPASTE/TOOTHBRUSH

VICKS VAPOUR RUB

PETROLEUM JELLY

SOFT CANDLE

GAUZE

SAVLON

CANDLES

BAYRUM

ALCOLADO

RUBBING ALCOHOL

WITCH HAZEL

PEROXIDE

COCONUT OIL

TAPOLIN

VINEGAR

CASTOR OIL

CAMPBOR BALLS

BLUE SOAP

FRINGES AND RIBBON OF BLUE

DISINFECTANT

SALINE SOLUTION

ODOMOS

OXIMETER

NEBULIZER

POWDER

CINNAMON

PORTABLE RADIO

FLASHLIGHT

CELL PHONE/CHARGER

IMPORTANT DOCUMENTS

FOODS THAT LAST FOREVER

HONEY

SALT

CORNSTARCH, DRIED BEANS, POPCORN, POWDERED JELLY

WHITE RICE, WHITE SUGAR

WHITE VINEGAR

PURE VANILLA EXTRACT

MAPLE SYRUP

ONE YEAR

DRIED FRUITS

DRIED PASTA

OILS

TEABAGS

TOMATO SAUCE

JAMS AND JELLIES

3-5 YEARS

UNOPENED SPICES

10+ YEARS

MOLASSES AND INSTANT COFFEE, POWDER MILK AND WHITE RICE

PEANUT BUTTER

BASIC SURVIVAL KIT

- CUTTING TOOL-HAVE IN A SHEATH ATTACHED TO YOUR BODY
- COMBUSTION-FLINT STARTER
- COVER-BLANKET, TARP-WOOLEN BLANKET IS BEST
- CONTAINER-TO CARRY WATER, A METAL CONTAINER IS BEST BECAUSE YOU CAN BOIL YOUR WATER
- CORDAGE-ROPE/TWINE-A PARACORD IS BEST
- CANDLELIGHT-BEST IS LED LIGHT, IF NOT CANDLE OR FLASHLIGHT
- COTTON BANDANA-100% COTTON. CAN BE USED TO CARRY THING, CLEAN YOURSELF, FILTER WATER, TUEN INTO CHARCLOTH, A SLING IN FIRST AID OR BANDAGES
- COMPASS
- CARGO TAPE-CAN BE USED FOR FIXING ITEMS, WATERPROOF REPAIRS
- CANVAS NEEDLE-HELP SEW CLOTHS,BLANKETS ETC

TYPES OF CAMPFIRES

Types of CAMPFIRE



Tepee Fire

Good for sitting around. Puts out a lot of heat and light. Fast burning.



Swedish Torch

Puts out a little heat and not much light, but uses little fuel.



Criss-Cross Fire

This is a good fire for cooking over. It will put out a good steady heat and burn for longer than a Tepee Fire.



Key Hole Firepit

Have the best of both. Put a Tepee Fire in the circle then rake hot coals into the slot at the bottom or have a separate criss-cross fire for cooking.

CRISCO CANDLE-ADD A STRING TO CRISCO AND IT WILL BURN FOR 45 DAYS



SURVIVAL TIPS

DEVELOP A PLAN-STAY CALM AND FOCUSED

FIND CLEAN WATER-COLLECT WATER FROM RAIN

SET UP BUCKETS, CONTAINERS OR CUPS TO CATCH WATER.

FIND OTHER WATER SOURCES

BOILING WATER FOR A MINUTE IS THE BEST AND SAFEST WAY TO KILL OFF ANY PATHOGENS.

DIGGING FOR WATER: CERTAIN PLANTS INDICATE WATER SOURCES ARE NEARBY. IDENTIFY PLANTS, SUCH AS CATTAILS, COTTONWOOD OR WILLOWS, AND DIG A SEEP HOLE UNTIL YOU REACH MOISTURE. WAIT FOR WATER TO COLLECT IN THE HOLE.

THINK TOPOGRAPHICALLY: ROCK OUTCROPPING, OR INDENTATIONS ARE LIKELY AREAS FOR WATER TO ACCUMULATE. REMEMBER, WATER FOUND IN PUDDLES OR STREAMS SHOULD BE BOILED.

COLLECT WATER FROM VEGETATION

DEW: DEW COLLECTS ON PLANTS AND GRASSES. USING A CLOTH OR PIECE OF CLOTHING SOAK UP THE DEW AND THEN SQUEEZE IT INTO A CONTAINER. THIS CAN BE A VERY EFFECTIVE METHOD OF COLLECTING A CONSIDERABLE AMOUNT OF WATER.

PLANT MOISTURE BAG: JUST LIKE HUMANS, PLANTS SWEAT. TIE A PLASTIC BAG AROUND A LEAFY BRANCH OF A TREE, AND OVER TIME, WATER WILL COLLECT.

FIND SHELTER OR MAKE A SHELTER

THINK COOL: DIGGING JUST A FEW INCHES IN THE SOIL CAN UNCOVER COOLER GROUND.

BUILD A LEAN-TO: USE STICKS OR LIMBS TO MAKE A SHELTER OVER THE EXPOSED GROUND.

LET THE AIR FLOW: THE PURPOSE OF THIS SHELTER IS TO CREATE SHADE. USE AVAILABLE MATERIAL SUCH AS BARK, LEAVES, A PONCHO, AN

EMERGENCY SLEEPING BAG OR BLANKET OR ANY AVAILABLE FABRIC TO COVER ONE SIDE.

REMAIN COOL: LIE IN THE COOL SOIL BENEATH THE SHADE.



LIGHT A FIRE

EASY: USE A LIGHTER OR WATERPROOF MATCHES. KEEP YOUR MATCHES DRY IN A WATERPROOF CONTAINER.

MEDIUM: USE A MAGNESIUM FIRE STARTER. SHAVE MAGNESIUM FILINGS OFF THE STICK, USE THE BACK OF YOUR KNIFE TO CREATE A SPARK AND IGNITE THE FILINGS.

ADVANCED: A BATTERY CAN BE USED TO CREATE A SPARK TO LIGHT TINDER. USE YOUR VEHICLE BATTERY (REMOVED FROM VEHICLE OR BOAT) BY ATTACHING WIRES OR STEEL WOOL TO CONNECT THE POSITIVE AND NEGATIVE POSTS. THIS WILL INDUCE A SPARK OR IGNITE THE WOOL. WITH SMALLER BATTERIES, ALIGN TWO BATTERIES TOGETHER, POSITIVE

TO NEGATIVE. USE STRANDS OF STEEL WOOL TO CONNECT THE POSTS TO CREATE A SPARK AND IGNITE WOOL. A 9-VOLT BATTERY WORKS GREAT.

BUILD A FIRE

CREATE A TINDER BUNDLE: GATHER PINE NEEDLES, DRY LEAVES, MILKWEED OR THISTLE DOWN AND DRY GRASS FOR TINDER.

START SMALL: GATHER SMALL, DRY STICKS FOR KINDLING.

GO BIG: FIND LARGER PIECES OF WOOD FOR LONG-BURNING FUEL.

PUT IT TOGETHER: USING A LARGER PIECE OF WOOD AS A WIND BLOCK, CREATE A NEST OUT OF THE TINDER. CREATE A TIPI OUT OF SMALLER KINDLING SO OXYGEN CAN GET IN. IGNITE THE TINDER AND PLACE UNDER THE TEPEE. USE LONG, STEADY BREATHS TO SPREAD THE FLAME. AS THE SMALLER PIECES CATCH, ADD PROGRESSIVELY LARGER FUEL TO THE FIRE.

SURROUND YOUR FIRE WITH ROCKS OR STONE

ROCKS AROUND A FIRE WILL RETAIN THE FIRE'S HEAT LONG AFTER THE FIRE IS OUT. YOU CAN EVEN USE SMALL HOT STONES FROM A FIRE TO BOIL WATER. SIMPLY DROP THE HOT STONE INTO A METAL CONTAINER OF WATER, AND THE STONE WILL BRING THE WATER TO A BOIL.

KNOTS TO KNOW

BOWLINE: THIS KNOT IS EXTREMELY USEFUL WHEN YOU NEED TO ATTACH SOMETHING TO A ROPE VIA A LOOP, BECAUSE THE TIGHTER YOU PULL, THE TIGHTER THE KNOT GETS. AFTER YOU MAKE A LOOP, REMEMBER THIS: THE RABBIT COMES OUT OF THE HOLE, IN FRONT OF THE TREE, GOES BEHIND THE TREE, AND BACK DOWN ITS ORIGINAL HOLE.

DOUBLE HALF HITCH: USED TO ATTACH ONE END OF A ROPE AROUND AN OBJECT. THIS IS A USEFUL KNOT FOR BUILDING A SHELTER. TIE A HALF HITCH AROUND YOUR OBJECT, LIKE A TREE OR POLE, AND FOLLOW IT BY A

SECOND IN THE SAME DIRECTION TO MAKE IT A DOUBLE. PULL TIGHT TO MAKE SECURE.

MAKE A SPEAR

WITH A SIMPLE SPEAR, YOU CAN IMPROVE YOUR ODDS OF CATCHING A FISH OR OTHER SMALL GAME.

SELECT A LONG, STRAIGHT STICK.

SPLIT THE END OF THE STICK TO CREATE A FORK.

SEPARATE THE FORK WITH A WOODEN WEDGE OR SMALL STONE. LASH IT INTO PLACE.

SHARPEN EACH FORK WITH A KNIFE OR SHARP ROCK.

TO MAKE A TRIPLE-PRONG SPEAR, ADD A SMALLER STICK AFTER PLACING THE WEDGE, SHARPEN, AND LASH IT INTO PLACE.

MAKE WEAPONS

USE THE BONES AND SKIN OF THE ANIMAL TO MAKE TOOLS AND SMALL POUCHES, AND BE SURE TO DISCARD THE ENTRAILS FAR FROM YOUR LOCATION TO AVOID ATTRACTING PREDATOR ANIMALS. NOTE THAT UNCLEAN ANIMALS CAN BE USED FOR THIS PURPOSE.

MAKE A WATER FILTER

MUCH OF THE WATER IN THE WILD MUST BE FILTERED TO REMOVE DIRT, DEBRIS, AND OTHER CONTAMINANTS. USE AN EMPTY BOTTLE OR CONTAINER AND POKE SMALL HOLES INTO IT WITH YOUR KNIFE OR A SHARPENED STICK.

THEN FILL THE BOTTLE UP TO TWO INCHES WITH A LAYER OF COARSE GRAVEL, A LAYER OF COARSE SAND, SOME GROUND CHARCOAL FROM YOUR FIRE, AND A LAYER OF FINE SAND. POUR THE WATER IN, AND AS IT TRAVELS THROUGH EACH LAYER, IMPURITIES WILL BE FILTERED OUT.

FIND FOOD-EDIBLE PLANTS

NAVIGATE-COMPASS IS AN IMPORTANT TOOL

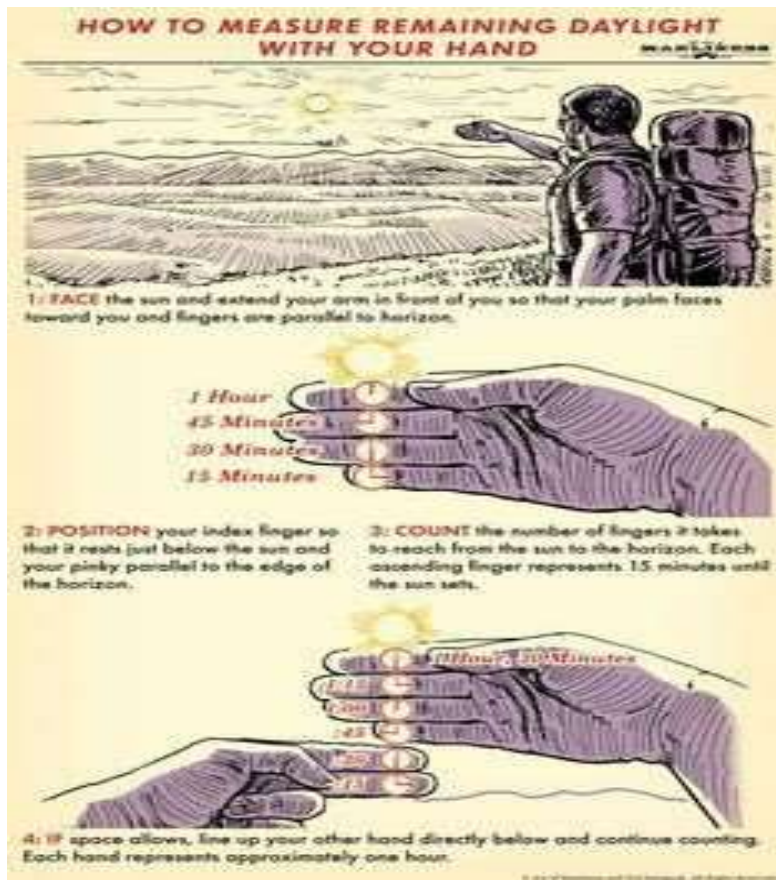
BASICS OF FOOD PRESERVATION

LEARN TO FORECAST THE WEATHER-CLOUDS WILL GIVE A GOOD CLUE TO WHAT THE WEATHER WILL BE LIKE

BASIC CLOTHING REPAIR

SENDING A SURVIVAL SIGNAL-FIRE, SMOKE, MIRROR OR FLASHLIGHT

BASIC HUNTING SKILLS



UNDERGROUND FIRE



ADVANTAGES OF A BANDANA

25 REASONS TO CARRY A BANDANA



A standard 22" bandana can be used to improvise:

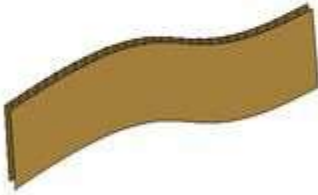
1. Headband (Sweat Protection)
2. Head Wrap (Sun Protection/warmth)
3. Neck Wrap (Sun Protection/warmth)
4. Wash Cloth
5. Towel
6. Pot Holder
7. Hand Wrap (To Prevent Blisters With Repetitive Work)
8. Gloves
9. First Aid Splint
10. Tourniquet
11. Wrap Sprained Ankle/wrist
12. Ice Pack
13. Fire Building Tinder
14. Strain Sediment From Water
15. Dust Mask
16. Signal Flag
17. Improvised Bag
18. Rope
19. Sponge
20. Blind Fold
21. Dog Collar
22. Fly Swatter
23. Sling
24. Check Wind Direction
25. Hobo Bindle



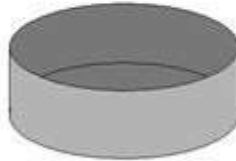
ColterCoUSA.com

zero cost camp stove fuel

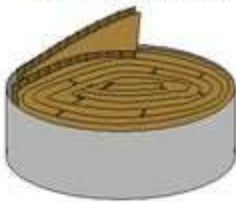
1 inch wide cardboard strips



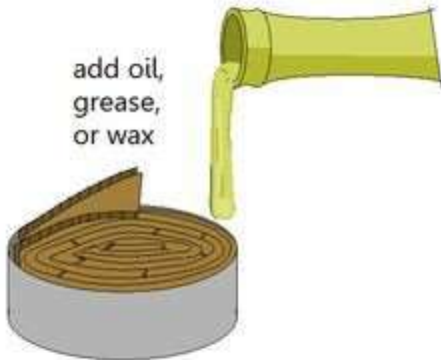
empty tuna can



roll up cardboard strips
and stuff into can



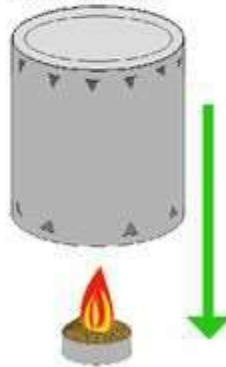
add oil,
grease,
or wax



light burner



place cook surface
over burner





THE THREE SURVIVAL RULES OF 3

1. IN EXTREME CONDITIONS, HUMANS CAN LIVE FOR 3 DAYS WITHOUT SHELTER

NOTE-HYPOTHERMIA IS THE #1 OUTDOOR KILLER

2. IN EXTREME CONDITIONS, HUMANS CAN LIVE FOR 3 DAYS WITHOUT WATER

NOTE-THE HUMAN BODY IS MADE UP OF 60% H₂O

3. IN EXTREME CONDITIONS, HUMANS CAN LIVE FOR 3 WEEKS WITHOUT FOOD

FIRESTARTERS

COTTON BALLS & PETROLEUM JELLY

DIP THE COTTON BALL IN PETROLEUM JELLY AND PLACE IN A ZIPLOCK BAG.
OR Q TIP AND LIP BALM

HAND SANITIZER

SQUEEZE A GOOD SUPPLY OF HAND SANITIZER ON THE WOOD.

WAXED PAPER AND DRYER LINT

WRAP UP DRYER LINT OR SAW DUST ON PAPER TWISTING BOTH ENDS OF
THE PAPER TO HOLD THE CONTENTS

DUCT TAPE

DUCT TAPE IS VERY FLAMEABLE. YOU CAN SPRAY BUG SPRAY OR HAND
SANITIZER TO HELP IT ALONG AT FIRST.

DRYER LINT AND TOILET PAPER ROLL

PACK THE TOILET PAPER ROLL WITH THE LINT AND LIGHT IT.

WINE CORK SOAKED IN RUBBING ALCOHOL

STORE IN AN AIRTIGHT CONTAINER

MAKE A CHAR CLOTH

TAKE ANY SMALL PIECE OF CLOTH AND PLACE IT INSIDE A METAL CONTAINER WITH A COVER. PLACE THE CONTAINER IN A FIRE FOR A COUPLE MINUTES. WHEN THE CLOTH IS DARK FROM HAVING BEEN BURNED BUT IS STILL INTACT, YOU HAVE SUCCESSFULLY MADE A CHAR CLOTH.

CHAR CLOTH IS AN IDEAL FIRE STARTER BECAUSE IT CATCHES WITH A SMALL SPARK, SAVING YOU TIME AND ENERGY GATHERING TINDER.



USES OF ALUMINUM FOIL

THE USES OF ALUMINUM FOIL ARE ENDLESS IN A SURVIVAL SITUATION. USE IT TO FASHION DISHES AND COOKING UTENSILS, OR TO SHIELD YOUR SHELTER FROM HEAT.

YOU CAN USE IT AS A DRY SURFACE TO START A FIRE. TO SAVE SPACE, DON'T BRING A WHOLE ROLL. SIMPLY FOLD UP A FEW LARGE SHEETS AND TUCK THEM INTO YOUR PACK.

TREAT BLISTERS

BLISTERS CAN BE PAINFUL AND CAN SLOW YOU DOWN AS YOU TRAVEL. PREVENT BLISTERS BY COVERING YOUR TOES IN DUCT TAPE, REDUCING FRICTION AS YOU WALK. IF YOU ALREADY HAVE A BLISTER, PUNCTURE IT WITH A SANITIZED PIN OR NEEDLE ON EITHER SIDE TO DRAIN THE FLUID AND THEN COVER IT.

TREAT SMALL CUTS

ANY TIME YOUR SKIN IS BROKEN, YOU ARE AT RISK FOR INFECTION. AN INFECTION CAN WORSEN AND BECOME A SERIOUS PROBLEM, SO IT'S IMPORTANT TO TREAT CUTS AS SOON AS POSSIBLE. NEVER WASH A WOUND WITH DIRTY WATER. USE ONLY FILTERED AND PURIFIED WATER TO WASH THE WOUND THOROUGHLY, AND BIND IT WITH A BANDAGE FROM YOUR FIRST AID KIT.

WATERPROOFING

MAKE SURE YOUR SLEEPING AREA AND FIRE ARE ELEVATED. USE A HAMMOCK OR LOGS TO RAISE YOUR BODY FROM THE GROUND. COVER YOUR SHELTER WITH PINE BRANCHES TO ALLOW RAIN TO RUN OFF THE SHELTER.

FIND EDIBLE PLANTS

COMMON EDIBLE PLANTS INCLUDE CATTAIL, WILD GRASS, DANDELION, AND ACORNS.

FIND MEDICINAL PLANTS

PAIN AND IRRITATION FROM INSECT BITES, DIARRHEA, AND MUSCLE AND JOINT PAIN ARE COMMON AILMENTS IN THE WILD.

KNOWING WHAT PLANTS WILL HELP TREAT THESE PROBLEMS WILL HELP. WILLOW BARK TEA, CHARCOAL, DOCK LEAVES, AND PINE ARE READILY AVAILABLE AND CAN HELP TREAT THESE PROBLEMS.

MAKE A TOOTHBRUSH

FASHION A TOOTHBRUSH FROM BIRCH BARK, OR SIMPLY SCRUB YOUR TEETH CLEAN WITH A CLOTH. TRY TO ALSO KEEP AREAS WHERE SKIN TOUCHES SKIN (SUCH AS ARMPITS, GROIN, AND BETWEEN TOES) CLEAN AND DRY TO PREVENT BACTERIA AND FUNGUS BUILDUP.

PREPARE FOOD FAR FROM YOUR SHELTER

WHEN YOU CATCH A SMALL ANIMAL FOR FOOD, BE SURE TO SKIN AND GUT THE ANIMAL QUITE FAR FROM YOUR FIRE AND SHELTER AND DISCARD THE REMAINS EVEN FURTHER STILL. THIS WILL PREVENT ANY PREDATORY ANIMALS FROM CATCHING THE SCENT OF THE KILL AND PAYING YOUR CAMPSITE A VISIT FOR SOME DINNER OF THEIR OWN.

SLEEP ELEVATED

SLEEPING ABOVE THE GROUND WILL KEEP YOU WARMER AND DRIER THAN SLEEPING ON THE GROUND ITSELF. MAKE A HAMMOCK OUT OF A TARP OR STURDY PONCHO, OR RAISE YOUR SLEEPING AREA OFF THE GROUND USING LOGS.

CONSTRUCT THIS BED SIMILARLY TO THE WAY YOU BUILD YOUR SHELTER — THICK LOGS FIRST, THEN FILL IN THE GAPS WITH SMALLER STICKS AND LEAVES.

DUCT TAPE

YOU CAN USE DUCT TAPE TO REINFORCE YOUR WATERPROOFING EFFORTS, STRENGTHEN YOUR SUPPLY PACK, PREVENT BLISTERS, TREAT INJURIES, REPAIR ITEMS, AND TO HELP YOU MAKE TOOLS.

ROPE

ROPE IS USEFUL FOR MAKING SHELTER, HUNTING, AND A NUMBER OF OTHER THINGS. IF YOU DON'T HAVE ROPE IN YOUR PACK, YOU CAN MAKE ROPE BY BRAIDING TOGETHER THE SOFT RIBBONLIKE MATERIAL FOUND UNDER WILLOW BARK.

COLLECT FAT WOOD

"FAT WOOD" IS ACTUALLY RESIN FROM PINE TREES. IT IS EFFECTIVE BOTH AS A FIRE STARTER AND AS AN INSECT REPELLENT, SO IT'S A GOOD THING TO COLLECT AND HAVE ON HAND.



CHOP WOOD WITHOUT AN AXE

BE CAREFUL WITH THIS TIP SO THAT YOU DON'T BREAK YOUR LEG. JUST PLACE THE WOOD PIECES DIAGONALLY BETWEEN THE GROUND AND A TREE. KICK THE WOOD USING GOOD BALANCE BETWEEN FORCE AND STRENGTH.

KIDS SHOULD KNOW HOW TO:-

REMAIN CALM AND PRAY

FISH

SCALE AND COOK FISH

BUILD OR MAKE A FIRE

EXTINGUISH FIRE

COOK OVER A FIRE

HANDLE A KNIFE. CLEANING AND SHARPENING

FIND SHELTER

MAKE A SHELTER

WILDLIFE PREDATORS

FIND AND PURIFY WATER

FILTER AND BOIL WATER

ADMINISTER FIRST AID

SIGNAL FOR HELP

NAVIGATION

GROW VEGETABLES

BE ABLE TO TELL IF FOOD IS SPOILED

MAKE AND SHOOT A SLINGSHOT

HUNT SMALL GAME

BASIC FIRST AID

STAY WARM AND COOL

HYGIENE PRACTICES

SELF DEFENSE

HIDE, WHY AND WHEN TO STAY HIDDEN

KNOW MEDICINAL AND EDIBLE PLANTS

MAKE A BASIC WEAPON

TO SEW

TO BARTER AND TRADE

KNOW WHEN BAD WEATHER IS COMING

CLIMB A TREE

RUN AND WALK LONG DISTANCES

TIE DIFFERENT KNOTS

SWIM

CAMOUFLAGE

SLAUGHTER AND PREPARE LIVESTOCK FOR EATING

HOW TO MAKE HOME MADE COCONUT OIL

STEP 1. REMOVE THE HUSK.

STEADILY HOLD THE COCONUT (PALM FACING UP) AND SLAM THE SPINE OF A CLEAVER INTO IT UNTIL IT CRACKS.

SHORTCUT: WRAP THE COCONUT IN A KITCHEN TOWEL. USING A Mallet OR A HAMMER, GENTLY KNOCK SEVERAL AREAS OF THE COCONUT UNTIL THE BROWN SHELL CRACKS.

CAREFULLY PICK OFF THE REMAINING SHELL. MAKE SURE TO ENJOY THE COCONUT WATER! IT IS ONE OF THE BEST WAY OF STAYING HYDRATED.

STEP 2. GRATE THE COCONUT

HAND GRATE THE COCONUT USING THE FINE SIDE OF A GRATER.

SHORTCUT: USE A FOOD PROCESSOR OR BLENDER TO GRATE THE COCONUT.

STEP 3. SOAK AND STRAIN

ADD ABOUT 1 TO 3 CUPS OF WATER TO YOUR GRATED COCONUTS (THE ADDITIONAL LIQUID WILL HELP WHEN SQUEEZING THE JUICES). SQUEEZE THE JUICE OUT OF THE SHREDDED COCONUT WITH YOUR HANDS.

SHORTCUT: SQUEEZE THE JUICE OUT USING A CHEESECLOTH.

STRAIN THE COCONUT MILK THROUGH A SIEVE TO GET AS MUCH OF THE SHREDDING OUT.

THE REMAINING COCONUT SHREDS WILL NOT HAVE MUCH FLAVOUR LEFT IN THEM. WHEN MY MOM AND I MADE THE RECIPE, WE ENDED UP COMPOSTING THE REST OR GIVING IT TO THE GOATS TO SNACK ON!

STEP 4. HEAT

PUT THE COCONUT MILK INTO A LARGE POT AND LET IT WARM UP. YOU DO NOT WANT THIS TO GET TO A BOIL. JUST WARM IT THROUGH AND TURN OFF THE HEAT. DO NOT STIR THE MIXTURE.

STEP 5. COOL

LET THE COCONUT MILK COOL.

MY MOM AND I SIMPLY HAD LET IT COOL TILL IT WAS A LUKEWARM, BUT THE SKIMMING WOULD HAVE BEEN MUCH EASIER AND FASTER IF WE HAD LET IT COOL TO ROOM TEMPERATURE, OR EVEN HAD LET IT REST IN THE FRIDGE FOR A WHILE.

STEP 6. SKIM

ONCE COOLED, YOU WILL SEE THAT THE COCONUT FAT LAYERED ON TOP OF THE COCONUT WATER. USING A SPOON SKIM THE FAT OFF THE TOP AND PUT IT IN A PAN. MY MOM AND I USED A STAINLESS STEEL POT, BUT I CAN IMAGINE CAST IRON WOULD BE WONDERFUL FOR THIS PROCESS.

STEP 7. BOIL

THERE IS MINIMAL STIRRING DURING THIS PART OF THE PROCESS. LET THE COCONUT "CUSTARD" COME TO A BOIL, AND THEN REDUCE THE HEAT TO MEDIUM AND LET IT SIMMER FOR ROUGHLY 45 MINUTES (DEPENDING ON YOUR BATCH SIZE).

AS THIS BOILS DOWN THE APPEARANCE WILL CHANGE. YOU WILL NOTICE CLEAR SPOTS (THE OIL) AND A GREYISH/BROWNISH CHUNKY WASTE. THE OIL WILL CONTINUE TO SEPARATE FROM THE COOKED WASTE.

EVENTUALLY, YOU CAN USE YOUR SPOON AND SEPARATE THE TWO.

STEP 8. STRAIN AND COOL

STRAIN YOUR OIL WITH EITHER A SIEVE OR WITH CHEESECLOTH. LET IT COOL COMPLETELY AND USE TO MOISTURIZE YOUR SKIN, YOUR HAIR, DO OIL PULLING, OR AS BASE FOR BODY SCRUBS.

A LAST WORD ON PRESERVING YOUR COCONUT OIL.

HOMEMADE COCONUT OIL HAS A VERY SHORT SHELF LIFE. IT WILL SMELL VERY BAD WITHIN WEEKS IF NOT STORED PROPERLY. SOME ORGANIC STORE-BOUGHT BRANDS STILL USE CERTAIN TYPES OF PRESERVATIVES TO KEEP THEIR LONGER. SINCE THE HOMEMADE VERSION IS SLOWLY EXTRACTED IN A SMALL BATCH, IT IS IMPORTANT TO STORE IT PROPERLY TO KEEP IT FROM GOING RANCID. I SUGGEST KEEPING IT IN A SEALED GLASS CONTAINER AND IN THE FRIDGE. SCOOP OUT THE NECESSARY AMOUNT AT EACH USE AND LET IT GET TO ROOM TEMPERATURE BEFORE USE.

HOW TO MAKE CARROT OIL

COLD PRESS METHOD

STEPS:-

- GET YOUR CARROTS, WASHED, CLEANED AND GRATED
- PUT IN A BOTTLE OR BOWL THAT HAS A COVER
- POUR ANY OIL OF YOUR CHOICE (COCONUT, OLIVE ETC) TO COMPLETELY COVER THE CARROT
- COVER TIGHTLY
- KEEP WHERE SUNLIGHT CAN EASILY GET TO IT
- STIR AND SHAKE EVERY THREE DAYS
- LEAVE FOR TWO WEEKS
- SIEVE WITH A CLEAN HANDKERCHIEF OR NAPKIN TO GET YOUR OIL

HEAT METHOD

1. WASH, PEEL AND GRATE CARROTS
2. PUT IN A PAN OR POT AND COVER WITH OIL
3. FRY ON LOW HEAT TILL THEY ARE TENDER AND THE OIL HAS TURNED ORANGE
4. REMOVE FROM HEAR AND ALLOW TO COOL

HOW TO MAKE TOOTHPASTE

1. TOOTHPASTE WITH BAKING SODA AND WATER

- TAKE ONE TEASPOON BAKING SODA
- ADD ONE DROP OF AN ESSENTIAL OIL(S)
- ADD A FEW DROPS OF WATER
- MIX ALL THE INGREDIENTS WELL TO GET A SMOOTH TEXTURE. THIS PREPARATION FORMS BASIC TOOTHPASTE; HOWEVER, TO PREPARE WHITENING TOOTHPASTE, WHITENING INGREDIENTS (E.G. TURMERIC) MUST BE ADDED IN MINUTE PROPORTIONS. ALSO, THE PROPORTION OF ABRASIVE AGENTS (E.G. BAKING SODA OR DIATOMACEOUS EARTH) MUST BE KEPT LOW TO PREVENT TOOTH ENAMEL DAMAGE.

2. TOOTHPASTE WITH BAKING SODA, SALT AND WATER

- TAKE ONE TABLESPOON BAKING SODA
- ADD A TABLESPOON OF NATURAL SALT
- ADD THREE DROPS OF AN ESSENTIAL OIL
- ADD A FEW DROPS OF WATER
- MIX ALL THE INGREDIENTS WELL TO GET A SMOOTH TEXTURE. THIS PREPARATION FORMS BASIC TOOTHPASTE; HOWEVER, TO PREPARE WHITENING TOOTHPASTE, WHITENING INGREDIENTS (E.G. TURMERIC) MUST BE ADDED IN MINUTE PROPORTIONS. ALSO, THE PROPORTION OF ABRASIVE AGENTS (E.G. BAKING SODA OR DIATOMACEOUS EARTH) MUST BE KEPT LOW TO PREVENT TOOTH ENAMEL DAMAGE.

3. TOOTHPASTE WITH BAKING SODA AND COCONUT OIL

- ADD TWO TABLESPOON BAKING SODA
- ADD TWO TABLESPOON OF COCONUT OIL

- ADD TEN DROPS OF ESSENTIAL OIL

MIX ALL THE INGREDIENTS WELL TO GET A SMOOTH TEXTURE. THIS PREPARATION FORMS BASIC TOOTHPASTE; HOWEVER, TO PREPARE WHITENING TOOTHPASTE, WHITENING INGREDIENTS (E.G. TURMERIC) MUST BE ADDED IN MINUTE PROPORTIONS. ALSO, THE PROPORTION OF ABRASIVE AGENTS (E.G. BAKING SODA OR DIATOMACEOUS EARTH) MUST BE KEPT LOW TO PREVENT TOOTH ENAMEL DAMAGE.

4. COCONUT OIL TOOTHPASTE (OIL PULLING)

SWISHING OIL IN YOUR MOUTH — A PRACTICE KNOWN AS [OIL PULLING](#) — MAY LEAD TO SOME ORAL HEALTH BENEFITS, BUT THERE'S LIMITED RESEARCH ON ITS EFFECTIVENESS.

YOU CAN TRY THIS TECHNIQUE BY MOVING A SMALL AMOUNT OF OIL AROUND IN YOUR MOUTH FOR 5 TO 20 MINUTES AT A TIME EVERY DAY. OIL PULLING WITH COCONUT OIL REDUCED PLAQUE AFTER SEVEN DAYS.

5. SAGE TOOTHPASTE RECIPE

AN UNTESTED SAGE TOOTHPASTE RECIPE COMBINES THESE INGREDIENTS:

- 1 TSP. SALT
- 2 TSP. BAKING SODA
- 1 TBSP. POWDERED ORANGE PEEL
- 2 TSP. DRIED SAGE
- SEVERAL DROPS OF PEPPERMINT ESSENTIAL OIL

GRIND THESE INGREDIENTS TOGETHER AND MIX WITH A LITTLE WATER FOR TOOTHPASTE.

HOW TO MAKE MOUTHWASH

1. SAGE MOUTH WASH

YOU CAN MAKE A SAGE MOUTHWASH BY MIXING A HANDFUL OF SAGE LEAVES AND A TEASPOON OF SALT IN 3 OZ. OF BOILING WATER.

WHEN THE MIXTURE IS COOLED, SWISH IT AROUND IN YOUR MOUTH, AND THEN SPIT IT OUT AFTER A FEW MINUTES. THIS MAY CLEAN YOUR MOUTH NATURALLY, BUT IT'S NOT A RESEARCH-PROVEN RECIPE.

HOW TO MAKE DIAPERS-FROM A JERSEY

1. USE A JERSEY THAT IS 100% COTTON-USE A SHORT SLEEVE JERSEY

2.LAY SHIRT FLAT

3.FOLD ONE SIDE OF THE JERSEY OVER. THE BOTTOM OF THE SHIRT SHOULD BE FOLDED OVER ABOUT 1/3 OF THE WAY, AND THE SEAM WHERE THE SLEEVE MEETS THE BODY OF THE SHIRT SHOULD BE JUST BELOW THE CENTER OF THE NECKLINE. KEEP THE SLEEVE OF THE SHIRT POINTED OUTWARD.

4.FOLD THE OTHER SIDE OF THE JERSEY OVER. THIS SIDE SHOULD BE IDENTICAL TO THE FOLD MADE ON THE FIRST SIDE, SO THAT THE SHIRT IS FOLDED INTO THIRDS. KEEP THE SLEEVE POINTED OUTWARDS. AT THIS POINT, YOU SHOULD BE LEFT WITH A "T" OR CROSS SHAPE.

5,FOLD THE TOP OF THE JERSEY DOWN- BRING THE PART OF THE T-SHIRT EXTENDING ABOVE THE SLEEVES DOWN OVER THE SLEEVES. THE UPPER PART OF THE LOWERCASE "T" SHAPE SHOULD BE FOLDED ALL THE WAY OVER, CREATING A CAPITAL "T" SHAPE

6.FOLD THE BOTTOM OF THE JERSEY IN HALF- TAKE THE BOTTOM PORTION OF THE SHIRT AND DRAW IT UP TO THE BOTTOM SLEEVE LINE. ESSENTIALLY, YOU ARE MAKING A FOLD THAT SHORTENS THE LENGTH OF THE SHIRT BY HALF. YOU WILL STILL HAVE A CAPITAL "T" SHAPE, BUT IT WILL BE A SHORTER "T."

7.WRAP THE DIAPER AROUND THE BABY- SIT THE BABY ON THE PART OF THE SHIRT THAT STARTS JUST BELOW THE SLEEVES. BRING THE BOTTOM PORTION OF THE DIAPER UP AND OVER THE FRONT OF YOUR BABY, AND WRAP THE SLEEVES AROUND THE BACK AND TO THE FRONT. SECURE THE SLEEVES TO THE FRONT USING DIAPER PINS OR VELCRO CLOSURES.

FLAMEABLE OIL-FIND WAYS TO EXTRACT

SUNFLOWER OIL

PARAFIN OIL

HOW TO MAKE SOAP

INGREDIENTS

16 OUNCES COCONUT OIL

14 OUNCES PALM OIL, PREFERABLY FROM A RESPONSIBLE SOURCE

21 OUNCES OLIVE OIL, THE CHEAPEST YOU CAN FIND

19 OUNCES DISTILLED WATER

[SODIUM HYDROXIDE](#) (LYE), A 2 POUND CONTAINER OF WHICH WILL MAKE ABOUT 4 BATCHES OF SOAP

7 TEASPOONS ESSENTIAL OIL OR FRAGRANCE OIL (OPTIONAL)

TOOLS:

LARGE HEAT-SAFE VESSEL SUCH AS AN [ENAMELWARE SOUP POT*](#)

[MEASURING CUP](#) OR SMALL BOWL*

HEAT-SAFE VESSEL, IDEALLY WITH A HANDLE, SUCH AS A [HEAVY GLASS PITCHER*](#)

[SILICONE SPATULA](#) OR OTHER STIRRING UTENSIL*

INSTANT-READ [THERMOMETER*](#)

[IMMERSION BLENDER*](#)

SCALE THAT CAN MEASURE IN GRAMS AND OUNCES

[SOAP MOLD](#) OR A [9-INCH BY 12-INCH BAKING PAN*](#)

PLASTIC WRAP (IF USING A BAKING PAN)

WAXED PAPER OR PARCHMENT PAPER

TEASPOON AND ADDITIONAL MEASURING CUP (IF USING FRAGRANCE)

OLD TOWEL OR BLANKET

SHARP, THIN KNIFE

RUBBER GLOVES

SAFETY GOGGLES

NOTES: ANY TOOLS THAT TOUCH LYE SHOULD NOT BE REUSED FOR COOKING! AND PRACTICE CAUTION WHEN HANDLING LYE.

DIRECTIONS

1. **MIX THE LYE-** PUT ON YOUR RUBBER GLOVES AND SAFETY GOGGLES, AND SET UP IN A VERY WELL-VENTILATED AREA SUCH AS NEXT TO AN OPEN WINDOW. USE YOUR SCALE AND MEASURING CUP TO CAREFULLY WEIGH 201 GRAMS OF SODIUM HYDROXIDE AND SET IT ASIDE. THEN, WEIGH 19 OUNCES OF

DISTILLED WATER INTO YOUR GLASS PITCHER OR OTHER STURDY, HEAT-SAFE VESSEL. NOW, CAREFULLY POUR THE SODIUM HYDROXIDE INTO THE PITCHER OF WATER, AND STIR JUST LONG ENOUGH TO MAKE SURE IT ALL DISSOLVES. THIS CREATES A CHEMICAL REACTION THAT HEATS THE WATER TO OVER 200° F AND PRODUCES STRONG FUMES AT FIRST, SO WORK QUICKLY AND BE EXTRA CAREFUL HERE (TRY TO HOLD YOUR BREATH WILL YOU STIR). **(SAFETY NOTE: ALWAYS WORK IN THIS ORDER AND ADD LYE TO WATER. NEVER ADD WATER TO LYE, WHICH CAN CAUSE SPATTERING OF THE HOT LYE SOLUTION OR EVEN AN EXPLOSION.)**

THE LYE NOW NEEDS TO COOL TO BELOW 100° F.

2. **PREPARE THE MOLD AND MEASURE OUT FRAGRANCE-** USING A WOODEN LOAF MOLD OR A BAKING PAN, CAREFULLY LINE THE INSIDE WITH WAXED PAPER OR PARCHMENT PAPER SO ITS EASIER TO GET THE SOAP OUT LATER. I OFTEN USE SOME MASKING TAPE TO HELP HOLD EVERYTHING IN PLACE. IF YOU USE A SILICONE MOLD, YOU CAN SKIP THIS STEP. NOW IS ALSO A GOOD TIME TO MEASURE OUT YOUR ESSENTIAL OILS INTO AN EXTRA MEASURING CUP, FOR EASE OF ADDING THEM LATER. BLENDING FRAGRANCES IS PROBABLY ONE OF THE MOST FUN PARTS OF MAKING SOAP. **FOR THIS BATCH, I USED 5 TEASPOONS OF ORANGE ESSENTIAL OIL AND 2 OF SANDALWOOD.** SYNTHETIC FRAGRANCE OILS ALSO WORK WELL AND ARE GENERALLY LESS EXPENSIVE THAN PURE ESSENTIAL OILS. MIXING FRAGRANCES IS AKIN TO MIXING SPICES AND OTHER INGREDIENTS WHEN EXPERIMENTING WITH COOKING A DISH
3. **MELT AND MIX THE OILS-** BLEND THE OILS YOU'LL ADD THE LYE. IF YOU'RE USING OILS THAT ARE SOLID AT ROOM TEMPERATURE, SUCH AS THE COCONUT AND PALM OILS IN THIS RECIPE, YOU'LL FIRST NEED TO MELT THEM SO THEY CAN BE Poured, EITHER BY PLACING THE CONTAINER IN A SAUCEPAN OF SIMMERING WATER OR BY MELTING THEM IN THE MICROWAVE. ONCE YOUR OILS ARE IN A LIQUID STATE, PLACE YOUR LARGE POT ON THE SCALE AND WEIGH (OR RE-WEIGH, IF YOU'VE ALREADY DONE SO) EACH OIL INTO IT FOR PRECISION. STIR EVERYTHING TOGETHER AND THEN CHECK

THE TEMPERATURE WITH A HEAT-SAFE THERMOMETER. FOR THE NEXT STEP, THE OILS NEED TO BE BETWEEN 80 AND 100° F. I OFTEN FIND THAT MINE ARE ALREADY IN THE CORRECT RANGE FROM BEING MELTED, BUT IF NOT, PLACE THE POT ON THE STOVE OVER LOW HEAT UNTIL THE OILS REACH THE PROPER TEMPERATURE OR SET ASIDE TO COOL DOWN

4. **BLEND AND POUR YOUR SOAP-** WHEN BOTH YOUR LYE AND YOUR OIL MIXTURE ARE BETWEEN 80 AND 100° F, YOU'RE READY TO BLEND. AFTER REMOVING THE POT FROM THE HEAT TO A TRIVET OR HEAT-SAFE SURFACE, PUT YOUR GLOVES AND EYE PROTECTION BACK ON AND CAREFULLY POUR THE LYE INTO THE POT OF OIL. THEY'LL BEGIN TO REACT WITH EACH OTHER, TURNING THE MIXTURE CLOUDY. BEGIN BLENDING WITH YOUR IMMERSION BLENDER, AND OVER THE NEXT 3 TO 5 MINUTES YOU'LL SEE THE MIXTURE BECOME THICKER AND MORE OPAQUE. YOU'RE AIMING FOR A MIXTURE WITH THE CONSISTENCY OF A RUNNY PUDDING. **IF YOU LIFT THE BLENDER OUT AND LET SOME DRIPS FALL ACROSS THE SURFACE OF THE MIXTURE, YOU SHOULD SEE THEM LEAVE A VISIBLE PATTERN, CALLED "TRACE," BEFORE SINKING BACK IN.** ONCE THE SOAP MIXTURE HAS REACHED TRACE, STIR IN THE FRAGRANCE OIL, IF USING, UNTIL BLENDED. CAREFULLY POUR THE FINISHED MIXTURE INTO YOUR LINED SOAP MOLD, AND COVER WITH THE LID (OR PLASTIC WRAP, IF YOUR MOLD HAS NO LID). BEING SURE TO KEEP IT LEVEL, WRAP THE WHOLE THING IN A TOWEL OR BLANKET TO INSULATE IT, AND LEAVE UNDISTURBED IN AN AIRY OUT-OF-THE-WAY PLACE LIKE A SHELF FOR 24 HOURS. THIS METHOD THAT I USE FOR MAKING SOAP IS CALLED COLD PROCESS, WHERE NO ADDITIONAL HEAT IS USED TO FACILITATE OR SPEED UP THE SAPONIFICATION PROCESS. HOT PROCESS, ON THE OTHER HAND, USES AN EXTERNAL HEAT SOURCE TO ACCELERATE IT. WHILE COLD PROCESS SOAPS TAKE LONGER TO CURE.
5. **CUT AND CURE YOUR SOAP-AFTER 24 HOURS** YOUR SOAP IS READY TO BE REMOVED; MANY WOODEN LOAF MOLDS HAVE FOLD-DOWN SIDES OR REMOVABLE BOTTOMS TO MAKE THIS PROCESS EASIER. IF YOU'VE USED A BAKING PAN, YOU MAY NEED TO USE A KNIFE TO HELP PRY THE SOAP LOAF OUT. CUT

THE LOAF INTO BARS WITH A SHARP KNIFE. TO CUT SOAP YOU CAN USE A RULER. AND SCORE THE TOP OF THE LOAF WITH A SHARP KNIFE BEFORE CUTTING TO MAKE SURE EVERYTHING STAYS STRAIGHT AND EVEN. I LIKE GENEROUS BARS, SO I CUT THEM ABOUT AN INCH THICK. YOUR WORK IS NOW DONE, BUT THE BARS NEED TO CURE FOR 4 TO 6 WEEKS (REMEMBER WHAT I SAID ABOUT PATIENCE?) BEFORE BEING USED. THIS TIME ALLOWS THE WATER IN THE BARS TO FULLY EVAPORATE, RESULTING IN A HARDER AND MILDER SOAP. **LEAVE THE SOAP TO CURE ON A PAPER BAG OR BAKING RACK IN THE SAME AIRY LOCATION. IF YOU USE A PAPER BAG, TURN THE BARS ONCE OR TWICE DURING THE CURING TIME TO MAKE SURE ALL SIDES ARE EQUALLY EXPOSED TO AIR.**

HOW TO MAKE DEODORANT

INGREDIENTS:

- 1/3 CUP COCONUT OIL
- 1/4 CUP BAKING SODA
- 1/4 CUP ARROWROOT STARCH
- 6 TO 10 DROPS OF ESSENTIAL OILS, IF DESIRED

INSTRUCTIONS:

1. MIX BAKING SODA AND ARROWROOT.
2. MASH IN COCONUT OIL UNTIL BLENDED. ADD ESSENTIAL OILS, IF DESIRED.
3. PLACE THE MIXTURE IN AN EMPTY GLASS JAR.
4. TO USE, JUST WARM A SMALL AMOUNT BETWEEN YOUR FINGERS UNTIL IT TURNS INTO LIQUID. APPLY TO YOUR PITS.

WHEN MAKING YOUR OWN NATURAL DEODORANT, FEEL FREE TO EXPERIMENT WITH DIFFERENT BASES, POWDERS, AND OILS. SHEA BUTTER, COCOA BUTTER, AND COCONUT OIL WORK WELL AS BASES, BUT YOU DON'T HAVE TO HAVE ONE IF YOU PREFER AN ALL-POWDER FORMULA. JUST COMBINE EQUAL PARTS BAKING SODA AND ARROWROOT AND THEN ADD YOUR PREFERRED OILS AND SHAKE TO MIX. STORE IN AN EMPTY SPICE JAR WITH A SHAKER TOP.

HOW TO MAKE SALINE SOLUTION

1 TEASPOON OF SALT

1 TEASPOON OF BAKING SODA

2 CUPS OF DISTILLED WATER

HOW TO USE

POUR A SMALL AMOUNT INTO A CLEAN BOWL. USING A RUBBER BULB SYRINGE, SQUEEZE THE SYRINGE AND PLACE THE TIP IN THE SALT WATER. DRAW A SMALL AMOUNT INTO THE SYRINGE BY RELAXING YOUR HAND

HAVE YOUR CHILD SIT DOWN WITH HIS OR HER HEAD TILTED SLIGHTLY BACK. DO NOT HAVE YOUR CHILD LIE DOWN. PUT THE TIP OF THE BULB SYRINGE OR SQUEEZE BOTTLE A LITTLE WAY INTO ONE OF YOUR CHILD'S NOSTRILS. GENTLY DRIP OR SQUIRT A FEW DROPS INTO THE NOSTRIL. REPEAT WITH THE OTHER NOSTRIL. SOME SNEEZING AND GAGGING ARE NORMAL AT FIRST.

HAVE YOUR CHILD BLOW HIS OR HER NOSE. IF YOUR CHILD IS TOO YOUNG TO BLOW, GENTLY SUCTION THE NOSTRILS WITH THE BULB SYRINGE.

WIPE THE SYRINGE OR BOTTLE TIP CLEAN AFTER EACH USE

REPEAT THIS 2 OR 3 TIMES A DAY

USE NASAL WASHES GENTLY IN CHILDREN WHO HAVE FREQUENT NOSEBLEEDS.

SHAMPOOING YOUR HAIR

1.HONEY, EGGS, LEMON JUICE AND OLIVE OIL

MIX 2 EGGS WITH 2 TABLESPOONS OF LEMON JUICE. NOW, ADD 1 TABLESPOON OF HONEY AND 3 DROPS OF OLIVE OIL IN THE MIXTURE. MASSAGE THIS PASTE THROUGH YOUR HAIR FROM ROOT TO TIP, THEN RINSE WITH LUKEWARM WATER. IF YOU CANNOT TOLERATE THE SMELL OF EGG ON YOUR HAIR, GIVE THE LAST RINSE WITH ROSE WATER.

2.BAKING SODA AND EGGS

MIX A TABLESPOON OF BAKING SODA WITH 3 EGG YOLKS AND MASSAGE THIS PASTE INTO YOUR SCALP AND THEN, RINSE YOUR HAIR AS USUAL. THIS WILL HELP STRIP YOUR HAIR FROM THE DIRT.

3.APPLE CIDER VINEGAR

MIX 1 PART APPLE CIDER VINEGAR WITH 3 PARTS WATER AND PLACE IT IN A BOTTLE. POUR THE SOLUTION ON YOUR SCALP AND USE YOUR FINGERTIPS TO EASE OUT DIRT FROM YOUR HAIR. THEN, RINSE IT OFF WITH WATER.

4.RICE WATER

PLACE THE RICE IN A BOWL IN WATER. LET THE RICE SOAK FOR 30 MINUTES. SWIRL IT AROUND UNTIL THE WATER TURNS CLOUDY. NOW STRAIN OUT THE RICE WATER INTO A CLEAN BOWL. MASSAGE IT ON THE WET HAIR.

HOW TO MAKE COCONUT SHAMPOO

INGREDIENTS

- 1/2 CUP COCONUT MILK
- 2/3 CUP CASTILE SOAP
- 30 DROPS ESSENTIAL OIL
- 2 TEASPOONS EXTRA VIRGIN OLIVE OIL

DIRECTIONS:-

COMBINE ALL THE INGREDIENTS IN AN EMPTY SHAMPOO BOTTLE OR JAR AND SHAKE. I USED A FUNNEL TO POUR INGREDIENTS IN THE EMPTY BOTTLE.

YOU CAN KEEP IT IN THE SHOWER FOR ONE TO TWO MONTHS. **SHAKE WELL BEFORE EACH USE.**

NOTE: IF YOU FIND THAT YOUR HAIR REMAINS OILY AND STILL HEAVY USE APPLE CIDER VINEGAR TO RINSE IT OUT. A LOT OF PEOPLE USING THIS SHAMPOO RECIPE HAVE FOUND THAT THE VINEGAR HELPS A LOT

HOW TO MAKE REUSABLE PADS

MATERIALS NEEDED

- FLANNEL (NOT VERY MUCH, AT LEAST $\frac{1}{4}$ YARD IN 2 COLORS WILL MAKE YOU A COUPLE PADS,
- SEWING MACHINE
- THREAD
- MEASURING TAPE
- SCISSORS
- CLOTH PAD LINER PATTERN (PRINTED SEPARATELY)

STEPS:-

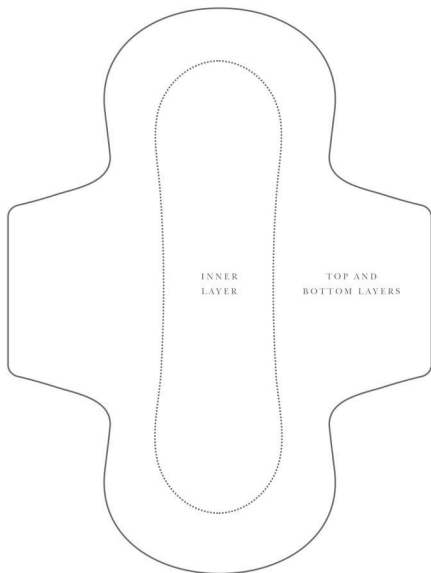
- TRACE AROUND YOUR PATTERN ON THE FABRIC. YOU CAN USE A PEN OR A FABRIC PENCIL
- CUT OUT TWO OF EACH OF THE PATTERNS.
- TURN THE FABRIC INSIDE OUT AND SEW THE LINER AROUND THE EDGES. GO AROUND THE ENTIRE THING LEAVING NO OPENINGS. DO THE SAME FOR THE WINGS OF THE PAD.
- SNIP A HOLE IN ONE SIDE OF BOTH THE WINGS AND THE PAD.
- USE THIS TO TURN THE FABRIC RIGHT SIDE OUT. DO THIS FOR BOTH WINGS AND PAD THEN IRON EACH OF THEM.
- MAKE SURE TO PUT THE SIDES WITH THE HOLES TOGETHER SO YOU WON'T BE ABLE TO SEE THEM IN THE FINISHED PAD.
- SEW THE PAD ONTO THE WINGS.
- NOW FOR A CLOSURE...IF YOU DON'T WANT TO INVEST MUCH IN THE PADS OR YOU DON'T PLAN ON MAKING MANY OF THEM YOU CAN JUST USE VELCRO OR A BUTTON. OTHERWISE, INVEST IN A [SNAPPER TOOL](#) AND PUT SNAPS ON THE PAD TO KEEP IT ATTACHED. (I USED PLASTIC SNAPS LIKE THE ONES THEY MAKE FOR HOMEMADE CLOTH DIAPERS)

A FEW TIPS ON MAKING CLOTH PADS:

- THE CHEAPER FLANNEL THAT YOU BUY THE SHORTER LIFE OF THE PAD. SOMETIMES IT WORTH SPENDING A LITTLE MORE ON A QUALITY FABRIC SO YOU GET MORE USE OUT OF IT. I HAVE FOUND

PLENTY OF GREAT FLANNELS IN THE REMNANTS BIN AT FABRIC STORES!

- MAKE SURE YOUR FLANNEL IS 100% COTTON! ARTIFICIAL FABRICS WILL CAUSE SWEATING. *GROSS.*
- MAKE SURE TO WASH THE FABRIC FIRST TO AVOID SHRINKAGE IN THE FINAL PRODUCT.
- TO CARE FOR YOUR CLOTH PADS, MAKE SURE TO WASH THEM RIGHT AWAY AFTER USE. THEY CAN BE RINSED OFF FIRST AND THEN WASHED RIGHT IN WITH YOUR REGULAR LOAD OF CLOTHES. DO NOT USE SCENTED LAUNDRY DETERGENT ON CLOTH PADS OR IT WILL IRRITATE YOUR SKIN.



HOW TO MAKE A FIRE BLANKET

STEP 1-SELECT MATERIAL TO BE USED

COMMON MATERIALS USED:-

FIBERGLASS

FIBERGLASS FIRE BLANKETS ARE THE MOST COMMON TYPE USED TODAY. THEY ARE MADE FROM FIBERGLASS MATERIAL THAT IS WOVEN AND INTERTWINED WITH GRAPHITE OR SILICONE COATING. THIS COATING ADDS AN EXTERIOR LAYER OF FLAME-RESISTANT PROPERTIES TO THE FIRE BLANKET, IMPROVING ITS EFFECTIVENESS.

THUS, FIBERGLASS FIRE BLANKETS ARE COMPACT, SOFT-TEXTURED, AND DURABLE. WHEN YOU MAKE FIRE BLANKETS OF THIS MATERIAL, YOU GET A FLAME TOLERANCE OF UP TO 260°C.

WOOL

THE SECOND MOST COMMONLY USED MATERIAL TO MAKE A FIRE BLANKET IS WOOL.

WOOL, IN ITS NATURAL STATE, HAS A HIGH NITROGEN AND WATER CONTENT. THIS TRAIT MAKES WOOL QUITE FLAME-RESISTANT. MOREOVER, THE INTERNAL STRUCTURE OF WOOL FIBERS REQUIRES MORE OXYGEN THAN MOST OTHER MATERIALS TO CATCH FIRE. WOOL ALSO PRODUCES LESS SMOKE AND TOXIC FUMES IN CASE OF FIRE THAN ANY OTHER SYNTHETIC MATERIAL. ALL OF THESE PROPERTIES COME TOGETHER TO MAKE WOOL AN EXCELLENT MATERIAL FOR A DIY FIRE BLANKET. IT'S EASY AVAILABILITY FURTHER MAKES IT A GREAT CHOICE.

COTTON

COTTON IS A RELATIVELY NEW ENTRÉE TO THE WORLD OF FIRE BLANKETS. HOWEVER, THERE ARE PREDICTIONS THAT IT WILL SOON REPLACE ALL OTHER MATERIALS DUE TO ITS SUPERIOR PROPERTIES.

COTTON BLANKETS ARE TREATED WITH NON-TOXIC FIRE INHIBITORS TO TURN THEM INTO FIRE BLANKETS. IF YOU'RE CONSCIOUS ABOUT BEING

ENVIRONMENT-FRIENDLY (AS WE ALL SHOULD BE!) AND PREFER TO USE GREEN PRODUCTS, COTTON WOULD BE YOUR BEST CHOICE. IT IS A NATURALLY-OCCURRING MATERIAL, AND THE FLAME INHIBITOR USED ON IT IS SAFER FOR THE ENVIRONMENT AS WELL!

STEP 2-SIZING YOUR FIRE BLANKET

MOST COMMON SIZES ARE: 1MX1M, 1.2MX1.2M, 1.2MX1.8M, 1.8MX1.8M

STEP 3-FIRING PROOFING AND COATING

PICK OUT A FIRE-RETARDANT LIQUID FROM THE LOCAL HARDWARE STORE. KEEP IN MIND THAT MOST WOOL OR FIBERGLASS BLANKETS REQUIRE HEAVY-DUTY FLAME RETARDANTS. ON THE OTHER HAND, IF YOU'RE USING COTTON, YOU CAN SIMPLY COAT IT WITH A NON-TOXIC FIRE INHIBITOR FOR THE ULTIMATE FIREPROOFING!

STEP4-FOLDING AND STORAGE

THE FIRE BLANKET'S LOCATION NEEDS TO BE HIGHLY ACCESSIBLE YET AWAY FROM ANY POSSIBLE SOURCES OF FIRE. FIRE BLANKETS ARE INCREDIBLY EFFECTIVE IN SMOTHERING INDOOR FIRES BY CUTTING OFF THE OXYGEN SUPPLY, SO IT DOESN'T SPREAD. YOU SHOULD MAKE SURE THE FIRE BLANKETS ARE LOCATED IN EVERY ROOM OR AREA WHERE THERE ARE CHANCES OF A FIRE BREAKING OUT. KEEP IN MIND THAT THIS ISN'T LIMITED TO KITCHEN FIRES. THE MOST CRITICAL LOCATION FOR A [FIRE BLANKET](#) IS IN YOUR KITCHEN. FIRE SAFETY EXPERTS RECOMMEND THAT THESE BLANKETS SHOULD BE STORED IN OR ADJACENT TO YOUR KITCHEN. YOU SHOULD MAKE SURE THEY ARE CLOSE ENOUGH THAT YOU CAN REACH THEM EASILY BUT NOT DIRECTLY IN THE LINE OF A POSSIBLE FIRE. ONE SHOULD BE PLACED IN THE KITCHEN AND LIVING ROOM. IT SHOULD BE KEPT IN DOORWAYS OR HALLWAYS.

HOW TO FOLD

STEP 1: LAY THE BLANKET COMPLETELY FLAT OVER A SMOOTH SURFACE WITH THE PULL TAPES TO YOUR LEFT. A TABLETOP OR THE FLOOR WORKS BEST.

STEP 2: START BY FOLDING THE BOTTOM EDGE OF THE FIRE BLANKET TO THE VERY TOP OF THE TOP TAPE.

STEP 3: NEXT, FOLD THE BOTTOM EDGE OF THE BLANKET TO THE TOP OF THE BOTTOM TAPE.

STEP 4: THEN, YOU WILL NEED TO FOLD THE BOTTOM EDGE UP TO THE TOP EDGE.

STEP 5: REPEAT STEP 4.

STEP 6: FOLD THE FIRE BLANKET IN THIS ZIGZAG PATTERN UNTIL IT IS SLIGHTLY SHORTER THAN THE CONTAINER'S SIZE.

STEP 7: PLACE THE FOLDED BLANKET INSIDE THE CONTAINER AND RESEAL IT PROPERLY.

HOW TO MAINTAIN A FIRE BLANKET?

TO ENSURE YOUR FIRE BLANKETS ARE IN PERFECT CONDITION TO BE USED IN AN EMERGENCY, YOU SHOULD CARRY OUT PROPER MAINTENANCE AT LEAST ANNUALLY. IT IS HIGHLY RECOMMENDED TO CALL FIRE SAFETY SPECIALISTS TO CONDUCT THIS MAINTENANCE. HOWEVER, THESE ARE SOME STEPS YOU CAN FOLLOW TO DO IT YOURSELF AS WELL.

STEP 1: REMOVE THE FIRE BLANKET FROM ITS CONTAINER AND CHECK IF IT IS IN GOOD CONDITION. MAKE SURE TO LOOK OVER THE CONTAINER, TOO, AND TEST OUT THE SEAL.

STEP 2: FOLD THE FIRE BLANKET BY FOLLOWING THE STEPS MENTIONED ABOVE AND PLACE IT BACK IN ITS CONTAINER. BE SURE TO RECORD ALL DETAILS ON A SERVICE LABEL.

STEP 3: REVIEW THE FIRE BLANKET LOCATION AND CHECK THAT IT ISN'T TOO CLOSE TO ANY POSSIBLE FIRE SOURCES.

STEP 4: MOUNT THE FIRE BLANKET BACK ON THE WALL AND ENSURE THAT IT IS PLACED AT AN ACCESSIBLE HEIGHT. YOU SHOULD BE ABLE TO REACH THE BLANKET AND PULL ON THE TAPES WITHOUT ANY OBSTRUCTION.

HOW TO USE A FIRE BLANKET

SMOTHERING SMALL FIRES

THESE INCLUDE FIRES THAT OCCUR OVER THE STOVETOP, CAMPING GROUNDS, OR ANY COOKING MEDIA. IF ANY OF YOUR POTS OR PANS ARE ON FIRE, THIS IS WHAT YOU NEED TO DO;

STEP 1:CHECK IF THE HEAT SOURCE IS SAFE TO TURN OFF. IF IT IS, DO SO IMMEDIATELY USING HEAT PROOF GLOVES. OTHERWISE, LET IT BURN WITHOUT MOVING THE POTS OR PANS, ESPECIALLY THOSE CONTAINING AN INFLAMED LIQUID.

STEP 2:PULL ON THE TABS OF THE FIRE BLANKET TO RELEASE IT FROM ITS BOX.

STEP 3:HOLD THE FIRE BLANKET IN FRONT OF YOU AS A SHIELD. YOU SHOULD ALSO TRY TO WRAP IT AROUND YOUR HANDS FOR AN ADDED LAYER OF FIRE PROTECTION.

STEP 4:GENTLY PLACE THE BLANKET OVER THE SURFACE THAT IS ON FIRE TO SMOTHER IT. BE VERY CAREFUL WHILE DOING THIS TO PREVENT YOUR HANDS OR CLOTHES FROM CATCHING FIRE.

STEP 5:LEAVE THE BLANKET COVERING THE ENTIRE SURFACE FOR AT LEAST 15-20 MINUTES. DO NOT ATTEMPT TO REMOVE IT TO CHECK IF THE FIRE HAS BEEN PUT OFF BEFORE THAT.

FIRES ON CLOTHING

HERE IS WHAT YOU'LL NEED TO DO IF YOUR CLOTHES ARE ON FIRE.

STEP 1: REACH OUT AND PULL ON THE TAPES OF THE CLOSEST FIRE BLANKET IMMEDIATELY.

STEP 2: AS IT RELEASES FROM ITS BOX, QUICKLY WRAP IT AROUND YOURSELF COMPLETELY. BE SURE TO COVER MOST OF YOUR CLOTHING AS POSSIBLE, INSTEAD OF JUST THE ON-FIRE PART.

STEP 3: IF ANOTHER PERSON'S CLOTHES ARE ON FIRE, THE FIRE BLANKET USE IS A LITTLE DIFFERENT. YOU SHOULD FIRST HOLD THE BLANKET IN FRONT OF YOURSELF LIKE A SHIELD. WRAP THE CORNERS AROUND YOUR HANDS TO KEEP THEM SAFE. THEN, DRAPE IT OVER THE PERSON WHO IS ON FIRE TO SMOTHER IT DOWN.

PROS OF FIRE EXTINGUISHERS VS. FIRE BLANKETS

- FIRE EXTINGUISHERS ARE [PROVEN BY RESEARCH](#) TO BE MORE EFFECTIVE IN STOPPING FIRES (UP TO 95%).
- A WIDE RANGE OF SIZES AND TYPES ARE AVAILABLE FOR DIFFERENT KINDS OF FIRE AND STRUCTURES.
- ALLOWS YOU TO PUT OUT A FIRE FROM A SAFE DISTANCE AWAY. WHEN USING A [FIRE BLANKET](#), YOU WILL NEED TO GET CLOSE TO THE FIRE TO DRAPE THE BLANKET OVER IT.
- THEY CAN TACKLE A FIRE THAT IS STARTING TO SPREAD, BUT A FIRE BLANKET CANNOT.

CONS OF FIRE EXTINGUISHERS VS. FIRE BLANKETS

- FIRE EXTINGUISHERS REQUIRE SOME TRAINING BEFORE THEY CAN BE USED. YOU WILL NEED TO LEARN THE P.A.S.S. TECHNIQUE.
- LARGER CAPACITY FIRE EXTINGUISHERS ARE QUITE HEAVY TO CARRY AND CAN CAUSE SEVERE INJURIES IN AN ACCIDENT.
- THE DISCHARGE LEFT BEHIND AFTER USING A FIRE EXTINGUISHER REQUIRES EXHAUSTIVE CLEAN-UP.
- YOU WILL NEED TO REPLACE OR RECHARGE YOUR FIRE EXTINGUISHER AFTER EACH USE. THIS MEANS YOU WILL NEED TO GET NEW ONES, EVEN FOR FIRE DRILLS AND TRAINING. ALSO, YOU WILL NEED TO INSTALL A NEW FIRE EXTINGUISHER EVEN IF YOUR PREVIOUS ONE WASN'T COMPLETELY USED UP.

ONE OF THE BEST STRATEGIES TO USE IN A HOUSE OR OFFICE FIRE IS TO USE BOTH. WRAP A FIRE BLANKET AROUND YOURSELF FIRST, AND THEN MOVE TO THE LOCATION WHERE THE FIRE EXTINGUISHER IS LOCATED. YOU CAN USE THE EXTINGUISHER TO PUT OUT THE FIRE, BUT ONLY AFTER YOU HAVE ENSURED SAFETY FOR YOURSELF.

HOW TO USE A FIRE EXTINGUISHER

ONLY STAY AND FIGHT THE FIRE IF YOU CAN SAY "YES" TO EVERY ITEM ON THE LIST.

- IS THE FIRE SMALL ENOUGH AND CONTAINED ENOUGH THAT YOU CAN PUT IT OUT SAFELY?
- IS A FIRE EXTINGUISHER AVAILABLE AND WITHIN EASY REACH?
- IS THE FIRE EXTINGUISHER OF THE PROPER TYPE TO PUT OUT THE KIND OF FIRE YOU WANT TO EXTINGUISHER? (READ BELOW FOR MORE ON TYPES OF FIRES AND FIRE EXTINGUISHERS.)
- IS THE EXTINGUISHER FULLY CHARGED AND LARGE ENOUGH TO PUT OUT THE FIRE?
- HAVE YOU BEEN TRAINED TO PROPERLY USE A FIRE EXTINGUISHER?
- CAN YOU BE CERTAIN THAT YOU WON'T BE PUTTING YOURSELF OR OTHERS AT RISK IF YOU USE THE FIRE EXTINGUISHER TO FIGHT THE FIRE?

STEP 1-KNOW TH TYPE OF FIRE IT IS-FIRE CLASSIFICATION

TYPE OF FIRE	DESCRIPTION OF FIRE
TYPE A	FIRES INVOLVING WOOD, PAPER, CLOTH, RUBBER, AND MANY PLASTICS.
TYPE B	FIRES INVOLVING FLAMMABLE LIQUIDS AND GASES INCLUDING GASOLINE, SOLVENTS, PROPANE, AND PAINTS.
TYPE C	FIRES INVOLVING ENERGIZED ELECTRICAL EQUIPMENT, INCLUDING FUSE BOXES, WIRING, CONTROL PANELS, COMPUTERS, COPIERS, MACHINES, AND APPLIANCES. IN SHORT, ANYTHING PLUGGED INTO ELECTRICITY.
TYPE D	A FIRE INVOLVING METALS, INCLUDING COMBUSTIBLE POWDERS, SHAVINGS, OR FLAKES OF METALS SUCH AS MAGNESIUM, TITANIUM, POTASSIUM, AND SODIUM.
TYPE K	FIRES INVOLVING COOKING OILS AND FATS OFTEN USED IN COMMERCIAL KITCHENS.

KNOWING WHAT'S BURNING, AND THEREFORE KNOWING THE TYPE OF FIRE, IS IMPORTANT SO YOU'LL USE THE RIGHT TYPE OF FIRE EXTINGUISHER. PUT A LIST OF THE FIRE TYPES LIKE THE ONE ABOVE NEAR FIRE EXTINGUISHERS.

STEP 2-GET THE RIGHT TYPE OF FIRE EXTINGUISHER

LABEL ON THE FIRE EXTINGUISHER. IT WILL TELL YOU WHAT TYPE OF FIRE (OR FIRE CLASS) THE FIRE EXTINGUISHER CAN SAFELY PUT OUT.

SOME EXTINGUISHERS CAN ONLY PUT OUT ONE TYPE OF FIRE. FOR EXAMPLE, YOU MAY SEE A FIRE EXTINGUISHER WITH AN "A" RATING. YOU SHOULD ONLY USE THAT TYPE OF EXTINGUISHER ON TYPE A FIRES. ON THE OTHER HAND, SOME FIRE EXTINGUISHERS CAN PUT OUT SEVERAL DIFFERENT TYPES OF FIRES. FOR EXAMPLE, YOU MAY SEE A FIRE EXTINGUISHER WITH AN A, B, AND C RATING. YOU COULD USE THAT TYPE OF FIRE EXTINGUISHER TO PUT OUT TYPE A, TYPE B, AND TYPE C FIRES.

THE BEST WAY TO KNOW WHAT TYPE OF FIRE EXTINGUISHER YOU HAVE IS TO LOOK AT THE LABEL, AS SHOWN BELOW



THE IMPORTANT THING TO REMEMBER FROM THIS SECTION IS TO MAKE SURE THE FIRE EXTINGUISHER YOU WANT TO USE HAS A LABEL SAYING IT CAN SAFELY EXTINGUISHER THE TYPE OF FIRE YOU'RE TRYING TO EXTINGUISH. MAKE SURE THE EXTINGUISHER IS FULLY CHARGED AND THAT IT'S BIG ENOUGH FOR THE FIRE YOU WANT TO PUT OUT.

STEP 3-THE PASS METHOD FOR USING A FIRE EXTINGUISHER

PASS STEP 1: PULL THE PIN

MANY FIRE EXTINGUISHERS HAVE A PIN NEAR THE HANDLE AT THE TOP LIKE THE ONE SHOWN IN THE IMAGE BELOW. BEGIN BY REMOVING THAT PIN. IN SOME CASES, INSTEAD OF A PIN THERE'S BEEN A LOCK LATCH YOU'LL HAVE TO RELEASE OR A PUNCTURE LEVEL YOU HAVE TO PRESS.

BECAUSE THESE STEPS CAN DIFFER, YOU'LL WANT TO LEARN HOW THE FIRE EXTINGUISHERS AT YOUR WORK OR HOME OPERATE BEFORE YOU HAVE A FIRE.



PASS STEP 2: AIM THE NOZZLE, HORSE, OR HOSE

AIM THE NOZZLE, HORN, OR HOSE OF THE FIRE EXTINGUISHER AT THE BASE OF THE FIRE (THIS MEANS THE BOTTOM, WHERE THE STUFF THAT'S BURNING IS LOCATED).

A COMMON MISTAKE IS TO AIM INTO THE FLAMES. THIS WON'T PUT OUT THE FIRE.



PASS STEP 3: SQUEEZE THE HANDLE

NEXT, SQUEEZE THE HANDLE OF THE FIRE EXTINGUISHER.

THIS WILL CAUSE THE FIRE EXTINGUISHER TO BEGIN WORKING.



PASS STEP 4: SWEEP FROM SIDE TO SIDE AT THE BASE OF THE FIRE
USE A SWEEPING MOTION FROM SIDE TO SIDE TO COVER THE BASE OF THE FIRE.



CONTINUE EXTINGUISHING THE FIRE UNTIL THE FIRE IS COMPLETELY OUT. AFTER THE FIRE APPEARS TO BE OUT, WATCH THE AREA IN CASE THE FIRE BREAKS OUT AGAIN, AND REPEAT USE OF THE EXTINGUISHER IF NECESSARY.

STEP 4: WHEN TO QUIT FIGHTING THE FIRE AND EVACUATE THE FIRE SCENE

WHEN YOU'RE ACTIVELY FIGHTING THE FIRE, YOU SHOULD REMEMBER THERE MAY BE CASES WHEN YOU'LL HAVE TO GIVE UP, QUIT FIGHTING THE FIRE, AND EVACUATE THE FIRE AREA FOR YOUR OWN SAFETY.

HERE ARE SOME REASONS TO QUIT FIGHTING A FIRE AND TO EVACUATE IMMEDIATELY:

- THE FIRE IS SPREADING TOO QUICKLY
- THE FIRE COULD BLOCK YOUR ONLY EXIT
- THE FIRE IS TOO LARGE
- THE FIRE IS SO HOT YOU CAN'T GET CLOSE ENOUGH TO FIGHT IT EFFECTIVELY (10-15 FEET)

- YOU'VE HAD TO GET DOWN ON YOUR KNEES AND/OR CRAWL BECAUSE YOU CAN'T SEE WELL OTHERWISE, BECAUSE OF HIGH TEMPERATURES, OR BECAUSE OF SMOKE

HOW TO MAKE AN OUTDOOR TENT

MATERIALS NEEDED:-

HEAVY DUTY ROPE

TWO TARPS

FOUR STAKES OR LARGE ROCKS

STEPS:-

FIND A LOCATION NEAR TWO TREES THAT ARE CLOSE ENOUGH TO TIE YOUR ROPE BETWEEN BUT FAR ENOUGH TO FIT YOUR TARPS. AVOID BUILDING YOUR TENT IN A STEEP VALLEY THAT WILL COLLECT WATER. AVOID BUILDING YOUR TENT DIRECTLY BENEATH DEAD OR WEAK BRANCHES THAT LOOK LIKE THEY COULD FALL IN A STORM. MAKE SURE YOU REMOVE ANY LARGE ROCKS, PEBBLES AND TWIGS FROM THE GROUND BEFORE PLACING THE BOTTOM TARP ON THE GROUND

MAKE SURE THE GROUND IS SLIGHTLY DAMP. THIS WILL PREVENT DUST FROM BLOWING AROUND WHEN YOU ARE TRYING TO MAKE A TENT AND BUILD A SHELTER AND HELPS THE TARP ADHERE TO THE GROUND MORE EFFICIENTLY.

USE THE HEAVY-DUTY ROPE YOU BROUGHT WITH YOU AND TIE IT BETWEEN THE TREES. MAKE SURE TO WRAP IT AROUND A FEW TIMES BEFORE TYING THE KNOT. TAKE THE OTHER END OF THE ROPE AND TIE IT TO THE OTHER TREE. MAKE SURE YOU TIE THE ROPE HIGH ENOUGH SO THAT YOUR TENT WON'T BE TOO CRAMPED.

PLACE ONE OF YOUR LARGE TARPS ON THE GROUND. SMOOTH IT OUT AND REMOVE ALL OF THE WRINKLES. IT SHOULD BE DIRECTLY BENEATH THE ROPE YOU'VE HUNG BETWEEN THE TREES. TRY TO PLACE IT SO THAT IT'S CENTERED BENEATH THE ROPE ABOVE IT.

SECURE THE TARP. IF YOUR TARP HAS HOLES FOR STAKES IN ITS CORNERS, YOU CAN USE STAKES TO SECURE IT TO THE GROUND. PLACE A STAKE THROUGH ONE OF THE HOLES AND USE EITHER A HEAVY ROCK OR A

HAMMER TO HAMMER IT INTO THE GROUND. THEN DO THE SAME WITH AN ADJACENT CORNER, MAKING SURE TO STRETCH THE TARP TIGHT BEFORE STAKING IT. FINISH THE OTHER CORNERS. DONT HAMMER THE STAKES IN TOO DEEPLY YET, AS YOU WILL REDO THEM WHEN YOU CONSTRUCT THE WALLS OF YOUR TENT. IF YOU DON'T HAVE STAKES, OR YOUR TARP DOESN'T HAVE HOLES FOR STAKES, USE HEAVY ROCKS INSTEAD TO SECURE IT TO THE GROUND.

HANG THE SECOND TARP. THROW YOUR OTHER TARP OVER THE ROPE YOU TIED IN BETWEEN THE TREES. STRAIGHTEN IT OUT SO THAT THE TARP HANGS EVENLY DOWN. IF THE TARP BARELY REACHES THE GROUND OR DOESN'T EVEN TOUCH IT, YOU'VE TIED YOUR ROPE TOO HIGH.

SECURE THE WALLS TO THE GROUND. IF YOU'VE SECURED THE FIRST TARP WITH STAKES, REMOVE ONE STAKE, THEN LINE UP THE HOLES IN THE TWO TARPS, AND HAMMER THE STAKE BACK INTO THE GROUND. REPEAT WITH THE OTHER CORNERS ONE BY ONE. IF YOU'VE SECURED THE FIRST TARP WITH ROCKS, JUST LIFT EACH ROCK AND PLACE THE CORNERS OF THE WALL TARP UNDER THEM SO THAT THE ROCKS HOLD BOTH TARPS IN PLACE.

BUILD EMBANKMENTS TO KEEP OUT WATER, IF NECESSARY. IF YOU'RE WORRIED ABOUT POTENTIAL RAIN FLOODING YOUR TENT, YOU CAN KEEP OUT WATER WITH ROCKS AND DIRT. JUST USE WHATEVER YOU CAN FIND AROUND YOU, STICKS, ROCKS, AND DIRT, TO BUILD A SMALL WALL AROUND YOUR TENT'S FLOOR TARP.

ALTERNATIVELY, IF YOUR TENT IS ON A SLOPE, YOU CAN DIG TRENCHES AROUND BOTH SIDES OF YOUR TENT USING A SMALL SHOVEL OR A SHARP ROCK, WHICH WILL HELP RAIN FLOW AROUND YOUR TENT INSTEAD OF INTO IT.

MAKE A TENT WITH ONE LARGE TARP. IF YOU DON'T HAVE TWO TARPS, BUT THE ONE YOU HAVE IS LARGE ENOUGH, YOU CAN MAKE A TENT WITH FLOOR AND ROOF WITH THE SINGLE TARP. LAY THE TARP ON THE GROUND BENEATH THE ROPE. PLACE TWO ROCKS ON TWO CORNERS, AND TWO ROCKS IN THE CENTER OF THE TARP AT THE EDGES. THROW THE EDGE OF THE TARP NOT HELD DOWN OVER THE ROPE, AND THEN SECURE THAT EDGE

RIGHT ON TOP OF THE OPPOSITE EDGE OF THE TARP WITH THE SAME ROCKS.

CARVE STAKES OUT OF BROKEN BRANCHES. IF YOU WANT TO SECURE YOUR TENT WITH STAKES BUT YOU DON'T HAVE ANY WITH YOU, YOU CAN USE BROKEN TREE BRANCHES. TAKE A KNIFE AND WHITTLE ONE END OF FOUR BRANCHES DOWN TO A POINT.

FIND BRANCHES THAT ARE THIN ENOUGH TO FIT THROUGH THE STAKE HOLES IN THE TARPS BUT THICK ENOUGH TO NOT BREAK. IF YOU CAN SNAP IT EASILY WITH YOUR HANDS IT'S PROBABLY NOT STRONG ENOUGH.

MAKE A TENT WITH ONLY ONE TREE. IF YOU CAN'T FIND TWO TREES THAT ARE A GOOD DISTANCE APART, YOU CAN MAKE A TENT OF A DIFFERENT SHAPE WITH ONE TREE. YOU'LL NEED STAKES AND A TARP WITH HOLES FOR STAKES FOR THIS METHOD. USING YOUR ROPE, TIE ONE CORNER OF THE TARP TO THE TREE. THEN JUST STRETCH OUT THE TARP AND STAKE THE OTHER CORNERS INTO THE GROUND. IF YOU HAVE ANOTHER TARP YOU CAN STAKE IT TO THE GROUND BENEATH THE ROOF TARP. USE THE SAME STAKES AND DRIVE THEM THROUGH BOTH TARPS, WITH THE CORNERS LINED UP. THEN TAKE ONE MORE STAKE TO SECURE THE CORNER OF THE FLOOR TARP THAT IS CLOSEST TO THE TREE.

HOW TO MAKE AN EMERGENCY TOILET

MATERIALS NEEDED

DUCT TAPE

SCOOPER

BUCKET

TOP FOR BUCKET

GARBAGE BAG HEAVY DUTY

SAW DUST/WOOD CHIPS/CAT LITTER

WHAT TO DO

FULL BUCKET WITH INCH OF SAWDUST OR PUT A BAG IN THE BUCKET

YOU CAN PASS URINE OR STOOL TO HALF OF THE BUCKET

USE LID TO COVER

PUT BUCKET IN GARBAGE BAG SO THAT IT'S DOUBLE SEALED

DUCT TAPE THE PLASTIC BAG AT THE TOP

THIS MAKES SURE THE WASTE IS CONTAMINATED. KEEPS OUT ODOUR.
PREVENT YOU FROM GETTING INFECTIONS OR PASSING GERMS BACK AND
FORTH.

KEEP GLOVES AND WIPES HANDY

HOW TO MAKE AN ANIMAL TRAP

NET TRAP

SET UP A LARGE NET TO BLOCK A DEER TRAIL AS A NET TRAP. USE A PIECE OF ROPE NETTING THAT IS AT LEAST 6 FEET LONG BY 4 FEET WIDE. USE ROPE THAT IS DARKER IN COLOR TO BLEND IN BETTER WITH ITS OUTDOOR SURROUNDINGS. SET UP THE NET SO THAT THE 6-FOOT LENGTH IS RUNNING VERTICALLY. SECURE THE NET BY TYING THE TOP CORNERS TO BRANCHES. DO NOT SECURE THE NET SO TIGHTLY SO THAT IT STAYS ON THE BRANCH; YOU WANT THE NET TO COME OFF AND COVER THE DEER RUNNING THROUGH IT. LET THE NET SIT OVERNIGHT AND MAKE SURE TO INSPECT YOUR TRAP EVERY DAY.

SNARE FOR DEER

SET UP A LARGE NET TO BLOCK A DEER TRAIL AS A NET TRAP. USE A PIECE OF ROPE NETTING THAT IS AT LEAST 6 FEET LONG BY 4 FEET WIDE. USE ROPE THAT IS DARKER IN COLOR TO BLEND IN BETTER WITH ITS OUTDOOR SURROUNDINGS. SET UP THE NET SO THAT THE 6-FOOT LENGTH IS RUNNING VERTICALLY. SECURE THE NET BY TYING THE TOP CORNERS TO BRANCHES. DO NOT SECURE THE NET SO TIGHTLY SO THAT IT STAYS ON THE BRANCH; YOU WANT THE NET TO COME OFF AND COVER THE DEER RUNNING THROUGH IT. LET THE NET SIT OVERNIGHT AND MAKE SURE TO INSPECT YOUR TRAP EVERY DAY.

EXAMINE THE GROUND IN THE WOODS FOR MULTIPLE DEER TRACKS, ESPECIALLY AROUND WATERING HOLES WHERE THEY COME TO GRAZE AND DRINK. LOOK FOR HIGH-TRAFFIC AREAS TO SET UP THE SNARE TRAPS. PICK AN EXACT LOCATION WHERE YOU WANT THE TRAP SET UP.

OBTAIN A STRING OR DURABLE CORD. SINCE YOU ARE CATCHING LARGER GAME, YOU NEED A THICK CORD SUCH AS A PARACHUTE CORD OR THICK SHOELACE. FISHING LINE AND REGULAR TWINE OR STRING WILL NOT HOLD.

TIE A SLIP KNOT IN THE CORD. THE LOOP IN THE SLIP KNOT NEEDS TO BE LARGE ENOUGH FOR A DEER'S HEAD TO SLIP THROUGH. FIT YOUR HEAD

THROUGH IT, AND THEN MAKE SURE IT IS ABOUT THE WIDTH OF 1.5 OF YOUR HEAD SIZE.

LOOK FOR A CLOSE BY TREE TRUNK. TIE THE OTHER END OF THE CORD SECURELY AROUND IT, UP AT LEAST 4 FEET OFF THE GROUND, BUT NOT HIGHER THAN 5 FEET. IF YOU CANNOT FIND A CLOSE ENOUGH TREE TRUNK, THAN FIND A LONG THICK STICK TO ANCHOR IN THE GROUND A COUPLE FEET AWAY. IT WILL HAVE TO BE AS LARGE AS A WALKING STICK. ANCHOR THIS STICK FIRMLY INTO THE GROUND AT LEAST 3 FEET FROM THE PATHWAY, AND TIE THE CORD AROUND THE TOP OF THIS STICK.

SEARCH FOR TWO THICK STICKS THAT ARE AT LEAST 4 FEET TALL, BUT NOT TALLER THAN 5 FEET. IDEALLY, YOU WANT THE STICKS TO HAVE A WISHBONE SHAPE ON ONE END, OR A HOOK LIKE APPEARANCE TO ANCHOR THE STRING. FIRMLY PLANT ONE OF THESE STICKS INTO ONE SIDE OF THE GROUND WHERE THE TRAP WILL BE SET. THEN, STICK THE OTHER ONE INTO THE OTHER SIDE OF THE GROUND. THE GOAL IS TO HAVE THE DEER WALK BETWEEN THESE TWO STICKS, WHERE THE SNARE WILL BE ANCHORED.

HOLD ONTO THE SLIP KNOT PART OF THE STRING. SET ONE SIDE OF THE NOOSE ON TOP OF OR AROUND ONE OF THE STICKS, AND REPEAT THE PROCESS WITH THE OTHER SIDE OF THE NOOSE, ON THE OTHER STICK. YOU WANT THE LOOP HOLE WIDE AND OPEN, ANCHORED BY THESE STICKS, SO THAT WHEN A DEER WALKS DOWN THE PATH IT WILL WALK RIGHT INTO THE NOOSE, CREATING IT TO TIGHTEN.

WAIT FOR A DEER TO SHOW UP. THIS COULD TAKE A LONG TIME, BUT IF YOU ARE IN A HIGH TRAFFIC AREA FOR DEER, HOPEFULLY MORE THAN ONE WILL APPEAR. ONCE THE DEER WALKS THROUGH THE TRAP, THE NOOSE WILL TIGHTEN.

FIXED SNARE

FOR THE FIXED SNARE TO WORK, SIMPLY CREATE A SMALL LOOP AT ONE END OF THE WIRE (ABOUT THE CIRCUMFERENCE OF A PENCIL). FEED THE OTHER END OF THE WIRE THROUGH THAT SMALL LOOP TO CREATE A TYPE OF NOOSE. PLACE THE 'NOOSE' ABOVE A BURROW OR ON A SMALL GAME

TRAIL AND WAIT. WHEN AN ANIMAL SCAMPERS BY, PULL THE WIRE, WHICH WILL TIGHTEN THE NOOSE AND CATCH YOU A MEAL.

DEER TRAIL SNARE

FOR THIS SNARE, ALL YOU NEED IS PARACORD, WIRE, AND NATURE. CREATE A SNARE LOOP (AS EXPLAINED IN THE FIXED SNARE) WITH YOUR WIRE LARGE ENOUGH FOR A DEER'S HEAD TO FIT THROUGH—ROUGHLY 12-24" IN DIAMETER AND UP TO 3 FEET HIGH.

OVER THE TRAIL, LOCATE TWO TREES. TIE ONE END OF YOUR PARACORD TO ONE TREE AND THE OTHER END TO THE SECOND TREE; HANG YOUR NOOSE WIRE FROM IT. USE THE OVERHANGING BRUSH TO DISGUISE THE WIRE HANGING IN THE MIDDLE OF THE TRAIL. WHEN A DEER WALKS THROUGH, HIS HEAD WILL GET CAUGHT IN THE NOOSE AND HE'LL BE TRAPPED.

THIS TRAP WON'T KILL THE DEER, BUT WILL HOLD HIM UNTIL YOU CAN GET THERE TO FINISH THE JOB.

BOTTLE FISHING TRAP

USING YOUR KNIFE CUT OFF THE TOP OF THE WATER BOTTLE AND INSERT IT BACK INTO THE BOTTLE, NOZZLE DOWN. YOU CAN PLACE INSECTS OR OTHER BAIT INTO THE BOTTLE TO ATTRACT THE FISH.

PLACE THE BOTTLE IN SHALLOW WATER WHERE YOU CAN HOLD IT STEADY WITH SURROUNDING VEGETATION. SMALL FISH WILL SWIM INTO THE BOTTLE FOR THE BAIT, BUT BE UNABLE TO REPLACE THEIR WAY BACK OUT.

GREASY STRING DEADFALL

THIS BAIT-DRIVEN SNARE WILL CATCH AND KILL YOUR GAME. THIS SNARE IS GREAT TO USE IN SURVIVAL SITUATIONS BECAUSE ALL YOU NEED IS A DEADFALL (A WEIGHT, LIKE A ROCK, THAT'S HEAVY ENOUGH TO KILL THE ANIMAL ON IMPACT), A FORKED BRANCH/STICK, A SAPLING, AND TWINE OR PARACORD. ALL OF THESE ITEMS CAN BE FOUND OUTDOORS EXCEPT FOR THE TWINE. WITH THE GREASY STRING DEADFALL, AN ANIMAL IS

LURED TO YOUR *STRING COVERED IN BAIT* (THAT'S THE 'GREASE'). YOUR BAIT CAN BE ANYTHING FROM OTHER DEAD ANIMALS, BERRIES, ETC. YOU CAN DECIDE WHAT TYPE OF BAIT TO USE BASED ON THE TYPE OF ANIMAL YOU'RE TRYING TO CATCH.

AS YOUR PREY CHEWS ON THE STRING, IT WILL SNAP AND THE ROCK (A.K.A DEADFALL) WILL LAND ON TOP OF THE ANIMAL.

BIRD SNARE TRAP

1. USE A CORD AND TIE ONE OF THE ENDS SO IT FORMS A SMALL, HALF INCH-ISH LOOP AND WILL NOT UNRAVEL WHEN THAT TINY LOOP IS PULLED
2. PULL THE OTHER END THROUGH THIS LOOP.
3. TIE THAT OTHER END TO A TREE OR POST.
4. JAM A SMALL STICK INTO THE VERTICAL OBJECT; YOU MAY HAVE TO CUT A SMALL HOLE INTO THE UPRIGHT SURFACE. THIS STICK SHOULD LOOK LIKE A PERCH BUT SHOULD BE SO PRECARIOUS THAT IF A BIRD LANDS ON THE STICK, IT FALLS.
5. PLACE THE LOOP ON THE STICK AND MAYBE A LITTLE BIT OF BAIT. THE BIRD LANDS ON WHAT IT THINKS IS A GREAT PERCH BUT GETS CAUGHT IN THE NOOSE.

LIST OF CLEAN ANIMALS

ANIMALS THAT CHEW THE CUD AND PART THE HOOF	FISH WITH FINS AND SCALES	BIRDS WITH CLEAN CHARACTERISTICS
ANTELOPE BISON (BUFFALO) CARIBOU CATTLE (BEEF, VEAL) DEER (VENISON) ELK GAZELLE GIRAFFE GOAT HART IBEX MOOSE OX REINDEER SHEEP (LAMB, MUTTON)	ANCHOVY BARRACUDA BASS BLACK POMFRET (OR MONCHONG) BLUEFISH BLUEGILL CARP COD CRAPPIE DRUM FLOUNDER GROUPE GRUNT HAKE HERRING (OR ALEWIFE) MACKEREL MAHIMAH (OR DORADO, DOLPHINFISH[NOT TO BE CONFUSED WITH THE MAMMAL DOLPHIN]) MINNOW MULLET PERCH (OR BREAM) JACK POLLACK (OR POLLOCK OR BOSTON BLUEFISH) ROCKFISH SALMON SARDINE (OR PILCHARD) SHAD SILVER HAKE (OR WHITING) SMELT SNAPPER (OR EBU, JOBFISH, LEHI, ONAGA, OPAKAPAKA OR UKU) SOLE STEELHEAD SUCKER TARPON TROUT (OR WEAKFISH) BLUE FIN TUNA, BLACK FIN TUNA AND YELLOW FIN TUNA(OR	CHICKEN DOVE GROUSE GUINEA FOWL PARTRIDGE PEA FOWL PHEASANT PIGEON PRAIRIE CHICKEN PTARMIGAN QUAIL SAGEHEN SPARROW (AND OTHER SONGBIRDS) TURKEY INSECTS TYPES OF LOCUSTS THAT MAY INCLUDE CRICKETS AND GRASSHOPPERS

	AHI, AKU, ALBACORE OR TOMBO) WHITEFISH	
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HOW TO MAKE A SLINGSHOT

MATERIALS

- A Y-SHAPED TREE BRANCH WITH AT LEAST A 30 DEGREE FORK (LOOK FOR HARDWOODS LIKE OAK, ASH, DOGWOOD, HICKORY, AND (HARD) MAPLE. BUCKTHORN BUSH, AN INVASIVE PLANT, CREATES SOME GOOD SOLID Y-SHAPED BRANCHES TOO, AND THE WOOD IS PRETTY STRONG.)
- $\frac{1}{4}$ " LATEX SURGICAL TUBING
- LEATHER STRIPS
- DENTAL FLOSS

TOOLS:-

SAW

KNIFE

DIRECTIONS:-

1. FIND AND SAW WOOD
2. DRY YOUR WOOD (SET A CAMPFIRE AND SET BRANCH NEAR THE FLAMES. WHEN THE WOOD HAS STOPPED HISSING ITS DRY.
3. CARVE NOTCHES IN YOUR FORK-CREATE IT ON EACH THE FORK'S PRONG
4. CUT YOUR TUBBING-ONCE YOU DECIDE ON YOUR LENGTH DOUBLE THE BAND AND CUT IT IN HALF (INTO TWO EQUAL PARTS)
5. ATTACH TUBING TO FORK-WRAP ONE END OF TUBE AROUND THE NOTCH SO THAT IT DOUBLE BACKS ON ITSELF. TIE THE END OF THE TUBE WITH DENTAL FLOSS WRAPPING IT AS TIGHT AS YOU CAN AND CUT OFF ANY LONG ENDS AND REPEAT ON THE OTHER SIDE.
6. CREATE POUCH-YOU CAN USE LEATHER FOR THIS STEP AND CUT A RECTANGLE THAT IS ABOUT 4 INCHES WIDE AND 2 INCHES HIGH AND CREATE AN OCTAGON SHAPE BY CUTTING OFF THE CORNERS. CREATE TWO HOLES AT EACH OF THE LONGEST ENDS OF YOUR LEATHER STRIP.

7. ATTACH POUCH TO TUBING-SLIDE THE ENDS OF THE TUBE THROUGH THE HOLES. FOLD EACH OF THE TUBE BACK ON ITSELF AND TIE IT OFF TIGHTLY WITH SOME DENTAL FLOSS.

HOW TO MAKE A CUP FROM BAMBOO

MATERIALS

- BAMBOO
- SAND PAPER
- WOOD SAW
- SHELLAC
- BRUSH
- BEESWAX
- RULER

STEPS

- CUT THE BAMBOO AND CUT THE WIDTH 6.5 METRES AND LENGTH 16METRES
- SAND THE CUP-TH OUTSIDE, INSIDE AND EDGE OF THE BAMBOO USING THE SMALLEST GRIT NUMBER SAND PAPER THEN TO THE BIGGEST UNTIL VERY SMOOTH
- SHELLAC THE OUTSIDE OF THE CUP-PUT THE SHELLAC IN A BOWL AND PUT THE BRUSH IN WATER AND PAINT THE CUP. LEAVE TO DRY IN THE SUN.
- ADD BEESWAX-ADD A LAYER OF BEESWAX INSIDE THE CUP TO PROTECT IT FROM WATER.

MEDICINAL PLANTS

STINGING NETTLE



USED AS A DIURETIC (TO RID THE BODY OF EXCESS WATER) AND TO TREAT JOINT PAIN. STINGING NETTLE HAS FINE HAIRS ON THE LEAVES AND STEMS THAT CONTAIN IRRITATING CHEMICALS, WHICH ARE RELEASED WHEN THE PLANT COMES IN CONTACT WITH THE SKIN. THE HAIRS, OR SPINES, OF THE STINGING NETTLE ARE NORMALLY VERY PAINFUL TO THE TOUCH. WHEN THEY COME INTO CONTACT WITH A PAINFUL AREA OF THE BODY, HOWEVER, THEY CAN ACTUALLY DECREASE THE ORIGINAL PAIN.

STINGING NETTLE HAS BEEN USED FOR HUNDREDS OF YEARS TO TREAT PAINFUL MUSCLES AND JOINTS, ECZEMA, ARTHRITIS, GOUT, AND ANEMIA. TODAY, MANY PEOPLE USE IT TO TREAT URINARY PROBLEMS DURING THE EARLY STAGES OF AN ENLARGED PROSTATE (CALLED BENIGN PROSTATIC HYPERPLASIA OR BPH). IT IS ALSO USED FOR URINARY TRACT INFECTIONS,

HAY FEVER (ALLERGIC RHINITIS), OR IN COMPRESSES OR CREAMS FOR TREATING JOINT PAIN, SPRAINS AND STRAINS, TENDONITIS, AND INSECT BITES.

WHILE STUDIES HAVE BEEN SMALL, THEY SUGGEST THAT SOME PEOPLE FIND RELIEF FROM JOINT PAIN BY APPLYING NETTLE LEAF TOPICALLY TO THE PAINFUL AREA. OTHER STUDIES SHOW THAT TAKING AN ORAL EXTRACT OF STINGING NETTLE



DITAY PAYEE



COMMONLY KNOWN TO TREAT RED EYES, EYE SWELLING, GLAUCOMA, CATARACTS, AND GROWTH ON THE EYELIDS. A TEA PREPARED FROM THE LEAVES IS USED EXTERNALLY AS AN EYEWASH. STEEP ONE OUNCE OF DITAY PAYEE LEAVES IN TWO CUPS OF DISTILLED OR BOILED WATER FOR THIRTY MINUTES. ALLOW COOLING COMPLETELY BEFORE CAREFULLY WASHING AFFECTED EYES. DO THIS NIGHTLY BEFORE SLEEPING UNTIL YOU ACHIEVE THE DESIRED RESULTS. ANY LEFTOVER TEA SHOULD BE REFRIGERATED AND NOT USED MORE THAN THREE TIMES. MAKE A FRESH BATCH THEN.

OTHER USES

1. TO SOOTHE SKIN ITCH.
2. AIDS IN RECOVERY AFTER CHILDBIRTH.
3. IT TREATS FEVER, FLU, VOMITING, DIARRHEA, HEMORRHOIDS, RHEUMATISM, URINARY PROBLEMS, AND SWELLING
4. SEVERAL COMPOUNDS IN THE PLANT HAVE DEMONSTRATED THAT IT IS AN INSECT REPELLENT AGAINST ADULT SWEET POTATO WEEVILS.
5. THE PLANT IS ANTIBIOTIC, DIGESTIVE, DIURETIC, AND TONIC.
6. TRADITIONAL MEDICINE USES BOTH THE LEAVES AND FLOWERS.

ROSEMARY



1. TRADITIONAL REMEDY FOR COLDS, COLIC, NERVOUS CONDITIONS, AND BRAIN HEALTH. ADDITIONALLY, IT IS AN EFFECTIVE MEDICINE FOR HEADACHES DUE TO NERVOUSNESS. INFUSE THE STEMS IN COCONUT OIL FOR A MINIMUM OF TWO WEEKS THEN APPLIED IT TO CHILDREN'S HEADS TO TREAT COLDS AND TOUCHES OF THE FLU.
2. USE STRENGTHEN YOUR EYES. AS WITH THE OTHER HERBS, MAKE A TEA WITH ONE OUNCE OF THE LEAVES AND TWO CUPS HOT WATER. STEEP FOR TWENTY MINUTES, THEN LIBERALLY BATHE THE EYES WITH THE TEA.
3. USE AS A WASH FOR THE MOUTH, GUMS, FOUL BREATH, AND SORE THROAT.
4. USEFUL FOR FEMALE COMPLAINTS.
5. USE THE LEAVES TO ADD FLAVOR TO YOUR FAVORITE SOUP, MEAT DISH, OR COOKING OIL.
6. USE THE OIL TO ADD A SCENT TO OINTMENTS AND BALMS.
7. ROSEMARY IS AN EXCELLENT ADDITION TO SHAMPOOS AND HAIR CONDITIONERS BECAUSE IT MAY PREVENT PREMATURE BALDNESS.
8. USE AS A TEA OR CAPSULES TO AID DIGESTION AND COUGHS.

CHAMOMILE



1. AN EXCELLENT GENERAL TONIC THAT INCREASES THE APPETITE, IT ALSO TREATS A WEAK STOMACH.
2. CHAMOMILE TEA, WHEN DRANK INTERNALLY OR APPLIED EXTERNALLY, IS AN EXCELLENT WASH FOR SORE AND WEAK EYES. GATHER ONE OUNCE OF LEAVES AND STEEP WITH TWO CUPS OF WATER. ALLOW COOLING THEN USE IT AS AN EYEWASH OR EYEDROP.
3. CHAMOMILE IS USEFUL FOR REGULATING MONTHLY MENSTRUATION.
4. IT IS SPLENDID FOR KIDNEYS, SPLEEN, COLDS, BRONCHITIS, AND BLADDER ISSUES.
5. USE CHAMOMILE AS A TEA, AS CAPSULES, OR IN POWDER FORM TO EXPEL WORMS OR TO TREAT DROPSY AND DROPSY.
6. APPLY THE TEA TO OPEN SORES AND WOUNDS FOR SPEEDY HEALING OR USE THE POULTICE FOR PAINS AND SWELLINGS.
7. DO NOT USE CHAMOMILE DURING PREGNANCY.

QUICK TIPS MEDICINAL PLANTS

BLACK SAGE:-USED FOR THE COMMON COLD.

PREPARATION: BOIL THE FLOWER AND LEAF FOR 5 MINUTES, STRAIN, ENJOY HOT OR COLD SWEETENED OR UNSWEETENED.

ZEBAPIQUE OR JACKASS BITTERS: USED FOR THE COMMON COLD.

PREPARATION: BOIL DRIED LEAVES FOR 5 MINUTES, STRAIN AND DRINK A SMALL AMOUNT. OR SOAK THE LEAVES IN PUNCHEON FOR A WEEK AND DRINK.

SAFFRON: USED AS A BLOOD DETOX AND AIDS IN MENSTRUATION.

PREPARATION: BOIL ROOT FOR 10 MINUTES, STRAIN DRINK HOT WITH MILK, SUGAR CAN BE ADDED TO TASTE.

GINGER: USED FOR SOOTHING THE STOMACH, FLATULENCE, GAS AND APPETITE STIMULANT.

PREPARATION: BOIL ROOT FOR 5 MINUTES, STRAIN, ENJOY HOT OR COLD SWEETENED OR UNSWEETENED.

CARILIE: USED TO AID IN DIGESTION, DETOXIFICATION, MENSTRUAL CRAMPS, URINARY TRACT INFECTIONS, DIABETES, INCREASE ENERGY, FEVERS AND PAIN RELIEF. FOR CORONA

NEEM TREE OR LEAVES: USED FOR AN IMMUNE SYSTEM BOOST, HYPERTENSION, AIDS IN DIGESTION, ANTIBACTERIAL, ANTIFUNGAL, ATHLETES FOOT, HAIR CARE AND RINGWORMS AND INSOMNIA. BUG REPELLENT.

PREPARATION: BOIL LEAVES, SEED AND BARK 15-20 MINUTES, STRAIN, ENJOY HOT, SWEETENED OR UNSWEETENED. ADDING HONEY OR GINGER. SAP IS ALSO USEFUL.

LIME LEAF: USED FOR DIARRHEA IN BABIES.

PREPARATION: BOIL LEAVES 15-20 MINUTES AND STRAIN.

FEVER OR LEMON GRASS: USED FOR HEADACHES, FEVERS, ECZEMA, COUGHS, CONGESTION, COLDS, SOOTHE THE STOMACH, DIARRHEA, UPSET FEELING, FLATULENCE, GAS AND ACNE.

PREPARATION: BOIL LEAVES FOR 5 MINUTES, STRAIN, ENJOY HOT OR COLD SWEETENED OR UNSWEETENED AND CAN BE CRUSHED AND RUBBED DIRECTLY ON THE SKIN FOR INSECT REPELLENT.

ZABOCA LEAVES: USED FOR BLADDER STONES, HYPERTENSION, PAIN RELIEF, IRREGULAR MENSTRUATION AND DIABETES. SEED IS USED FOR SWELLING FROM SPRAINS AND BRUISES.

PREPARATION: BOIL LEAVES 15-20 MINUTES, STRAIN, ENJOY HOT, SWEETENED OR UNSWEETENED. SEED GRATED AND MADE INTO A PASTE.

PAW PAW: USED TO EXTRACT WORMS, LOWER BLOOD PRESSURE, HEART CARE AND CAN BE USED TO EXTRACT FOREIGN BODIES EXAMPLE SPLINTERS.

PREPARATION: EAT GREEN FRUIT FOR BLOOD PRESSURE, RIPE FRUIT FOR HEART CARE, AND CONSUME SEEDS FOR EXTRACTING WORMS.

ALOE VERA OR ALOES: USED FOR BURNS, WOUNDS, INFECTIONS, IMMUNE SYSTEM BOOSTER, INCREASING BLOOD CIRCULATION, HEALTHIER HAIR AND SKIN, SETTling UPSET STOMACH, EYEWASH AND AS A LAXATIVE.

PREPARATION: CUT A STEAM, AND RUB ON BODY FOR BURNS OR CONSUME FOR LAXATIVE, INDIGESTION BLOOD CIRCULATION AND IMMUNE BOOSTER, MIX WITH STERILE WATER FOR EYEWASH.

BREADFRUIT LEAVES: USED FOR HYPERTENSION AND HEADACHES.

PREPARATION: CRUSH LEAVES BOILED AND MADE INTO TEAS FOR HYPERTENSION AND CRUSHED LEAVES PLACED ON THE HEAD FOR HEADACHES.

BAY LEAF: USED FOR ANTISEPTIC, ANTIOXIDANT, DIGESTIVE, AND THOUGHT TO HAVE ANTI-CANCER PROPERTIES.

PREPARATION: BAY LEAF IS CONSIDERED A SPICE AND IT IS USED IN FOODS WHILE COOKING OR MADE IN TEAS.

LIME BUD (YOUNG)-COMMON COLD

SHADOW BENI-COMMON COLD,FEVER, PAIN

WONDER OF THE WORLD



1. TO REDUCE ACUTE EYE SWELLING, HEAT THE LEAVES, AND APPLY COCONUT OIL OR SOFT CANDLE. COVER EYES AND LEAVE OVERNIGHT. REPEAT THIS PROCESS UNTIL YOU GET THE DESIRED RESULTS.
2. USE THE HERB TO TREAT ANY RESPIRATORY AILMENT. I USUALLY COMBINE AND INGEST THE [WONDER OF THE WORLD AND TULSI CAPSULES](#) TO PREVENT THE ONSET OF THE FLU.
3. BLEND THE FRESH LEAVES IN YOUR FAVORITE BREAKFAST OR NIGHTTIME SMOOTHIE TO HELP BOOST YOUR IMMUNE SYSTEM AND LOWER BLOOD SUGAR LEVELS.
4. USE IN ANY FORM, PREFERABLY CAPSULES OR POWDER, TO TREAT KIDNEY STONES.
5. USE THE ROOTS TO MAKE COUGH MEDICINE.
6. TO REDUCE JOINT PAINS, JUST BEFORE SLEEPING, HEAT LEAVES AND APPLY COCONUT OIL OR SOFT CANDLE. WRAP THE LEAVES AROUND THE AREA WITH AN EXTRA PIECE OF FABRIC, IF NEEDED
7. THE LEAF-JUICE, COMBINED WITH SALT, IS USED AS A TREATMENT FOR COLDS, COUGHS, GRIPE, DIARRHEA, AND TEETHING BABIES.
8. THE FRESH LEAVES ARE POUNDED AND THEN APPLIED TO BURNS
9. USE AS POULTICES ON BOILS AND ULCERS; AS A TREATMENT FOR HEADACHES; AS A REMEDY FOR RINGWORM

10. MAKE THE LEAVES PLIABLE BY HOLDING THEM OVER THE FIRE, AND THEN APPLY AS A TREATMENT ON WOUNDS, BRUISES, AND BOILS.
11. THE JUICE IS APPLIED TOPICALLY IN THE TREATMENT OF EARACHES AND CONJUNCTIVITIS.
12. THE LEAVES ARE MACERATED, SOAKED IN WATER, AND THEN USED AS A SHAMPOO TO HELP PREVENT HAIR LOSS
13. THE LEAVES AND LEAF-JUICE ARE MIXED WITH COCONUT OIL AND CARAPA OIL AND THEN RUBBED ON THE HEAD TO TREAT A VIOLENT AND PERSISTENT HEADACHE

14. USED FOR EAR ACHES, HEADACHES AND COUGHS.

15. PREPARATION: BOIL LEAVES FOR 5 MINUTES, STRAIN AND DRINK TEA WITH OR WITHOUT MILK. FOR EARACHES WARM LEAF ON THE STOVE ALLOW TO COOL AND SQUEEZE LIQUID INTO THE EAR.

GOLDENSEAL



1. COMMONLY REFERRED TO AS EYE ROOT, YELLOW PAINT ROOT, EYE BALM, YELLOW EYE, AND JAUNDICE ROOT, IT IS HIGH IN MEDICINAL PROPERTIES. THESE INCLUDE LAXATIVE, TONIC, DIURETIC, ANTISEPTIC, AND ANTIPERIODIC. HOWEVER, WHEN ONE CONSIDERS ITS MANY USES AND WHAT IT CAN DO, IT DOES SEEM LIKE A REAL CURE-ALL.
2. GOLDENSEAL IS HIGHLY EFFECTIVE FOR THE EYES. STEEP ONE TEASPOON EACH OF GOLDENSEAL AND BORIC ACID IN ONE PINT OF BOILING WATER. STIR THOROUGHLY, LET COOL, AND POUR THE LIQUID OFF. PUT ONE TABLESPOON OF THIS LIQUID IN A HALF CUP OF WATER AND BATHE THE EYES WITH IT, USING AN EYECUP OR DROP IT IN WITH AN EYEDROPPER. IF NO BORIC ACID IS AVAILABLE, USE THE GOLDENSEAL ALONE.
3. HIGHLY EFFECTIVE FOR ANY DIGESTIVE ISSUE.
4. IT IS AN EFFECTIVE REMEDY FOR ALL STOMACH AND LIVER DISORDERS AND ACUTE INFLAMMATION
5. USE THE TEA AS A WASH FOR OPEN SORES, ECZEMA, RINGWORM, OR ANY OTHER SKIN DISEASE. GOLDENSEAL TEA IS MADE BY STEEPING ONE TEASPOON OF THE PULVERIZED HERB IN ONE PINT OF BOILING WATER FOR TWENTY MINUTES. AFTER THE AREA IS THOROUGHLY CLEAN, SPRINKLE ON SOME OF THE ROOT POWDER AND COVER.

6. DURING PREGNANCY, USE IN SMALL BUT FREQUENT DOSES TO TREAT NAUSEA. STEEP ONE TEASPOON IN ONE PINT OF BOILING WATER FOR TWENTY MINUTES. STIR WELL, LET SETTLE, AND POUR OFF THE LIQUID. USE SIX TEASPOONS A DAY.
7. USE AS A TEA FOR PILES, HEMORRHOIDS, AND PROSTATE TROUBLES.

SHINING BUSH



MEDICINAL USES: CONSIDERED ANTI-INFLAMMATORY, REFRIGERANT, ANALGESIC, ANTI-FUNGAL, ANTICANCER. CAN BE USED FOR ARTHRITIS, GOUT, SKIN BOILS, ABSCESSSES, PIMPLES, HEADACHE, ABDOMINAL PAINS, KIDNEY PROBLEMS. A SOLUTION OF THE FRESH JUICE OF STEM AND LEAVES IS USED AGAINST EYE INFLAMMATION. IS BEING STUDIED FOR ITS USE IN THE TREATMENT OF ARTHRITIS AND GOUT. ANTIPYRETIC: STUDY OF THE LEAF EXTRACT ON SHOWED ANTIPYRETIC EFFECTS COMPARABLE TO A STANDARD ASPIRIN. ANTIBACTERIAL: STUDY OF METHANOLIC EXTRACT OF THE HERB EXHIBITED A VERY GOOD LEVEL OF BROAD SPECTRUM ANTIBACTERIAL ACTIVITY. SHINY BUSH IS SAID TO HELPS LOWER THE CHOLESTEROL LEVEL, SHINY BUSH TO SURPRESS COUGH, AND TO RELIEVE ASTHMA-RELATED SYMPTOMS.

BEAUTY AND HEALTH: LEAVES AND STEMS MAY BE EATEN AS VEGETABLE. EXTERNALLY, AS A FACIAL RINSE FOR COMPLEXION

PROBLEMS.FOR THE HERBAL TREATMENT OF SKIN DISORDERS LIKE ABSCESSSES, PIMPLES AND BOILS, POUND THE LEAVES AND/OR THE STALKS AND MAKE A POULTICE BOIL IN WATER FOR A MINUTE OR TWO THEN POUNDED THEN APPLIED DIRECTLY TO THE AFFLICTED AREA. LIKEWISE A DECOCTION CAN BE USED AS A RINSE TO TREAT SKIN DISORDERS.A HERBAL TEA OR DECOCTION MADE OF SHINY BUSH' LEAVES IS A TRADITIONAL MEDICINE FOR GOUT.

OTHER USES:-

TREATS RHEUMATOID ARTHRITIS
 TREAT URINARY SYSTEM PROBLEMS
 TREAT GOUT AND ARTHRITIS
 EFFECTIVELY LOWER BLOOD CHOLESTEROL LEVEL
 POWERFUL ANTI-BACTERIAL AGENT
 REDUCES URIC ACID
 POWERFUL ANTI-INFLAMMATION
 DEPRESSION
 POWERFUL ANTI-FUNGAL
 POWERFUL ANTIOXIDANT
 HEALS FRACTURE
 CURES CANCER
 INCREDIBLE GASTRO-PROTECTIVE PROPERTIES

PRECAUTIONS- AVOID LARGE DOSAGE. PATIENT WITH ALLERGY OR HYPERSENSITIVITY SHOULD STAY AWAY FROM THIS PLANT AND ITS KIN TO AVOID GETTING ASTHMA-LIKE SYMPTOMS ACCORDING TO SOME RESEARCHES.

VERVAIN



PROMOTE MILK PRODUCTION IN BREASTFEEDING WOMEN ,TREATMENT OF
DYSMENORRHEA, JAUNDICE, GOUT, KIDNEY
STONES,INFECTIONS,ABDOMINAL PAIN AND HEADACHE

THE WHOLE PLANT IS ALSO USED TO TREAT ABDOMINAL PAIN AND TO
PROTECT AGAINST THE EVIL EYE, WHICH IS BELIEVED TO CAUSE
MISFORTUNE OR INJURY.

FEVER GRASS OR LEMONGRASS



LEMONGRASS IS USED FOR TREATING DIGESTIVE TRACT SPASMS, STOMACHACHE, HIGH BLOOD PRESSURE, CONVULSIONS, PAIN, VOMITING, COUGH, ACHY JOINTS (RHEUMATISM), FEVER, THE COMMON COLD, BOOSTS IMMUNITY, HELPS PREVENT CANCER, TREATS RESPIRATORY DISORDERS, DETOXIFIES THE BODY, IMPROVE LEVELS OF SUGAR AND CHOLESTEROL IN THE BLOOD, STIMULATE THE UTERUS AND MENSTRUAL FLOW, AND HAVE ANTIOXIDANT PROPERTIES AND EXHAUSTION. IT IS ALSO USED TO KILL GERMS AND AS A MILD ASTRINGENT.

SOME PEOPLE APPLY LEMONGRASS AND ITS ESSENTIAL OIL DIRECTLY TO THE SKIN FOR HEADACHE, STOMACHACHE, ABDOMINAL PAIN, AND MUSCLE PAIN.

BY INHALATION, THE ESSENTIAL OIL OF LEMONGRASS IS USED AS AROMATHERAPY FOR MUSCLE PAIN.

LEMONGRASS MIGHT HELP PREVENT THE GROWTH OF SOME BACTERIA AND YEAST. LEMONGRASS ALSO CONTAINS SUBSTANCES THAT ARE THOUGHT TO RELIEVE PAIN, REDUCE FEVER, STIMULATE THE UTERUS AND MENSTRUAL FLOW, AND HAVE ANTIOXIDANT PROPERTIES.

DO NOT TAKE DURING PREGNANCY.

WILD SENNA



USED TO TREAT [CONSTIPATION](#) AND ALSO TO CLEAR THE BOWEL BEFORE DIAGNOSTIC TESTS SUCH AS [COLONOSCOPY](#).

SENNA IS ALSO USED FOR [IRRITABLE BOWEL SYNDROME \(IBS\)](#), ANAL OR RECTAL SURGERY, TEARS IN THE LINING OF THE [ANUS \(ANAL FISSURES\)](#), [HEMORRHOIDS](#), AND [WEIGHT LOSS](#).

ALOES



USES:-

1. BLOOD CLEANSER, ANTICOAGULANT, GENERAL HEALTH
2. HEALS BURNS- IF YOU HAVE A SUNBURN OR ANOTHER MILD BURN, APPLY ALOE VERA A FEW TIMES A DAY TO THE AREA. IF YOU HAVE A SEVERE BURN, SEEK MEDICAL HELP BEFORE APPLYING ALOE.
3. IMPROVES DIGESTIVE HEALTH
4. CONSUMING ALOE VERA MAY BENEFIT YOUR DIGESTIVE TRACT AND HELP TO SOOTHE AND CURE STOMACH AILMENTS, INCLUDING [IRRITABLE BOWEL SYNDROME](#)
5. PROMOTES ORAL HEALTH- ALOE VERA TOOTHPASTE AND MOUTHWASH ARE NATURAL OPTIONS FOR IMPROVING ORAL HYGIENE AND REDUCING PLAQUE.
6. CLEARS ACNE- USING FRESH ALOE ON YOUR FACE MAY HELP CLEAR UP ACNE.
7. RELIEVES ANAL FISSURES- APPLY AN ALOE VERA CREAM TO THE AFFECTED AREA SEVERAL TIMES THROUGHOUT THE DAY MAY HELP PROMOTE HEALING.
8. PRECAUTION-BREASTFEEDING AND CHILDREN UNDER 12 SHOULD AVOID ORAL USE OR ALOES.

TO HARVEST YOUR ALOE PLANT FOR GEL AND JUICE:

1. REMOVE 3-4 LEAVES AT A TIME, CHOOSING THICK LEAVES FROM THE OUTER SECTIONS OF THE PLANT.

2. ENSURE THE LEAVES ARE HEALTHY AND FREE OF ANY MOLD OR DAMAGE.
3. CUT THEM CLOSE TO THE STEM. MOST OF THE BENEFICIAL NUTRIENTS ARE FOUND AT THE BASE OF THE LEAVES.
4. AVOID THE ROOTS.
5. WASH AND DRY THE LEAVES.
6. TRIM THE PRICKLY EDGES WITH A KNIFE.
7. USING A KNIFE OR YOUR FINGERS, SEPARATE THE INTERIOR GEL FROM THE OUTSIDE OF THE LEAF. THE INTERIOR GEL IS THE PART OF THE ALOE THAT YOU'LL USE.
8. ALLOW THE YELLOW SAP TO DRAIN FROM THE LEAF. THIS IS THE ALOE VERA LATEX. IF YOU PLAN TO USE THE LATEX, YOU CAN CATCH THIS IN A CONTAINER. IF YOU'RE NOT PLANNING TO USE THE LATEX, YOU CAN DISPOSE OF IT.
9. CUT THE ALOE GEL INTO SLICES OR CUBES.

OLIVE BUSH



GASTROPROTECTIVE (PROTECTS DIGESTIVE SYSTEM)

NEUROPROTECTIVE (PROTECTS CENTRAL NERVOUS SYSTEM)

ANTIMICROBIAL (INHIBITS MICROORGANISM GROWTH)

ANTICANCER (REDUCES RISK OF CANCER)

ANTI-INFLAMMATORY (REDUCES RISK OF INFLAMMATION)

ANTINOCICEPTIVE (REDUCES PAIN STIMULI)

ANTIOXIDANT (PREVENTS OXIDATION OR CELL DAMAGE)

MAY HELP WITH WEIGHT LOSS, HEART HEALTH, AND HERPES BREAKOUTS

REDUCES CARDIOVASCULAR RISK, LIKE [ATHEROSCLEROSIS](#)

LOWERS BLOOD PRESSURE

- HELPS TREATS TYPE 2 DIABETES-REDUCE [HYPERGLYCEMIA](#)
- REDUCE HYPERINSULINEMIA (TOO MUCH INSULIN IN THE BLOOD)
- REDUCE BLOOD GLUCOSE, PLASMA MALONDIALDEHYDE, AND OTHER SIGNS OF OXIDATIVE STRESS (AN IMBALANCE OF FREE RADICALS THAT CAN HARM THE BODY)

- REDUCE CHOLESTEROL
- DECREASE SERUM GLUCOSE
- INCREASE SERUM INSULIN

SUPPORTS WEIGHT LOSS-IT'S THOUGHT THAT OLIVE LEAF EXTRACT PREVENTS OBESITY BY REGULATING THE EXPRESSION OF GENES THAT AFFECT WEIGHT GAIN. IT CAN ALSO AID IN REDUCING FOOD INTAKE.

ELIMINATES FREE RADICALS

BOOSTS IMMUNITY

FIGHTS HERPES-TO TREAT HERPES WITH OLIVE LEAF EXTRACT, DROP 1 TO 2 DROPLETS ON A COTTON BALL AND PLACE ON THE SORE

REDUCES [INFLAMMATION](#)

PREVENTS [CANCER](#)-OLIVE LEAF EXTRACTS WERE SHOWN TO STOP CANCEROUS CELL GROWTH

GRAVEYARD BUSH



MEDICINAL USES: GRAVEYARD BUSH IS KNOWN AS MIDWIFE'S HERB AS MAINLY USED IN WOMEN ALIMENTS. IT IS USED FOR MENSTRUAL PROBLEMS, HORMONAL IMBALANCE, EASE PMS. THE ALKALOIDS PRESENT IN THE PLANT HAVE INTERESTING PROPERTIES, E.G. ANTILEUKAEMIC AND NEUROMUSCULAR BLOCKING ACTIVITY. ARE USED IN TRADITIONAL MEDICINE IN DIFFERENT PARTS OF THE WORLD FOR SIMILAR PURPOSES, WHICH SEEMS TO CONFIRM THEIR EFFECTIVENESS. A PASTE IS MADE AND APPLIED LOCALLY TO TREAT INFLAMMATORY CONDITIONS OF THE EYE. USED FOR COOLING. USED AS A FEBRIFUGE, DIURETIC, TONIC, STOMACHIC, AND IN PROLAPSUS UTERI. PEOPLE TAKE AN INFUSION OF THE BITTER RHIZOME, AND SOMETIMES OF LEAVES AND STEMS, TO CURE GASTRO-INTESTINAL COMPLAINTS SUCH AS DIARRHOEA, DYSENTERY, ULCERS, COLIC, INTESTINAL WORMS AND DIGESTIVE COMPLAINTS, AND ALSO UROGENITAL PROBLEMS SUCH AS MENSTRUAL PROBLEMS. PEOPLE TAKE AN INFUSION OF THE BITTER RHIZOME, AND SOMETIMES OF LEAVES AND STEMS, TO CURE GASTRO-INTESTINAL COMPLAINTS SUCH AS DIARRHOEA, DYSENTERY, ULCERS, COLIC, INTESTINAL WORMS AND DIGESTIVE COMPLAINTS.

BEAUTY AND HEALTH:JUICE FORM MACERATED LEAVES AND STEM IS MIXED WITH A LITTLE WATER AND USED AS AN ANTI-CONJUNCTIVITIS OR AS A TREATMENT FOR SORE EYES.JUICE FROM MACERATED LEAVES AND STEM IS USED AN AS AN ANTI-INFLAMMATORY LEAVES AND STEM ARE MACERATED IN WATER AN USED AS AN ANTI-INFECTIVE AGENT, THE PLANT CAN BE USE TO PREVENT PREGNANCY.GRAVE YARD BUSH HAS BEEN SHOWN TO BE A SOURCE OF POTENT ANTIVIRAL ACTIVITY AGAINST ALL FOUR DENGUE VIRUS SEROTYPES. USING THE KNOWLEDGE OF TRADITIONAL INDIAN MEDICINE, AYURVEDA, AN APPROACH TO EXPLORE THE INDIGENOUS HERBAL BIO-RESOURCE TO IDENTIFY PLANTS WITH PAN-DENV INHIBITORY ACTIVITY. OUR RESULTS SHOW THAT AN EXTRACT OF THE HERB WAS A POTENT INHIBITOR OF ALL FOUR DENVS IN CELL-BASED.

ST JOHN BUSH



USED TO GET RID OF HEAT RASHES OR ANY RASH OR SKIN ISSUE IN CHILDREN

MAN BETTER MAN



USVI TRADITIONAL USES - STEMS/ LEAVES: STEMS BOUND TO HEAD FOR HEADACHES; "BUSH" BATH USED AFTER ILLNESS. **ROOTS:** USED INTERNALLY FOR ANEMIA. **LEAVES:** INFUSION CONSUMED FOR FEVER (ONLY ONE DOSE).

USES ELSEWHERE - WHOLE PLANT: DECOCTION INGESTED FOR COLDS, COLIC, FEVER, AND VENEREAL DISEASE.

CASHEW LEAVES



USES ELSEWHERE - LEAVES: DECOCTION USED FOR DIARRHEA, DIABETES, AND AFTER CHILDBIRTH. **FLOWERS:** SYRUP TAKEN FOR COUGHS. **FLESHY (FALSE) FRUIT :** YOUNG "CASHEW APPLE" BOILED TEA INGESTED FOR DIARRHEA, VOMITING, AND SORE THROAT. FERMENTED JUICE USED FOR CHRONIC DYSENTERY. **BARK:** DECOCTION USED FOR DIARRHEA, ASTRINGENT GARGLE FOR SORE THROAT, SOAKED CRUSHED BARK USED FOR DIABETES. **SEED SHELL OIL:** DILUTED SMALL DOSES APPLIED CAREFULLY TO ULCERS, WARTS, AND CALLUSES, AND TAKEN INTERNALLY TO EXPEL WORMS. (MOR).

COMMENTS - IN THE USVI, CASHEW NUTS WERE TRADITIONALLY USED FOR TOYS AND MARBLES.(VAH)

CAUTION - SEED COAT CONTAINS TOXIC AND CAUSTIC OIL. (KIR)

MANGO



USES ELSEWHERE - LEAVES: INFUSION OR DECOCTION USED FOR COUGHS, ASTHMA, BRONCHITIS, DIARRHEA, FEVER, INSOMNIA, AND HYPERTENSION, AND. IN "COOLING" BATHS. **BARK:** DECOCTION TAKEN FOR HIGH BLOOD PRESSURE, COLIC, DIARRHEA, ASTHMA, LEUCORRHEA, GONORRHEA, AND APPLIED TO SKIN DISEASES. **FRUIT:** SKIN USED FOR WASHING INFECTED SORES AND TOOTHACHES. **TREE RESIN:** POULTICE APPLIED TO CHEST FOR BRONCHITIS AND ON ABDOMEN FOR HERNIA. **SEEDS:** TOASTED/POWDERED IN HOT WATER USED TO REMOVE TAPEWORMS.

CAUTION: TREE SAP, FLOWER SCENT CAN CAUSE CONTACT IRRITATION IN SENSITIVE PEOPLE. SMOKE FROM BURNING FOLIAGE OR STEAM FROM BOILING LEAVES CAN PRODUCE DERMATITIS. EATING TOO MANY OF RIPE FRUITS MAY CAUSE KIDNEY INFLAMMATION, DIARRHEA, HEMORRHOIDS AND DIGESTIVE TRACT TRAUMA. EXTENDED GRAZING BY LIVESTOCK ON LEAVES CAN CAUSE ILLNESS OR DEATH

HOG PLUM



USVI TRADITIONAL USES - LEAVES USED IN TEA FOR COLDS AND IN "BUSH" BATHS. (VAH) **USES ELSEWHERE** - **BARK:** GRATED BARK MIXED WITH BROWN SUGAR IS PLACED ON WOUNDS. DECOCTION USED AS A FOOT BATH FOR FATIGUE, IN BATHS FOR KIDNEY INFLAMMATION. AND INGESTED FOR DIARRHEA, DYSENTERY, GONORRHEA, AND HEMORRHOIDS. **LEAVES:** DECOCTION IS USED FOR BATHING SORES, AS A GARGLE FOR THRUSH AND SORE THROAT, CONSUMED FOR COLDS AND DIARRHEA. **LEAVES/FLOWERS:** DECOCTION USED FOR STOMACHACHES, CONSTIPATION, AND URETHRITIS. **FRUIT:** EATEN IN LARGE AMOUNTS TO CAUSE PURGING: SYRUP IS USED FOR ANGINA.

WORMWOOD



USED FOR VARIOUS DIGESTION PROBLEMS SUCH AS LOSS OF APPETITE, [UPSET STOMACH](#), GALL [BLADDER](#) DISEASE, AND INTESTINAL SPASMS. WORMWOOD IS ALSO USED TO TREAT FEVER, [LIVER DISEASE](#), [DEPRESSION](#), [MUSCLE PAIN](#), [MEMORY LOSS](#) AND WORM INFECTIONS; TO INCREASE SEXUAL DESIRE; AS A TONIC; AND TO STIMULATE [SWEATING](#). WORMWOOD IS USED FOR [CROHN'S DISEASE](#) AND A [KIDNEY](#) DISORDER

WORMWOOD OIL IS ALSO USED FOR [DIGESTIVE DISORDERS](#), TO INCREASE SEXUAL DESIRE, AND TO STIMULATE THE IMAGINATION.

SOME PEOPLE APPLY WORMWOOD DIRECTLY TO THE [SKIN](#) FOR [OSTEOARTHRITIS](#) (OA), AND HEALING WOUNDS AND [INSECT BITES](#). WORMWOOD OIL IS USED AS A COUNTERIRRITANT TO REDUCE PAIN.

PRECAUTIONS:- . HOWEVER, IT CAN ALSO CAUSE SEIZURES AND OTHER ADVERSE EFFECTS. OTHER CHEMICALS IN WORMWOOD MIGHT DECREASE INFLAMMATION (SWELLING).

ORANGE PEEL



USES:-

ORANGE PEEL MAKES GREAT KINDLING, WHETHER FOR A WOOD-BURNING FIRE OR CAMPFIRE. SO BUNG SOME IN AND SPARK UP! THE NATURAL OILS FOUND IN ORANGE PEELS ARE FLAMMABLE AND OFFER A SLOWER BURN THAN A TYPICAL FIRE STARTER, LIKE TWIGS OR NEWSPAPER.

TAKE FRESH ORANGE PEELS AND RUB THEM ALL OVER YOUR SKIN TO REPEL MOSQUITOES, WHO DON'T LIKE THE SMELL

PLACE ORANGE PEELS (OR GROUND-UP PEELS) AROUND PROBLEM AREAS WITH ANTS AND WATCH THEM MARCH OFF IN THE OPPOSITE DIRECTION.

ORANGE PEELS ON THE OUTSIDE OF YOUR HOME WILL ALSO KEEP STRAY CATS AWAY ... OR USE IT TO STOP YOUR OWN CAT GETTING INTO THINGS THEY SHOULDN'T, SUCH AS HOUSE PLANTS.

CAN BE MADE AS A TEA TO FIGHT GAS

REMOVE ODOURS

CLOVER BUSH



MEDICINAL USES: NATIVE AMERICANS USED THE LEAVES FOR TEA, THE ROOTS FOR AN ANTIDOTE TO POISON, AND THE STEMS FOR RHEUMATISM.

FOOD USES: SPROUTS ARE EDIBLE LIKE ALFALFA.

OTHER USES: FEEDS BOTH LIVESTOCK AND BIRDS. MAKES A GREAT FILLER FOR DRIED BOUQUETS. THIS PLANT IS KNOWN TO RESTORE THE SOIL OF NUTRIENTS AND TEXTURE! THE SEEDS ARE EATEN BY UPLAND GAMEBIRDS. ATTRACTIVE TO BEES AND BUTTERFLIES!

HIBISCUS FLOWERS AND BUD



USED FOR COUGHS AND THE HIBISCUS BUDS AS HELPS WITH COUGH IN KIDS

PREPARATION: BOIL THE FLOWER FOR 5 MINUTES, STRAIN, ENJOY HOT OR COLD SWEETENED OR UNSWEETENED.

OTHER USES

LOWERS CHOLESTEROL

PREVENTS LIVER DAMAGE

HELPS RELIEVING MENSTRUAL PAIN

HAS ANTI-DEPRESSANT PROPERTIES

HELPS MANAGE BLOOD PRESSURE

ANTI-BACTERIAL PROPERTIES

HELPS PREVENT CANCER

HELPS LOSE WEIGHT

HAS ANTI-AGING PROPERTIES

RELIEVES CONSTIPATION

MARIGOLD



USES

DUE TO THEIR ANTIOXIDANT PROPERTIES, USES FOR MARIGOLDS INCLUDE:

1. *HOMEMADE SKIN TREATMENT*

ointment can be used to [soothe sunburns](#), warts, bites, acne and ulcerations, in addition to healing wounds, dry skin and blisters.

2. *DIGESTIVE-SOOTHING TEA*

tea can be made with marigold flowers to lower symptoms caused by inflammatory bowel diseases/colitis. marigold tea is also beneficial for treating gastritis, acid reflux and ulcers, as well as reducing stomach or menstrual cramps.

3. *IMMUNE-BOOSTING FORMULA*

marigold (calendula) drops or extract are sometimes used to manage symptoms of coughs, sore throats or fevers.

4. *EYE, GENITAL OR SKIN INFECTION TREATMENT*

salves made with marigold have long been used to treat fungal infections of the genitals, feet, eyes, mouth, skin, and also to lower hemorrhoids, anal tears and candida.

ADDITIONAL USES**REDUCES EYE INFLAMMATION AND CONJUNCTIVITIS**

HAS NATURAL ANTISEPTIC PROPERTIES-DUE TO ITS ANTIFUNGAL PROPERTIES, CALENDULA CAN ALSO BE USED TO TREAT VAGINITIS/VAGINAL INFECTIONS AND JOCK ITCH. APPLYING AN OINTMENT OR CREAM CONTAINING MARIGOLD/CALENDULA, PROBIOTIC "GOOD BACTERIA" LIKE LACTOBACILLUS SPOROGENES AND LACTIC ACID TO THE AFFECTED AREA OF THE GROIN/GENITALS FOR FOUR WEEKS CAN HELP DECREASE SYMPTOMS, INCLUDING PAIN, ITCHINESS, BURNING WHEN URINATING AND DRYNESS.

HEALS SKIN WOUNDS, BURNS AND RASHES- IN ADDITION, MARIGOLD IS USED TOPICALLY IN ORDER TO:

- REDUCE [DIAPER RASH](#) AND PROTECT SENSITIVE SKIN
- DECREASE THE APPEARANCE OF DISCOLORATION DUE TO SCARRING
- REDUCE UNSIGHTLY VARICOSE VEINS
- TREAT SWOLLEN BUG BITES
- TREAT BURNS
- REDUCE DERMATITIS AND ECZEMA
- REDUCE BRUISES
- HEAL INFECTED CUTS
- SOOTHE SKIN AFTER SHAVING
- TREAT INGROWN HAIRS
- REDUCE DANDRUFF ON THE SCALP
- DECREASE OTHER SIGNS OF POOR BLOOD FLOW AND INFLAMMATION AFFECTING THE SKIN

HELPS REDUCE HEMORRHOID PAIN

EASES CRAMPS AND SPASMS

NATURALLY REPELS BUGS

CORNSILK



CORN SILK IS USED FOR BLADDER INFECTIONS, INFLAMMATION OF THE URINARY SYSTEM, INFLAMMATION OF THE PROSTATE, KIDNEY STONES, AND BEDWETTING. IT IS ALSO USED TO TREAT CONGESTIVE HEART FAILURE, DIABETES, HIGH BLOOD PRESSURE, FATIGUE, AND HIGH CHOLESTEROL LEVELS. CORN SILK CONTAINS PROTEINS, CARBOHYDRATES, VITAMINS, MINERALS, AND FIBER. IT ALSO CONTAINS CHEMICALS WHICH MIGHT WORK LIKE WATER PILLS (DIURETICS), AND IT MIGHT ALTER BLOOD SUGAR LEVELS, AND HELP REDUCE INFLAMMATION.

SIDE EFFECTS AND WARNINGS

CORN SILK CAN DECREASE POTASSIUM LEVELS IN THE BLOOD AND CAN CAUSE SKIN RASHES, ITCHING, AND ALLERGIES. **PREGNANCY AND BREAST-FEEDING:** CORN SILK IS SAFE FOR PREGNANT WOMEN WHEN USED IN THE AMOUNTS NORMALLY FOUND IN FOOD. BUT LARGER AMOUNTS ARE UNSAFE, BECAUSE CORN SILK MIGHT STIMULATE THE UTERUS AND CAUSE A MISCARRIAGE. NOT ENOUGH IS KNOWN ABOUT THE SAFETY OF TAKING CORN SILK IF YOU ARE BREAST-FEEDING. IT'S BEST TO STICK TO FOOD AMOUNTS OF CORN SILK IF YOU ARE PREGNANT OR BREAST-FEEDING.

DIABETES: THERE IS SOME CONCERN THAT LARGE AMOUNT OF CORN SILK MIGHT LOWER BLOOD SUGAR. THIS COULD INTERFERE WITH BLOOD SUGAR CONTROL IN PEOPLE WHO HAVE DIABETES.

HIGH BLOOD PRESSURE OR LOW BLOOD PRESSURE: LARGE AMOUNTS OF CORN SILK MIGHT INTERFERE WITH CONTROL OF THESE CONDITIONS.

BLOOD LEVELS OF POTASSIUM THAT ARE TOO LOW: LARGE AMOUNTS OF CORN SILK MIGHT MAKE THESE CONDITIONS WORSE.

CORN ALLERGY: APPLYING LOTIONS THAT CONTAIN CORN SILK MIGHT CAUSE A RASH, RED SKIN, AND ITCHINESS IF YOU ARE ALLERGIC TO CORN SILK, CORN POLLEN, OR CORNSTARCH.

BLACKJACK



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1/2 CUP OF DRIED BLACKJACK OR RABBIT FEED

17OZ WATER

COMBINE DRIED BLACK JACK WITH WATER IN POT AND LET BOIL FOR 10 TO 15MINS. STRAIN AND DRINK 1 CUP 4 TO 6 TIMES A DAY

HELPS WITH:-ARTHRITIS, SORE THROAT, MUSCLE ACHE, BLOATING, WATER RETENTION, REPIRATORY HEALTH, PERSISTANT COUGH AFTER A COLD, IMPROVES THE IMMUNE SYSTEM, CONTACT DERMATITIS. PROTECTS THE LIVER, REDUCES BLOOD SUGAR, INFLAMMATION, TONSILITIS, URINARY TRACT INFECTIONS AND MENSTRUAL CRAMPS

TICKLE ME PLANT-MIMOSA



1. FOR JOINT PAIN OR ARTHRITIS

MAKE A PASTE FROM THE LEAVES OF THIS PLANT AND APPLY IT ON YOUR JOINTS. LEAVE IT FOR THE NIGHT AND THEN WASH IT THE NEXT MORNING.

2. TREATING INSOMNIA/SLEEPLESSNESS

TO DEAL WITH INSOMNIA OR SLEEPLESSNESS TAKE LEAVES OF THIS PLANT (5GM) AND CRUSH THEM TO MAKE A PASTE. BOIL THIS PASTE IN HOT WATER AND STRAIN. TAKE THIS DURING NIGHTTIME AND WITHIN 15-20 DAYS YOU WILL SEE THE RESULTS. 3. **FOR TREATING ASTHMA** PREPARE THE JUICE OF THIS PLANT (15ML) AND DRINK IT TWICE A DAY. THIS WILL HELP IN TREATING ASTHMA.

4. TO CURE GUM PROBLEMS AND TOOTHACHE

YOU CAN GARGLE WITH THE DECOCTION MADE FROM THE ROOTS OF THIS PLANT TO MAINTAIN GOOD ORAL HYGIENE AND CURE TOOTHACHE.

5. TO CURE ITCHING

TO GET RID OF THE ITCHY SKIN, JUST MAKE A PASTE FROM THE ROOT OF THIS PLANT AND APPLY IT TO THE AFFECTED AREA. OR MAKE A PASTE BY EXTRACTING THE JUICE OF THIS PLANT AND ADD [SESAME OIL](#). THE CONSISTENCY OF THE PASTE SHOULD BE SUCH THAT THE JUICE OF THIS PLANT MAKES UP $\frac{3}{4}$ OF THE PASTE. APPLY THIS OVER THE AFFECTED AREA.

6. FIGHTS HAIR LOSS

MIMOSA PUDICA PLANT HELPS IN THE GROWTH OF NEW HAIR CELLS AND HELPS TO CONTROL HAIR LOSS AND BALDNESS. IT IS RECOMMENDED TO USE HERBAL SHAMPOOS CONTAINING THE EXTRACTS OF THIS PLANT.

7. TREATING FRACTURES

THIS PLANT ALSO HELPS TO TREAT FRACTURES OF THE BONE. SIMPLY MAKE A PASTE OF THE LEAVES AND APPLY ON THE AFFECTED AREA.

8. FOR MINOR CUTS AND WOUNDS

JUICE EXTRACTED BY CRUSHING A FEW LEAVES OF THIS PLANT AND APPLIED ON THE WOUND WILL WORK WONDERS. THIS PLANT HAS HEALING PROPERTIES THROUGH WHICH THE PAIN WILL DIMINISH EASILY.

9. FOR TREATING DIABETES

LOW BLOOD SUGAR LEVEL IS ANOTHER BENEFIT GAINED BY DRINKING THE JUICE OF THIS PLANT. DRINK 30ML JUICE OF THIS PLANT THOROUGHLY MORNING AND EVENING. WITHIN 7-10 DAYS YOU WILL NOTICE THE DIFFERENCE IN YOUR BLOOD SUGAR LEVELS.

10. FOR TREATING HIGH BLOOD PRESSURE

TAKE LEAVES OF THIS PLANT AND CRUSH THEM TO EXTRACT THE JUICE. CONSUME 15 ML TWICE A DAY AND SAY GOODBYE TO YOUR HIGH BLOOD PRESSURE PROBLEMS.

11. FOR TREATING PREMATURE EJACULATION

TAKE THE SEEDS OF THIS PLANT AND MIX WITH EQUAL QUANTITIES OF [SUGAR](#). AT NIGHT TAKE 2 TEASPOONS OF IT WITH WARM [MILK](#).

12. FOR TREATMENT OF GLANDULAR SWELLING AND HYDROCELE

PREPARE A JUICE FROM THE LEAVES OF THIS PLANT AND APPLY ON THE AFFECTED AREA FOR TREATMENT OF GLANDULAR SWELLING AND HYDROCELE. BY DOING THIS THE BURNING SENSATION AND SWELLING WILL SUBSIDE.

14. FOR TREATING STOMACH ACHE AND INTESTINAL WORMS

FOR TREATING STOMACH ACHE AND THE PROBLEM OF INTESTINAL WORMS ALL YOU HAVE TO DO IS: MAKE A PASTE FROM THE LEAVES OF THIS PLANT. FOR 3-4 DAYS TAKE THIS PASTE ONCE A DAY MIXED WITH [HONEY](#).

15. FOR TREATING SNAKE BITES

SENSITIVE PLANT IS PROVEN TO FIGHT THE VENOM OF SNAKES AS DANGEROUS AS THE COBRA. IN A CASE OF SUCH EMERGENCIES PREPARE A

DECOCTION OF ITS ROOTS (10GM) IN 400ML OF WATER AND DRINK IT TWICE A DAY.

16. FOR TREATING INSECT BITES

IN A CASE OF INSECT BITES GRIND THE LEAVES AND STEM OF THIS PLANT AND APPLY ON THE AFFECTED AREA. DO THIS REMEDY TWICE A DAY.

BAY LEAF



HELPS IN DIGESTION BY FIGHTING BLOATING AND GAS

FIGHTS URINARY TRACT INFECTIONS

HELPS WITH TOOTHACHE (AS A GARGLE)

EFFECTIVE AGAINST FLU LIKE SYMPTOMS SINUS, COUGHS..IN MASSAGE OIL HELPS JOINT PAINS, BACK PAIN, RHEUMATISM, NEURALGIA AND ARTHRITIS

HOW TO PREPARE

INFUSE WITH DRY BAY LEAF 3 TO 4 LEAVES PER CUP. LET THEM INFUSE FOR 10 MINUTES. DRINK BETWEEN MEALS FOR FLU SYMPTOMS AND AFTER MEALS FOR DIGESTIVE BENEFITS

QUICK PLANT TREATMENTS

ABCESS-

1. GRATE CARROTS WITH SKIN AND APPLY THE FRESH PULP AS A POULTICE FOR SEVERAL DAYS.
2. TAKE 1 MEDIUM ONION, COOK IT ON THE ASHES OR IN THE OVEN, MAKE IT IN OINTMENT AND APPLY HOT IN PLASTER AND RENEW EVERY HOUR.

ACNE-

1. MIX A TOMATO AND ADD A TBSP OF OLIVE OIL THEN PUT MIXTURE ON YOUR FACE. LET YOUR SKIN DRY FOR 15 MINS AND RINSE WITH FRESH WATER AND CAN BE USED EVERYDAY.
2. RUB YOUR FACE WITH HALF LIME, IT STINGS A LITTLE.
3. 3. MIX 3 TSP OF BICARBONATE AND 1 TSP OF WATER. APPLY PASTE ON FACE AND LEAVE FOR 30 MINS BEFORE WASHING YOUR FACE.

ANEMIA-

1. MIX EGG, GRAPEFRUIT, LEMON AND DRINK 1 TO 2 GLASSES A DAY
2. DRINK 1 TO 2 CUPS OF CARROT JUICE A DAY UNTIL HEALED
3. DRINK 1 TO 2 GLASSES OF CABBAGE JUICE A DAY UNTIL HEALED
4. DRINK 1 TO 2 GLASSES OF ORANGE JUICE A DAY UNTIL HEALED
5. DRINK A HANDFUL OF PARSLEY IN 1 LITRE OF WATER A DAY
6. EAT SPINACH LEAVES AS A VEGETABLE
7. DRINK 1 GLASS OF WARM WATER WITH 1 SPOON COFFEE OF ORGANIC HONEY AND 1 SPOON COFFEE CIDER VINEGAR

ANGINA-

1. ADD A PINCH OF SALT IN A QUARTER GLASS OF WATER AND GARGLE, THEN PUT IN A GLASS OF WATER A CRUSHED ASPIRIN AND LEMON JUICE AND DRINK.

ASTHMA-

1. BOIL 30 EUCALYPTUS LEAVES AND 10 GRAMS OF THYME IN 2 LITRES OF WATER FOR 20 MINS.DRINK 1 GLASS MORNING AND EVENING
2. CUT THE LEAVES OF ALOE VERA AND PUT IN WATER, WAIT AT LEAST 12HOURS AND START DRINKING WATER ALLTHROUGH THE DAY

BACK PAIN-

1. A POULTICE OF CABBAGE, SOFTEN THE LARGE LEAVES OF A GREEN CABBAGE, THEN LAY IN SEVERAL LAYER, MAINTAIN WITH COMPRESS AND BANDAGE.
2. SQUEEZE THE JUICE OF A LEMON INTO A GLASS AND ADD A LITTLE SALT AND DRINK TWICE A DAY .
3. CRUSH A CLOVE OF GARLIC, MIX OLIVE OIL, HEAT THE MIXTURE JUST A LITTLE AND APPLY TO PAINFUL PART AND LET IT WORK FOR 3 HOURS.

BEE OR WASP STING.

1. CUT A LEEK'S HEAD, RUB THE AFFECRED PART BRISKLY, THIS WILL BREAK DOWN THE VENOM ,REMOVES SWELLING AND PAIN IN MINS

BILE-

1. DRINK A GLASS OF LEMON JUICE A DAY UNTIL RECOVERED.

BRONCHITIS-

1. MAKE PURE CARROT JUICE AND DRINK MORNING AND EVENING.
2. 1 TBSP OF ONION JUICE AND 1 TBSP OF HONEY, CONSUME 3 TIMES A DAY UNTIL HEALED.

BURNS-

1. GRATE POTTAOES AND APPLY TO THE WOUND AND DRINK PLENTY WATER.
2. APPLY HONEY TO THE WOUND TO PREVENT BLISTERING AND HEALING.

3. BEAT AN EGG WHITE AND ADD 1 TSP OF OLIVE OIL. APPLY THIS MIXTURE TO THE AFFECTED AREA AND WAIT FOR IT TO DRY. REPEAT MULTIPLE TIMES A DAY.

CELL REGENERATION-

1. EAT PLENTY HONEY

COLD-

1. BREATHE IN CRUSHED OR CUT UP GARLIC.
2. PUT A FEW DROPS OF GRAPEFRUIT IN THE NOSTRILS.
3. CHOP ONION FINE AND PLACE IN SOCKS AND PUT ON SOCKS BEFORE GOING TO SLEEP.

CONSTIPATION-

1. GIVE PAPAYA JUICE TO THE BABY, SQUEEZE THE PAPAYA PULP INTO A CLEAN CLOTH AND TURN THE CLOTH TO RUN THE JUICE. FOR ADULTS EAT LOTS OF PAPAYA.
2. DECOCTION OF PINEAPPLE LEAVES AND DRINK WATER AND EAT COOKED LEAVES.
3. GIVE BABY THE ORANGE JUICE.

COUGH-

1. CHEW AND SWALLOW GINGER WITH BROWN SUGAR
2. TAKE LEMON WATER WITH HONEY
3. TAKE A MIXTURE OF GINGER AND HONEY 3 TIMES A DAY
4. SLICE 3 ONIONS AND BOIL WITH 3 TBSP OF HONEY IN 1 LITRE OF WATER. TAKE 1 TBSP 3 TIMES A DAY.

DIABETES-

1. DRINK 1 TO 2 GLASS OF CABBAGE JUICE A DAY.
2. DRINK GREEN BEAN JUICE 1 GLASS A DAY.
3. PUT IN 1 LITRE OF WATER, 3 LARGE ONIONS AND A LEMON CUT TO 4. BOIL FOR 4 MINUTES, LET COOL AND FILTER. DRINK A GLASS ON AN

EMPTY STOMACH AND HAVE A DRINK BEFORE LUNCH AND AFTER A MEAL..

4. INFUSE 6 TO 10 MINS IN A LITRE OF BOILING WATER A HANDFUL OF DRIED AVOCADO LEAVES AND DRINK AT WILL DURING THE DAY.
5. ON AN EMPTY STOMACH THE JUICE OF 2 TO 4 LEMONS IN A GLASS OF GRAPEFRUIT JUICE. TAKE THE SAME AMOUNT AND AWAY FROM MEALS

DIARRHEA-

1. DRINK 2 TO 3 TIMES A DAY A GLASS OF GUAVA LEAVES ABT 20 LEAVES BOILED IN A LITRE OF WATER. EAT THE GUAVA LEAF STALKS WITH A QUARTER OF COLA MORNING AND EVENING UNTIL HEALED.
2. TAKE ONE TBSP PER DAY OF ONION JUICE.
3. TAKE THE MIDDLE OF BANANA TRUNK, EXTRACT THE JUICE AND DRINK TWICE A DAY.
4. CRUSH A RIPE BANANA AND MIX WITH HONEY AND PUREE.

EARACHE-

1. SOAK COTTON IN ONION JUICE AND PUT IN THE EAR
2. PUT 2 TO 3 DROPS OF HYDROGEN PEROXIDE IN THE INFECTED EAR EVERY 12 HOURS.
3. WRAP A FRESH CUT ONION INTO A CLEAN CLOTH LEAVE IT ON THE SKIN FOR 5 MINUTES.
4. HEAT TWO SPOONS OF OLIVE OIL AND POUR THE OIL DROP BY DROP IN THE EAR. OR 2 TO 3 DROPS IN THE EAR.

ECZEMA-

1. CRUSH THE CABBAGE LEAVES, THEN WRAP THE AFFECTED AREA OF YOUR BODY TO RELIEVE THEM. TIE THE SHEET WITH A BANADAGE OR PIECE OF CLEAN CLOTH. LEAVE ON FOR AN HOUR BEFORE REMOVING LEAVES.

EXTINCTION OF VOICE-

1. COOK 3 CARROTS I 1 LITRE OF WATER FOR 15MINS, GRATE THEM AND TWIST THE PULP IN CLOTH TO EXTRACTTHE JUICE. ADD 2 GLASSES OF WATER AND DRINK HOT 1 GLASS 5 TO 6 TIMES A DAY.
2. BOIL THE EQUIVALENT OF A LARGE CUP OF WATER. PLUNGE 7 CLOVES AND 1 TO 2 CINNAMON STICK INTO WATER, ADD THE JUICE OF 2 SQUEEZED LEMONS BY ALSO SCRAPPING THE WHITE PULP WITH A SPOON AND COVER WITH A PLATE FOR 10 MINS. FILTER WITH A COLANDER AND SWEETEN BEFORE DRINKING.

BREASTFEEDING-

1. DRINK TWO GLASSES OF CARROT JUICE EVERY MORNING
2. TAKE A HANDFUL OF BASIL AND BOIL IN 1 LITRE OF WATER FOR A FEW MINUITES, FILTER AND DRINK TWO CUPS A DAY.
3. CONSUME A LOT OF FENUGREEK.

FIBROMA CYST-

1. CLEAN GINGER AND GARLIC, PLUNDER BOTH INGREDIENTS WIYH A LITTLE WATER, WASH ALOE VERA WELL, CUT INTO SMALL PIECES. PUT ALL 3 INGREDIENTS IN A JAR AND ADD 1 HALF GLASS OF HONEY AND A GLASS OF LUKEWARM WATER. STIR WELL AND LOSE THE JAR AND PUT IN FRIDGE FOR 8 DAYS. SHAKE THE JAR EVERYDAY AND AFTER 8 DAYS YOU CAN USE. TAKE 2 TSP OF THIS SYRUP AND DILUTED IN A GLASS OF WARM WATER AND DRINK 1 GLASS MORNING AND NIGHT.

GOUT-

1. DIP YOUR FEET IN HOT WATER MIXED WITH MINT LEAVES

HAIR LOSS-

1. CLOVE POWDER, MIX WITH A LITTLE WATER AND APPLY TO YOUR HAIR, LET IT STAY OVERNIGHT AND WASH YOUR HEAD IN THE MORNING.

HEADACHE-

1. BOIL A MEDIUM GREEN PAPAYA IN 1 LITRE OF WATER FOR 10 MINS. FILTER AND INSTILL 4 DROPS PER NOSTRIL 3 TIMES A DAY.
2. CRUSH A CLOVE OF GARLIC AND 3 GRAINS OF LEMON THEN DILUTE WITH SMALL AMOUNT OF WATER TO DRINK.
3. CRUSH GREEN PAPAYA LEAVES AND MIX IN WATER FILTER AND DRINK 3 TIMES A DAY.
4. USE RAW ONION POULTICE APPLIED TO THE FOREHEAD

HEART DISEASE-

1. BOIL FIFTYSOURSOPP LEAVES IN 2 LITRES OF WATER AND AT THE END OF COOKING ADD 10 LEMONS CUT IN THE POT. SIFT AND DRINK 1 HOT GLASS IN THE MORNING AND EVENING.

HEMORRHOID-

1. BOIL LEMONGRASS LEAVE IN 5 LITRES OF WATER, THEN MAKE A SITZ BATH FOR 20 MINS.
2. MAKE A SIMPLE ENEMA WITH OLIVE OIL.
3. EVERY MORNING ON AN EMPTY STOMACH TAKE A TBSP OF OLIVE OIL AND LEMON JUICE.
4. TAKE RAW ONION OR COOKED, A LITTLE GRATED POTATO, CRUSH THE ONION MIX WITH A LITTLE BUTTER OR GRATED APPLE, APPLY THE PASTE TO THE ANUS AT BEDTIME AND MAINTAIN DRESSING FOR TAKE OFF IN THE MORNING FOR 7 NIGHTS.

HYPERTENSION-

1. DRINK GARLIC JUICE

2. BOIL CORNSTARCH FOR 15MINS WITH 1 LITRE OF WATER THEN DRINK THROUGHOUT THE DAY.
3. BOIL A LARGE ONION IN 1 LITRE OF WATER THEN DRINK TWICE A DAY.
4. DRINK LEMON JUICE DAILY FOR SEVERAL DAYS.
5. CELERY JUICE AND HONEY. DRINK 2 TO 3 TBPS OF THIS 3 TIMES A DAY.

HYPOTENSION-

1. BOIL 3 LARGE ONIONS CUT IN 4 IN 1 LITRE OF WATER FOR 10 MINS. ADD PARSLEY AND BOIL THE MIXTURE FOR 10 MINS. DRINK 1 GLASS IN MORNING AND EVENING ADDING A LITTLE LEMON JUICE.

INFLUENZA-

1. BOIL 15 LEAVES OF EUCALYPTUS AND 15 LEAVES IF GUAVA FIR 10 TO 15MINS. THEN STEAM AND DRINK $\frac{1}{2}$ GLASS TWICE A DAY FOR CHILD AND 1 GLASS 2 TIMES A DAY FOR ADULTFOR ONE WEEK.
2. FINELY CHOP CLOVE OF GARLIC, PUT THE GARLIC IN A TSP AND SWALLOW THE GARLIC, FOLLOWE BY HALF GLASS OF WATER AND SYMPTOMS WILL DISAPPEAR IN A FEW HOURS.

INSECT BITE-

1. CUT A SLICE OF LEMON AND RUB ON THE STING.

INTESTINAL WORMS-

1. EAT GARLIC EVERY MORNING
2. FOR PINWORMS EAT A WHOLE LEMIN (PEEL, SEED, JUICE)
3. MAKEA CURE OF PAPAYA SEEDS FOR 7 DAYS.

KIDNEY ACHE-

1. TAKE A QUANTITY OF LEMON GRASS LEAVES, DRY FOR A FEW DAYS THEN LET IT FERMENT IN 1 LITRE OF WATER FOR 1 DAY. ADD LEMON AND DRINK 1 GLASS MORNING, NOON AND NIGHT FOR 2 WEEKS.
2. TAKE MANO ROOTS CUT INTO SMALL PIECES AND PUT IN WATER, BOIL AND DRINK 1 GLASS MORNING, NOON AND NIGHT,

MALARIA-

1. BOIL 50G OF PARSLEY LEAVES IN 1 LITRE OF WATER FOR 5 MINUTES, THEN LET INFUSE 15 MINS. DRINK 2 CUPS A DAY AT LEAST 3 TIMES A WEEK BEFORE MEALS OR IN THE MORNING ON AN EMPTY STOMACH AND AT BEDTIME.
2. BOIL PAPAYA LEAVES IN 3 LITRES OF WATER AND DRINK TWICE A DAY.
3. PREPARE MANGO LEAVES, HAVE A DRINK MORNING AND EVENING FOR 2 WEEKS.

MEASLES-

1. SQUEEZE LEMON INTO 1 GLASS OF HOT WATER AND ADD A TSP OF HONEY AND DRINK SEVERAL TIMES.

MIGRAINE-

1. SLICE RAW POPTATO PUT ON COTTON, THEN SPRINKLE WITH BLACK PEPPER, THEN APPLY ALL ON YJE FOREHEAD FOR 1 HOUR.
2. APPLY PEPPERMINT ESSENTIAL OIL TO THE FOREHEAD AND REAPPLY EVERY 15-30MINS
3. EAT A FEW CLOVES OF GARLIC EVERY DAY.

MOSQUITO-

1. PLACE A FEW DROPS OF ONION IN THE ROOM TO KEEP MOQUITOES AWAY
2. PLACE LEMONGRASS LEAVES IN THE ROOM
3. PLACE NEEM LEAVES IN THE ROOM.
4. PUT A FEW DROPS OD CITRENELLA OIL IN THE ROOM.

MUMPS-

1. TAKE A HANDFUL OF HOT ASHES, MIX WITH A GLSASS OF WATER, SOA THE CHEEKS, WASH THE FACEONLY IN THE EVENING.

MUSCLE PAIN-

1. CONSUME POTATO JUICE
2. TAKE 1 TBSP OF TUMERIC AND THE POWDER OF 5 BLACK PEPPER SEEDS IN A GLASS OF HOT WATER AND STIR WELL AND DRINK ON AN EMPTY STOMACH IN THE MORNING AND EVENING.

OSTEOARTHRITIS (JOINT PAIN)-

1. EAT GRAPEFRUIT AND REMOVE THE FOLLOWUNG FOOS=DS FROM DIET: RED MEAT, ORANGES AND LEMONS
2. BOIL CABBAGE LEAVES AND LET THEM WARM. APPLY WARM LEAVES IN YOUR HANDS AND JOINS WITH A SMALL TOWEL.

PAINFUL MENSTRUAL PERIODS-

1. CUT 4 PIECES OF PAPAYA ROOT, WASH AND BOIL IN 3 LITRES OF WHITE WINE AND DRINK 1 GLASS IN THE MORNING AND ONE IN THE EVENING.

2. BOIL A HANDFUL OF PARSLEY IN WATER AND DRINK 2 GLASSES A DAY.

PALPITATION-

1. TAKE A COMMON FOWL EGG AND MILK AND BEAT BOTH UNTIL YOU HAVE A HOMOGENEOUS MIXTURE AND DRINK EVERY 3 DAYS.
2. BOIL YOUNG SOURSOP LEAVES AND HAVE A DRINK IN THE MORNING AND EVENING,

PROSTATE-

1. GET 10 LEAVES OF SOUSOP FOR 1 LITRE OF WATER, BOIL AND DRINK 3 TIMES A DAY, MORNING, EVENING AND NIGHT FOR 10 DAYS. WAIT A WEEK BEFORE DRINKING AND DO NOT EXCEED 15 DAYS.

PSORIASIS-

1. CRUSH CABBAGE LEAVES, THEN WRAP THE AFFECTED AREAS OF BODY TO RELIEVE THEM. TIE THE SHEET WITH A BANDAGE OR PIECE OF CLEAN CLOTH. LEAVE ON FOR AN HOUR.

REGULATING MENSTRUAL PERIOD-

1. BOIL A HANDFUL OF PARSLEY IN 2 LITRES OF WATER, HAVE A DRINK A MORNING AND EVENING.

RINGWORM-

1. RUB AFFECTED AREA WITH LEMON JUICE FOR TWO WEEKS
2. APPLY NEEM OIL TO THE AFFECTED AREA ONCE A DAY FOR A FEW DAYS UNTIL INFECTION CLEARS. OR APPLY $\frac{1}{2}$ TSP OF NEEM OIL MIXED WITH A CUP OF ALOE VERA GEL.
3. DIP A COTTON SWAB IN APPLE CIDER VINEGAR AND APPLY IT TO AFFECTED AREA 2 TO 3 TIMES A DAY.

4. WEAR RAW PAPAYA ON AFFECTED AREA FOR 15 MINS THEN RINSE WITH WARM WATER. DO THIS TWICE A DAY FOR A FEW DAYS.

SINUSITIS-

1. DRINK LEMON WATER AND THYME TEA (TAKE 2 PACKETS PER CUP OF WATER), BOIL FOR 15MINS AND SWEETEN WITH HONEY BEFORE DRINKING.

2. MAKE A BREW, POUR HOT WATER OVER EUCALYPTUS LEAVES IN A LID CONTAINER, LET IT PASS FOR 15MINS AND TAKE THE STEAM BATH 2 TO 3 TIMES A DAY FOR A MONTH

3. EAT 4-6 CLOVES A DAY FOR A MONTH

4. RAW ONION POULTICE APPLIED TO THE FOREHEAD.

5. 1 TSP CINNAMON MIXED WITH 1 DROP OF WATER, MIX UNTIL YOU GET A TEXTURE.

SPRAINS-

1. CRUSH GINGER, GARLIC AND CHILLI. COOK IN PALM OIL AND USE AS MASSAGE

STOMACH ACHE-

1. EAT RAW POTATO MORNING AND EVENING FOR 1 TO 2 WEEKS.

2. SQUEEZE A COCONUT AND DRINK WATER THAT COMES OUT WHEN YOU GET THE STOMACH PAIN.

3. PREPARE A MIXTURE OF 1 TBSP OF CHAMOMILE FLOWERS, 1 TSP OF FENNEL SEEDS, 2 TBSP OF MINT LEAVES. THEN INFUSE 1 TBSP OF MIXTURE TO 1 CUP OF HOT WATER FOR 15 MINS. FILTER THE BREW AND DRINK.

TIRED-

1. DRINK 1 GLASS OF GREEN BEAN JUICE A DAY
2. 1 DROP OF MINT IN A GLASS OF HOT WATER AND 1 SPOONFUL OF HONEY.

TOOTHACHE-

1. RUB THE GUM EVERYDAY WITH LEMON PEEL
2. CHEW GUAVA LEAVES AND LEAVE THE JUICE IN THE MOUTH.
3. APPLY CRUSHED GARLIC TO AFFECTED TOOTH AND RUB ON GUMS AND TEETH.
4. 2 TSP OF GINGER POWDER WITH 1 TSP OF WATER, UNTIL YOU HAVE A CONSISTENT PASTE THE PLACE ON COTTON AND APPLY IT TO TOOTH WITHOUT TOUCHING THE GUM.
5. CUT A PIECE OF ONION AND CHEW IT ON THE SORE SIDE OF YOUR MOUTH.

TUBERCULOSIS-

1. LEMON TREE BARK DIPPED IN HOT WATER. TAKE 1 GLASS MORNING, NOON AND NIGHT UNTIL HEALED.
2. BOIL ALOE VERA LEAVES AND THE STEAM IS INHALED FOR 15MINS.

WHOOPIING COUGH-

1. POUR $\frac{1}{4}$ LITRE OF BOILING WATER OVER A HANDFUL OF PEELED GARLIC, MACERATE FOR 12HOURS AND TAKE EVERY HOUR THE FOLLOWING DOSE. 1 TSP FOR CHILDREN FROM 0-5 YEARS AND 1 TBSP FOR CHILDREN 5-12 YEARS OLD.

WOUND-

1. APPLY A THIN LAYER OF AVOCADO PIT PASTE TO THE WOUND AND LEAVE THE WOUND WITHOUT A BANDAGE.
2. SPREAD A LAYER OF HONEY, LEAVE IN PLACE AND RENEW 6 HPURS AFTER CLEANING THE FIRST ONE. IT IS ADVISABLE TO CONTINUE THE SAME TREATMENT AFTER HEALING TO CLEAR THE SCARS.
3. GRATE A RAW POTATO, CLEAN THE WOUND WITH CLEAN WATER, APPLY THE FRESH APPLE TO THE WOUND.

SIMPLE REMEDIES

LEMON JUICE-

1. THIS CAN BE USED AS A DEODORANT. DIP IN COTTON AND RUB THOROUGHLY MORNINGAND EVENING FOR A WEEK.
2. FOR CLEAN TEETH-BRUSH WITH RIPE LEMON JUICE.
3. TO FACILITATE THE EXIT OF BABY TEETH, WITH A VERY CLEAN FINGER DIPPED IN A MIXTURE OF EQUAL PARTS OF BOILED WATER AND LEMON JUICE. RUB YOUR GUMS.
4. FOR FEVERS-TAKE A BREW PREPARED WITH 3 LARGE RIPE LEMONS, CHOPPED IN A LITRE OF WATER AND SWEETEN WITH HONEY.

MORINGA-

1. TURN DRY MORINGA LEAVES INTO POWDER AND TAKE A TSP 3 TIMES A DAY IN THE MIDDLE OF THE MEAL.

SARSPARILLA-RELIEVE PSORIASIS SYMPTOMS, IMPROVE DIGESTION AND APPETITE, TREATS RHEUMATOID ARTHRITIS, KIDNEY PROBLEMS,FLUID RETENTION,SYPHILLIS AND GONORRHEA

BURDOCK ROOT-BOOSTS DIGESTION, PMS BLOATING, INCREASE BILE FLOW, GOOD FOR KIDNEYS, STABILIZE BLOOD SUGAR, BLOOD PURIFIER AND ELIMINATES ACNE. HIGH IN VITAMIN B1,B2,B3 AND C

BUSH TEA-DRINK WITHOUT MILK AND SUGAR

- ANNESEED
- WORM GRASS
- BASILEC
- MINT
- BAYLEAF
- ROSEMARY
- FEVERGRASS/LEMONGRASS\GINGER/GARLIC/ORANGE PEEL
- SAFFARON
- TERAGON-COOKING MEAT
- THE CANCER VINE-FIGHTS CANCER AND KIDNEY STONES
- THINNING BUSH-GOOD FOR BELLY ACHE
- CLOVER-WILD CLOVE-GOOD FOR PROSTATE
- VERVAINE MALE-
- PLANTEAH
- NEEDLEGRASS
- CAPITA LEAF
- ZAZA PICK OR ZABA PICK
- FENSE LEAF
- LIME LEAF
- GINGER LEAF
- WONDER OF THE WORLD LEAF



- NEEM LEAF

EDIBLE PLANTS

1. SHINING BUSH- CAN BE UTILIZED AS A VEGETABLE AND IN SALADS. THE ENTIRE PLANT IS EDIBLE, BOTH COOKED AND RAW

2. BROCCOLI LEAVES



3. CARROT TOPS



4. SWEET POTATO LEAVES



5. SQUASH SHOOTS

6. CUCUMBER LEAVES

7. TOMATO LEAVES

8. PEPPER LEAVES

9. GARLIC AND ONION SHOOTS

10. PUMPKIN LEAVES

11. STEM AND LEAF OF STRAWBERRY

12. CAULIFLOWER LEAVES

13. PATCHOI

14. RATCHET/CACTUS/PRICKLY PEAR CACTUS



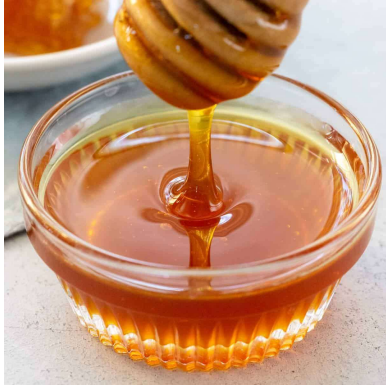
15. INSIDE OF FIG LEAVES

16. ELDERBERRY

17. BAMBOO

18. DANDELLION

BENEFITS OF HONEY



- IT'S ANTIBACTERIAL
- HAS ANTIFUNGAL PROPERTIES
- ALKALIZES THE PH OF THE BODY
- ITS ANTIOXIDANTS
- STRENGTHENS IMMUNITY
- DRINKING HOT WATER WITH LEMON AND HONEY WILL SPEED UP WEIGHT LOSS
- PROMOTES PROLIFERATION OF GOOD BACTERIA IN THE INTESTINE
- STIMULATES ENERGY AND REDUCES FATIGUE
- MIXTURE OF 2TSP OF HONEY WITH CARROT JUICE IN REGULAR CONSUMPTION ALLOWS TO MAINTAIN A GOOD SIGHT
- RELIEVES SORE THROAT
- PREVENTS HEART DISEASE BY IMPROVING CIRCULATION
- SOOTHES BURNS, DISINFECTS WOUNDS. A MIXTURE OF GARLIC AND HONEY APPLIED DIRECTLY TO THE INFECTED WOUND IS SUFFICIENT
- REDUCES INFLAMMATION AND PAIN
- RELIEVES INDIGESTION AND ACID REFLUX
- DESTROYS THE BACTERIA THAT CAUSES ACNE
- PRESERVES WHITE BLOOD CELLS
- POLLEN ALLERGIES-1TSP OF HONEY SEVERAL TIMES A DAY FOR A FEW MONTHS BEFORE ALLERGY SEASON

- ELIMINATES PARASITES FROM THE LIVER AND COLON
- HONEY BASED OINTMENT CAN BE USED FOR ECZEMA
- PREVENTS ULSERS AND GASTROINTESTINAL DISORDERS
- HONEY AND CINNAMON CAN HELP RELIEVE ARTHRITIS. MIX HONEY WITH LUKEWARM WATER WITH A TSP OF CINNAMON. APPLY THE MIXTURE BY MASSAGING THE AFFECTED PART
- HELPS SCALP PROBLEMS AND ELIMINATES DANDRUFF'CALMS ANXIETY
- REDUCES METABOLIC STRESS
- RELIEVES SINUS. MIX 1TSP OF FRESH GINGER JUICE WITH HONEY TO CONSUME TWO TO THREE TIMES A DAY
- HELPS A SORE TOOTH. MAKE A PASTE WITH HONEY AND CINNAMON AND APPLY TO SORE TOOTH
- RELIEVES MORNING SICKNESS AND HICCUPS
- CURES FEVER. TAKE A TBSP OF HONEY IN THE MORNING
- HELPS RELIEVE HEADACHE. SIP HALF A GLASS OF LUKEWARM WATER WITH A FEW TSP OF HONEY
- HELPS TREAT PINK EYE. PUT A TSP OF HONEY IN A CUP OF WATER AND HEAT JUST ENOUGH TO MELT THE HONEY. LET COOL AND USE AS DROPS IN THE INFECTED EYE
- HELPS WITH LEG CRAMPS. TAKE 2 TBSP OF APPLE CCIDER VINEGAR AND 1 TBP OF HONEY EVERY NIGHT BEFORE GOING TO BED
- REDUCES CHOLESTEROL LEVELS. MIX A 2 TBSP OF HONEY AND 3 TBSP OF CINNAMON IN TEA

BENEFITS OF GARLIC



RECIPE FOR EARACHE AND INFECTIONS AND EAR PAIN

INGREDIENTS

CLOVES

OLIVE OIL

PREPARATION

PEEL THE GARLIC AND CRUSH IT. POUR THE MIXTURE INTO A SMALL JAR AND FILL WITH OLIVE OIL.

LEAVE THE JAR UPRIGHT IN YOUR HOME FOR 24-48 HOURS

AFTER 24-48 HOURS SHAKE THE MIXTURE WELL AND USE

HOW TO USE

USE AN EAR BOTTLE, PUT A FEW DROPS OF OIL ON THE PAINFUL EAR AND STAY ON THIS POSITION FOR 5-10 MINUTES. REPEAT 3 TIMES A DAY.

BENEFITS OF BANANA

HELPS FIGHT DEPRESSION

HELPS CONCENTRATION

HELPS WITH STRESS

HELPS AGAINST ANEMIA

HELPS AGAINST CONSTIPATION

HELPS AGAINST HEARTBURN AND MORNING SICKNESS

HELPS AGAINST ULCERS

HELPS AGAINST HEAR ATTACKS

HELPS WITH TEMPERATURE CONTROL

HELPS WITH NERVOUSNESS

HELPS WITH STINGS. AGAINST INSECT BITES, BANANA PEEL CAN GIVE RELIEF. RUB THE AFFECTED AREA WITH THE INSIDE OF THE BANANA PEEL AND THE SWELLING ND ITCHING WILL DECREASE

BENEFITS OF WARM WATER

1. MIGRAINE
2. HIGH BLOOD PRESSURE
3. LOW BLOOD PRESSURE
4. PAIN OF JOINTS
5. SUDDEN INCREASE AND DECREASE OF HEARTBEAT
6. EPILEPSY
7. INCREASING LEVEL OF CHOLESTEROL
8. COUGH
9. BODILY DISCOMFORT
10. GOLU PAIN
11. ASTHMA
12. HOOPING COUGH
13. BLOCKAGE OF VEINS
14. DISEASE RELATED TO UTERUS & URINE
15. STOMACH PROBLEMS
16. POOR APPETITE
17. ALSO ALL DISEASES RELATED TO THE EYES, EAR & THROAT.
18. HEADACHE

HOW TO USE WARM WATER

GET UP EARLY IN THE MORNING AND DRINK APPROXIMATELY *2 GLASSES OF WARM WATER WHEN THE STOMACH IS EMPTY*. YOU MAY NOT BE ABLE TO MAKE 2 GLASSES AT THE BEGINNING BUT SLOWLY YOU WILL.

NOTE: *DO NOT* EAT ANYTHING 45MINS AFTER TAKING THE WATER.

THE WARM WATER THERAPY WILL RESOLVE THE HEALTH PROBLEMS WITHIN REASONABLE PERIOD SUCH AS:-

- ✓ DIABETES IN 30 DAYS
- ✓ BLOOD PRESSURE IN 30 DAYS
- ✓ STOMACH PROBLEMS IN 10 DAYS
- ✓ ALL TYPES OF CANCER IN 9 MONTHS
- ✓ BLOCKAGE OF VEINS IN 6 MONTHS
- ✓ POOR APPETITE IN 10 DAYS

- ✓ UTERUS AND RELATED DISEASES IN 10 DAYS
- ✓ NOSE, EAR, AND THROAT PROBLEMS IN 10 DAYS
- ✓ WOMEN PROBLEMS IN 15 DAYS
- ✓ HEART DISEASES IN 30 DAYS
- ✓ HEADACHE/MIGRAINE IN 3 DAYS
- ✓ CHOLESTEROL IN 4 MONTHS
- ✓ EPILEPSY AND PARALYSIS CONTINUOUSLY IN 9 MONTHS
- ✓ ASTHMA IN 4 MONTHS

COLD WATER IS BAD FOR YOU!!!

IF COLD WATER DOES NOT AFFECT YOU AT YOUNG AGE, IT WILL HARM YOU AT *OLD AGE*.

* COLD WATER CLOSES 4 VEINS OF THE HEART AND CAUSES HEART ATTACK. COLD DRINKS ARE MAIN REASON FOR HEART ATTACK.

* IT ALSO CREATES PROBLEMS IN THE LIVER. IT MAKES FAT STUCK WITH LIVER. MOST PEOPLE WAITING FOR LIVER TRANSPLANT ARE VICTIMS OF COLD WATER DRINKING.

* COLD WATER AFFECT INTERNAL WALLS OF THE STOMACH. IT AFFECTS THE LARGE INTESTINE AND RESULTS IN CANCER.

DETOX

WATERMELON JUICE DETOX

INGREDIENTS

CHIA SEEDS

FROZEN STRAWBERRY

FROZEN WATERMELON

HONEY

LIME JUICE

LEMON WATER DETOX

INGREDIENTS

3-4 SLICES OF LEMON

8 OZ WATER

LEMON MINT DETOX

INGREDIENTS

3-4 SLICES OF LEMON

8 OZ WATER

3 SPRIGS OF MINT

CUCUMBER LEMON WATER

INGREDIENTS

3-4 SLICES OF LEMON

8 OZ WATER

4SLICES OF CUCUMBER

LEMON GINGER WATER

INGREDIENTS

3-4 SLICES OF LEMON

8 OZ WATER

3 SLICES OF FRESH GINGER ROOT (1/4" SLICES WITH SKIN ON)

CINNAMON AND HONEY

MIX SPOONFUL OF HONEY AND $\frac{1}{2}$ TABLESPOON CINNAMON IN A WARM GLASS OF WATER AND A DASH OF LIME.

WATERMELON FLUSH-A DETOXIFIER

EATING WATERMELON FOUR TO FIVE DAYS REMOVES DEBRIS IN THE COLON AND CARRIES IT OUT OF THE BODY

CLEARING LUNGS

1 GREEN APPLE

1 SPOON HONEY

1 LEMON

200ML WATER

BLEND AND DRINK

DETOX LUNGS

MULLEIN LEAF-CONSUME MULLEIN LEAF TEA TO REMOVE TOXINS, TAR, MUCUS AND PHLEGM. OPENS THE AIRWAYS AND HELP FIGHT ASTHMA

THINGS WE SHOULD PLANT-EASY GROWING CROPS

PATCHOI

FIG

SEASONING PEPPER

LETTUCE

CABBAGE

TOMATOES

ONION

GINGER/TUMERIC

SWEET POTATOES/POTATOES

GARLIC

THYME-MEDICINAL AND EDIBLE

PUMPKIN/SQUASH

OCHRO

PEAS/BEANS

SHADOW BENNE

CHIVE

EGG PLANT

CUCUMBER

CARROT

SPINACH/BHAGGIE

BEETROOT

BODI

KALE

FOODS TO BOOST IMMUNE SYSTEM

PINEAPPLE-HELPS IMPROVE BLOOD CIRCULATION AND IMMUNE BOOSTER

TOMATOES-ALSO HIGH IN POTASSIUM AND VITAMIN A

CITRUS FRUITS-ADD LEMON OR LIME TO YOUR WATER FOR BETTER HYDRATION

BELL PEPPERS-IT PRODUCES ANTIBODIES WHICH HELP BOOST IMMUNITY AND WHITE BLOOD CELLS NEEDED TO FIGHT INFECTION

WATERMELON-CONTAINS ANTIOXIDANTS WHICH HELP STIMULATE THE IMMUNE SYSTEM

BROCCOLI AND CAULIFLOWER-CONTAINS NUTRIENT NEEDED FOR BRAIN AND HEART HEALTH

STRAWBERRIES-GOOD FOR BLOOD PRESSURE AND HIGH IN FOLATE AND POTASSIUM

GINGER-GOOD FOR NAUSEA

LAVENDER-ANTI-ANXIETY

GARLIC-IMMUNE SYSTEM

SAGE-REDUCES INFLAMMATION

HOPS PLANT AND SOURSOUP-SLEEPING AID

SMALL THYME-COUGH AND CONGESTION

ELDERBERRY-IMMUNE BOOSTER

FOR CHILDREN:-

1.GET THEM TO DRINK MORE WATER

2.HOMEMADE CHERRY JUICE

3.HOMEMADE APPLE JUICE

4.HOMEMADE PEAR JUICE

HELPS ENCOURAGE BOWEL MOVEMENTS AND PREVENT DEHYDRATION

FOODS THAT CAN BE USED AS DYES

NATURAL PLANTS THAT CAN BE USED AS DYES

TWO THINGS TO NOTE BEFORE YOU BEGIN: THE FIRST IS THAT NATURAL DYES STICK BEST TO NATURAL FABRICS. COTTON, LINEN, WOOL, AND SILK FALL UNDER THIS CATEGORY. SECOND, DON'T EXPECT TO GET THE EXACT COLOR YOU'RE AIMING FOR. EVERYTHING FROM THE PH OF THE WATER TO THE SOURCE OF YOUR BLACK BEANS CAN CONTRIBUTE TO THE RESULTING COLOR, AND ESPECIALLY AS A FIRST-TIME DYER IT'S KIND OF IMPOSSIBLE TO GUESS WHAT YOU'LL GET. SO BE OPEN-MINDED. IT MIGHT BE MORE GRAY THAN BLUE, OR EVEN GREEN!

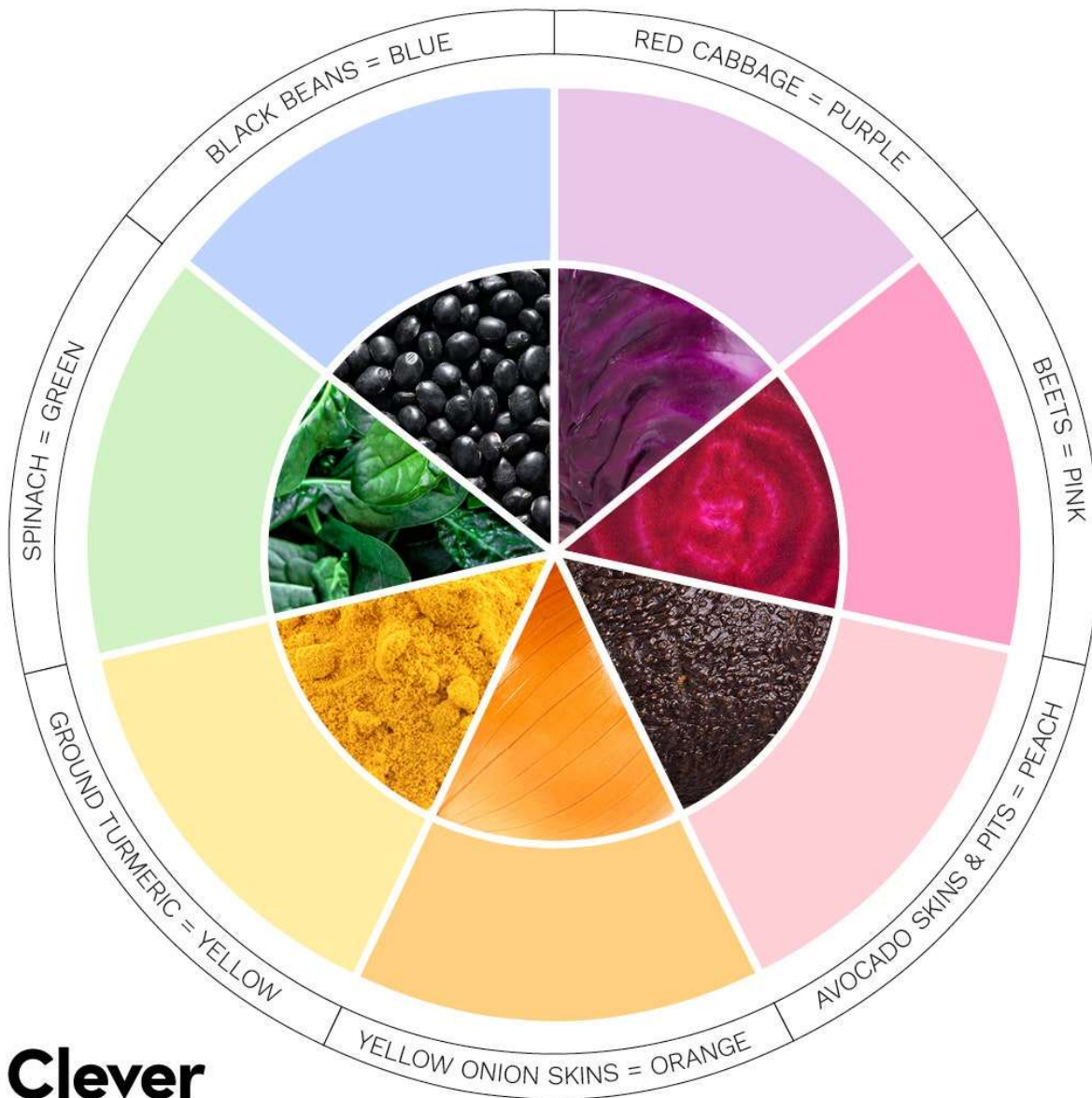
1. SCOUR

PLEASE EXCUSE THIS TECHNICAL-TERM MOMENT. IT JUST MEANS CLEANING YOUR FABRIC THOROUGHLY TO PREP IT FOR DYEING! PLANT-BASED FIBERS LIKE COTTON AND LINEN SHOULD TECHNICALLY BE SCOURED WITH SODA ASH (ALSO CALLED "WASHING SODA"): WEARING GLOVES, GET A **BIG STOCK POT** AND DISSOLVE A FEW TABLESPOONS OF **SODA ASH** AND A FEW TABLESPOONS OF REGULAR **FABRIC DETERGENT** PER GALLON OF BOILING WATER REQUIRED TO FILL IT. ADD YOUR FABRIC AND TURN ON THE HEAT, LETTING THE CONCOCTION SIMMER FOR ABOUT TWO HOURS WHILE STIRRING OCCASIONALLY. UM, YOU'RE A CHEF! DRAIN AND RINSE WHEN TIME'S UP.

2. MAKE DYE

WHILE YOUR FABRIC IS SIMMERING, MAKE YOUR DYE. CHOOSE A **FOOD THAT HAS LOTS OF TANNINS**—PINTEREST CAN HELP YOU IDENTIFY WHICH MAKE GOOD DYES, BUT HERE ARE SOME FAVORITES: BLACK BEANS FOR BLUE, RED CABBAGE FOR PURPLE, BEETS FOR PINK, AVOCADO SKINS AND PITS FOR PEACHY PINK, YELLOW ONION SKINS FOR YELLOW-ORANGE, GROUND TURMERIC FOR GOLDEN YELLOW, SPINACH FOR GREEN. ROU COU CAN BE USED ALSO. TO MAKE DYE FROM BLACK BEANS, SOAK THEM IN LOTS OF WATER OVERNIGHT AND THEN DRAIN (THAT BLACK WATER IS THE DYE!). FOR THE REST, ROUGHLY CHOP THE FOOD, PILE IT HIGH IN A

STOCK POT, THEN FILL WITH WATER, SPRINKLE IN SOME **SALT**, BRING TO A BOIL, AND SIMMER FOR AN HOUR. COMPOST THE NOW-PALE FOOD BITS AND SET ASIDE THE LIQUID FOR DYE TIME.



Clever

3. MORDANT

FANCY TERM NUMBER TWO BASICALLY MEANS SOAK THE FABRIC IN A FIXATIVE, SO THE DYE STICKS. THE THING IS THAT THERE ARE A LOT OF MORDANT OPTIONS, SO HERE AGAIN GOOGLE WILL HELP YOU KNOW WHICH (IF ANY!) IS BEST, DEPENDING ON THE FOOD AND FABRIC YOU'RE DYEING WITH. AND IF YOU DON'T WANT TO DO THE RESEARCH, JUST GET **ALUM**, ONE OF THE LEAST TOXIC MORDANTS, WHICH YOU CAN OFTEN FIND IN THE SPICE AISLE OF THE GROCERY STORE. STILL WEARING GLOVES FROM THE SCOUR STEP? GREAT. STIR A FEW TEASPOONS OF ALUM INTO A CUP OF BOILING WATER, AND POUR THAT INTO A STAINLESS STEEL POT OF COOL WATER. STIR IN THE FABRIC AND BRING TO A SIMMER FOR AN HOUR. (NOTE: IF YOU'RE GOING TO MORDANT WITH ALUM, YOU SHOULD GET A POT TO DEDICATE TO THIS PURPOSE AND NOT USE IT FOR COOKING.) RINSE.

4. DYE

POUR THE FOOD DYE LIQUID INTO A LARGE VESSEL—EITHER A BUCKET OR ONE OF THE STOCK POTS YOU'VE BEEN USING—AND DUNK THE FABRIC IN IT. THERE SHOULD BE ENOUGH DYE SO THAT THE FABRIC CAN SWIM AROUND FREELY; IF IT'S AT ALL BUNCHED UP YOU'LL GET A TIE-DYE PATTERN (WHICH CAN BE CUTE!). LEAVE FOR AT LEAST AN HOUR OR OVERNIGHT. ONCE YOU'RE HAPPY WITH THE COLOR, RINSE WITH COLD WATER AND DRY. THE COLOR WILL LIGHTEN SOMEWHAT, BUT IT'LL STICK!

NATURAL DISASTER-EARTHQUAKE

AN EARTHQUAKE IS A NATURAL HAZARD WHICH OCCURS WHEN THE GROUND SHAKES OR ROCKS VIOLENTLY. THIS CAN HAPPEN AT ANYTIME WITHOUT FOREWARNING. EARTHQUAKES TYPICALLY LAST 1 MINUTE, THERE ARE SOMETIMES OTHER SMALLER EARTHQUAKES CALLED AFTERSHOCKS.

WHAT TO DO DURING AN EARTHQUAKE

- STAY CALM, DO NOT PANIC
- IF INSIDE DO NOT RUN OUTSIDE OF THE BUILDING
- GET UNDER A STURDY DESK, TABLE, BED AND PROTECT HEAD AND EYES AND HOLD ON TO THE DESK, BED OR TABLE.
- STAY AWAY FROM GLASS MIRRORS, WINDOWS, PICTURE FRAMES AND OBJECTS THAT MAY SHATTER
- STAND IN A STRONG DOORWAY AND BE CAREFUL OF SWINGING DOORS
- DO NOT USE ELEVATORS OR STAIRS
- IF ON THE STREET MOVE INTO AN OPEN AREA AWAY FROM BUILDINGS
- IF DRIVING, BRING YOUR CAR SAFELY TO A STOP AT THE SIDE OF THE ROAD, AWAY FROM ELECTRICAL POLES, LINES, BRIDGES AND TREES. STAY IN THE CAR AND BE VIGILANT

WHAT TO DO AFTER AN EARTHQUAKE

- CHECK FOR FIRES
- CHECK FOR INJURIES AND ADMINISTER FIRST AID
- CHECK UTILITIES AND SHUT OFF IF NECESSARY
- LISTEN TO YOUR RADIO FOR EMERGENCY BULLETINS
- CHECK YOUR HOUSE FOR DAMAGES AND EVACUATE IF ANY THREAT.
- REPORT DAMAGE TO THE FIRE SERVICES OR RELEVANT AUTHORITIES
- STAY AWAY FROM LANDSLIDE PRONE AREAS
- SECURE YOUR PROPERTY AND STAY AWAY FROM BUILDINGS THAT MAY HAVE BEEN WEAKENED BY THE EARTHQUAKE

- ASSESS YOUR SITUATION AND TAKE ACTION TO IMPROVE PREPAREDNESS IN THE FUTURE

SOME EFFECTS OF EARTHQUAKES ARE:-

- DAMAGE TO BUILDINGS/HOUSES
- LANDSLIDES
- FIRES
- TSUNAMIS-
- LIQUEFACTION-REDUCES THE STRENGTH OF THE SOIL

NATURAL DISASTER-HURRICANES AND OR TROPICAL STORMS

A HURRICANE IS A WARM CORE TROPICAL STORM IN WHICH MAXIMUM AVERAGE SURFACE WIND IS 118KM/HR (74MPH) MILES PER HOUR OR GREATER

Q. WHAT IS THE DIFFERENCE BETWEEN A TROPICAL DISTURBANCE, TROPICAL DEPRESSION, TROPICAL STORM AND HURRICANE?

WE OFTEN HEAR REPORTS ABOUT THESE ATMOSPHERIC HAZARDS, BUT WHAT REALLY DIFFERENTIATES ONE FROM THE OTHERS?

A: THE ANSWER IS INTENSITY.

- A **TROPICAL DISTURBANCE** IS A DISCRETE WEATHER SYSTEM OF APPARENTLY ORGANIZED CONVECTION, ORIGINATING IN THE TROPICS OR SUBTROPICS AND EXISTING FOR A PERIOD OF OVER 24 HOURS .DISTURBANCES ARE CHARACTERISTICALLY APPROXIMATELY 200-600 KM IN DIAMETER.
- A **TROPICAL DEPRESSION** IS A TROPICAL CYCLONE DISPLAYING A CLOSED CIRCULATION PATTERN, IN WHICH THE MAXIMUM SUSTAINED WIND SPEED REACHES UP TO BUT DOES NOT EXCEED 17M/S.
- A **TROPICAL STORM** IS ALSO A TROPICAL CYCLONE, BUT WITH FASTER WINDS SPEEDS. TROPICAL CYCLONES ARE CLASSIFIED AS TROPICAL STORMS WHEN THE MAXIMUM SUSTAINED SURFACE WIND SPEED RANGES BETWEEN 17.5 M/S AND 32.5 M/S.
- A **HURRICANE** OCCURS WHEN A TROPICAL CYCLONE REACHES OR EXCEEDS MAXIMUM SUSTAINED WIND SPEEDS OF 33 M/S. HURRICANES CAN BE FURTHER CLASSIFIED USING THE SAFFIR-SIMPSON HURRICANE WIND SCALE, WHICH IS A 1 -5 CLASSIFICATION OF THE HURRICANES INTENSITY AT THE INDICATED TIME.

Q. WHAT IS THE DIFFERENCE BETWEEN A HURRICANE WATCH AND A HURRICANE WARNING?

A: THE LIKELIHOOD OF OCCURRENCE.

- A **HURRICANE WATCH** IS ISSUED WHEN HURRICANE CONDITIONS (MAXIMUM SUSTAINED WINDS OF 33M/S OR HIGHER) ARE POSSIBLE WITHIN A SPECIFIED AREA. A WATCH IS TYPICALLY ISSUED 48 HOURS PRIOR TO THE ANTICIPATED HAZARD ONSET.

- A **HURRICANE WARNING** IS ISSUED WHEN HURRICANE CONDITIONS ARE EXPECTED WITHIN A SPECIFIED AREA. A WARNING IS TYPICALLY ISSUED 36 HOURS PRIOR TO THE ANTICIPATED HAZARD ONSET.

THING TO DO PRIOR TO A HURRICANE

- TRIM TREES GROWING NEAR ELECTRICAL WIRES AND TELEPHONE LINES.
- SECURE WINDOWS AND DOORS; IF POSSIBLE ACQUIRE HURRICANE STRAPS FOR THE ROOF.
- CLEANS DRAINS AND GUTTERS REGULARLY
- AVOID DUMPING GARBAGE IN RIVERS
- PREPARE AN EMERGENCY KIT CONTAINING FIRST AID ITEMS , BATTERY OPERATED RADIO, FOOD AND WATER FOR AT LEAST SEVEN DAYS , SMALL TOOLS SUCH AS PLASTIC SHEETING , GLOVES , FLASHLIGHTS ETC
- SECURE IMPORTANT DOCUMENTS SUCH AS PASSPORTS, BIRTH CERTIFICATES, MARRIAGES CERTIFICATES, EXAM CARDS ETC. THESE SHOULD BE STORED IDEALLY IN A WATER PROOF BAG AT A SAFE LOCATION.
- IDENTIFY AN ALTERNATIVE LOCATION FOR TEMPORARY STAY IN THE EVENT THAT EVACUATION IS NECESSARY, SUCH AS A FAMILY MEMBER OR CLOSE FRIEND. IF NO SUCH PLACE IS FOUND, THEN THE NEAREST POSSIBLE SHELTER LOCATION SHOULD BE IDENTIFIED.
- SECURE HOUSEHOLD ITEMS WHICH MAY FALL AND BREAK CAUSING DAMAGE SUCH AS GLASS ITEMS AND OTHER SHARP OR HEAVY OBJECTS.

WHAT TO DO DURING A HURRICANE

- REMAIN CALM
- STAY INDOORS AWAY FROM WINDOWS
- KEEP UPDATED ON THE SITUATION VIA RADIO/TELEVISION/ INTERNET

WHAT TO DO AFTER THE HURRICANE

- ENSURE ALL MEMBERS OF YOUR PARTY (FAMILY) ARE ACCOUNTED FOR; IF SOMEONE IS MISSING IMMEDIATELY CONTACT THE RELEVANT AUTHORITIES.
- BOIL WATER UNLESS YOU ARE TOLD IT'S SAFE.

- STAY CLEAR OF DOWNED ELECTRICITY LINES, REPORT TO THE RELEVANT AUTHORITIES
- AVOID /LIMIT CONTACT WITH FLOOD WATERS
- LEND ASSISTANCE TO INJURED OR SPECIAL POPULATION SUCH AS CHILDREN, ELDERLY OR DIFFERENTLY ABLE.

NATURAL DISASTER-FLOODING

A FLOOD IS AN ACCUMULATION OR AN OVERFLOW OF AN EXPANSE OF WATER THAT COVERS OR INUNDATES LAND THAT IS USUALLY DRY.

TYPES OF FLOODING INCLUDE:

- **RIVERINE FLOODING.** THIS USUALLY OCCURS WHEN A RIVER OVERFLOWS ITS BANKS. IT IS USUALLY DUE TO THE VOLUME OF WATER WITHIN A BODY OF WATER, SUCH AS A RIVER OR LAKE, EXCEEDING ITS CAPACITY AND OVERFLOWING ITS BANKS. IT CAN ALSO OCCUR WHEN THE VELOCITY OF THE RIVER IS SO HIGH THAT IT FLOWS RIGHT OUT OF THE RIVER CHANNEL, USUALLY AT BENDS.
- **COASTAL FLOODING.** THE SEA CAN OVERFLOW OR OVERTOP FLOOD DEFENSES SUCH AS SEA WALLS, PERHAPS DUE TO A HEAVY STORM (STORM SURGE), A HIGH TIDE, A TSUNAMI OR A COMBINATION THEREOF.
- **FLASH FLOODING.** THIS IS A FLOOD THAT RISES AND FALLS RAPIDLY WITH LITTLE OR NO ADVANCE WARNING. FLASH FLOODS USUALLY RESULT FROM INTENSE RAINFALL OVER A RELATIVELY SMALL AREA.
- **URBAN FLOODING** THIS OCCURS AS A RESULT OF LAND DEVELOPMENT. PERMEABLE SOIL LAYERS ARE BEING REPLACED BY IMPERMEABLE PAVED SURFACES, THROUGH WHICH WATER CANNOT INFILTRATE. THIS LEADS TO GREATER RUNOFF BEING GENERATED, WHICH CAN MAKE RIVERS OUT OF ROADWAYS AND PONDS OUT OF CAR PARKS.

CAUSES OF FLOODING:

- **PROLONGED RAINFALL-RAIN THAT HAPPENS OVER A PERIOD**
- **INTENSE/HEAVY RAINFALL**
- **RELIEF -DIFFERENCE IN HEIGHT BETWEEN THE HIGHEST AND LOWEST POINT ON LAND**
- **DEFORESTATION-LACK OF VEGETATION**
- **POOR LAND USE PRACTICES-SLASH AND BURN AGRICULTURE**
- **URBANIZATION -LEADS TO REPLACEMENT OF PERMEABLE SOIL**
- **IMPROPER WASTE DISPOSAL-LITTERING**

- **QUARRYING** -CLEARING OF LAND FOR REMOVAL OD AGGREGATES
- CONSTRUCTING NEW HOUSING SETTLEMENTS WITGOUT IMPROVING DRAINAGE SYSTEMS
- LACK OF MAINTAINANCE OF DRAINS AND WATERWAYS

NATURAL DISASTER-TORNADOES

TORNADOES ARE VIOLENT ROTATING FUNNEL SHAPED CLOUDS WHICH EXTEND FROM THE GROUND TO THE BASE OF A THUNDERSTORM. THEY ARE THE RESULT OF POWERFUL THUNDERSTORMS AND CAN REACH ROTATIONAL SPEEDS OF 300MILES/HR. DAMAGE PATHS CAN BE AS MUCH AS 1 MILE IN WIDTH AND 50 MILES IN LENGTH. THE FORMATION IS USUALLY RAPID AND TRANSPARENT UNTIL DEBRIS AND DUST BECOMES BUOYANT IN THE SWIRLING WINDS. BEFORE A TORNADO HITS, THERE CAN BE A PERIOD OF CALM AIR, SIMILAR TO THAT OF THE PERIOD BEFORE A HURRICANE HITS.

IN TRINIDAD AND TOBAGO WE RARELY SEE TORNADOES AS THEY ARE DEFINED ABOVE. A SWIRLING VORTEX IS SEEN THAT DOESN'T EXTEND FROM THE BASE OF THE CLOUD TO THE GROUND. THESE DO NOT HAVE AN ESTABLISHED SCIENTIFIC DEFINITION BUT CAN BE AS DANGEROUS AS A TORNADO SO THE SAME PRECAUTIONS MUST BE TAKEN.

EFFECTS FROM A TORNADO

- LOOSE ROOFS, WALLS, GALVANIZE AND THIS POSES A SERIOUS THREAT WHEN THEY BECOME MOBILIZED BY THE WIND.
- DAMAGED HOUSEHOLD LPG (GAS) TANKS: THESE TANKS MAY EXPLODE AND CAUSE FURTHER DAMAGE LIKE FIRES, BLAST WAVES, PROJECTILES, EAR DRUM RUPTURE AND HEMORRHAGING.
- DAMAGED TOXIC CHEMICAL AND HIGH PRESSURE TANKS: CHLORINE TANKS NEAR POOLS, NITROGEN AND OXYGEN TANKS IN HOSPITALS. THESE COULD RESULT IN CHEMICAL HAZARDS AND FIRE
- SEWER LINE RUPTURES: THIS MAY CONTAMINATE WATER LINES AND BECOME A BIOLOGICAL DISASTER. THERE MAY BE THE SPREAD OF DISEASES E.G. CHOLERA AND E COLI INFECTION.

HOW TO REDUCE THE RISK OF A TORNADO HAZARD

- PUBLIC EDUCATION AND AWARENESS
- PROPER EVACUATION PROCEDURES FOR PUBLIC BUILDINGS
- ADDRESSING THE TRAFFIC SITUATION
- PROPER STORAGE FOR ANIMALS

NATURAL DISASTER-TSUNAMIS AND COASTAL HAZARDS

THE COASTAL HAZARD OF A TSUNAMI (SOO-NAH-MEE) IS A SERIES OF TRAVELLING OCEAN WAVES OF EXTREMELY LONG WAVE LENGTH. THESE PHENOMENA ARE MOST FREQUENTLY CAUSED BY SHALLOW FOCUS EARTHQUAKES, UNDERNEATH OR NEAR THE OCEAN, THAT CAUSE VERTICAL MOVEMENT OF THE SEAFLOOR (UP TO SEVERAL METRES) OVER A LARGE AREA (UP TO A HUNDRED THOUSAND SQUARE KILOMETRES). THIS IS WHY TSUNAMIS ARE ALSO SOMETIMES CALLED SEISMIC SEA WAVES. TSUNAMIS HAVE ALSO BEEN KNOWN TO BE TRIGGERED BY SUBMARINE VOLCANIC ERUPTIONS, SUBMARINE LANDSLIDES AND LARGE METEORITE IMPACTS IN THE OCEAN.

TSUNAMI TRIGGER IMPACT TIME ON COASTLINES CAN RANGE FROM LESS THAN AN HOUR (A LOCAL TSUNAMI) TO OVER THREE HOURS (A TELETUNAMI/DISTANT TSUNAMI). IN THE DEEP OCEAN THE WAVES CAN TRAVEL AT SPEEDS OF 500 TO 1000 KM PER HOUR AND MAY BE ONLY ABOUT ONE METRE IN HEIGHT. UPON APPROACHING THE SHORE HOWEVER, TSUNAMI HEIGHT CAN GROW TO TENS OF METRES AND SPEEDS REDUCE TO JUST A FEW TENS OF KILOMETRES PER HOUR. THE ASSOCIATED SHORTENING OF WAVE LENGTH AND CONCURRENT INCREASE IN WAVE HEIGHT CONCENTRATES THE TSUNAMI'S ENERGY, GIVING THIS HAZARD ITS DESTRUCTIVE POTENTIAL. LOCAL CONDITIONS SUCH AS NEAR-SHORE BATHYMETRY, SHAPE OF THE COASTLINE, STATE OF THE TIDE AND DEGREE OF COASTAL DEVELOPMENT CAN FURTHER AUGMENT THE EXTENT OF IMPACT A TSUNAMI MAY HAVE. IT IS IMPORTANT FOR COASTAL USERS TO RECOGNISE THE SIGNS THAT A TSUNAMI IS ABOUT TO OCCUR. THESE INCLUDE A RAPID FALL IN THE SEA LEVEL, CAUSING THE SEA FLOOR TO BE EXPOSED, AND AN AUDIBLE ROAR LIKE AN ONCOMING TRAIN. WHEN THESE SIGNS ARE OBSERVED, COASTAL USERS SHOULD IMMEDIATELY HEAD FOR HIGHER GROUND.

TSUNAMI MESSAGES

TSUNAMI INFORMATION BULLETIN/STATEMENT- GENERATED AS A RESULT OF SEISMIC ACTION, IT ADVISES OF MAJOR EARTHQUAKES AND GIVES GENERAL INFORMATION ABOUT TSUNAMI THREATS

TSUNAMI ADVISORY- IT IS ISSUED TO COASTAL POPULATIONS THAT ARE NOT WITHIN THE WARNING AREAS TO ADVISE THAT A WARNING HAS BEEN ISSUED

TSUNAMI WATCH- THIS IS THE SECOND HIGHEST LEVEL OF ALERT. THEY ARE ISSUED WITHOUT CONFIRMATION OF AN IMPENDING TSUNAMI TO WARN POPULATIONS WITHIN ONE TO THREE HOURS OF POTENTIAL IMPACT. WATCHES ARE UPDATED HOURLY AND MAY INCLUDE A WARNING FOR OTHER LOCATIONS

TSUNAMI WARNING- THIS HIGHEST LEVEL OF WARNING. IT IS ISSUED WHERE THERE IS IMMINENT THREAT OF A TSUNAMI FROM A LARGE UNDER SEA EARTHQUAKE OR FOLLOWING CONFIRMATION OF A LARGE TSUNAMI. WARNINGS ARE ISSUED HOURLY OR AS CONDITIONS REQUIRE

WHAT TO DO

- KNOW THE SOUND OF ALERT FOR A NATURAL DISASTER
- MOVE TO HIGHER GROUND.
- STAY AWAY FROM COAST, TIDAL ESTUARIES, RIVERS AND STREAMS; IF AT SEA, STAY THERE UNTIL "ALL CLEAR" IS ISSUED.
- BE AWARE OF SECONDARY HAZARDS SUCH AS LANDSLIDES, FLOODING AND MUDFLOWS.
- BE PREPARED FOR AFTER SHOCKS

DURING AN EMERGENCY

THE FOLLOWING STEPS SHOULD BE TAKEN IN EMERGENCY SITUATIONS:

- MAKE SURE YOU ARE SAFE BEFORE ASSISTING OTHERS.
- FOLLOW YOUR EMERGENCY PLAN.
- GET YOUR EMERGENCY KIT.
- MONITOR RADIO, TELEVISION AND ONLINE FOR INFORMATION FROM AUTHORITIES. FOLLOW THEIR INSTRUCTIONS.
- STAY PUT UNTIL IT IS SAFE OR YOU ARE ORDERED TO EVACUATE.
- LIMIT PHONE CALLS TO URGENT MESSAGES ONLY. KEEP THE LINES FREE FOR EMERGENCY RESPONDERS.
- **MAKE A PLAN**

EVERY HOUSEHOLD NEEDS AN EMERGENCY PLAN. IT WILL HELP YOU AND YOUR FAMILY KNOW WHAT TO DO IN AN EMERGENCY. MAKE A PLAN PART OF YOUR EMERGENCY KIT.

THE FOLLOWING ARE THINGS TO CONSIDER WHEN MAKING YOUR PLAN:

- HAVE A FAMILY EMERGENCY PLAN.
- MAP YOUR EVACUATION ROUTES.
- HAVE A CONTINGENCY PLAN.
- KNOW YOUR EMERGENCY CONTACT NUMBERS.
- KNOW YOUR EMERGENCY SHELTER LOCATIONS.

PREPARE A DISASTER KIT BEFOREHAND. THIS SHOULD INCLUDE THE FOLLOWING:

- **FOOD:** MAINTAIN ENOUGH NONPERISHABLE FOOD FOR EACH PERSON FOR AT LEAST 72 HOURS.
- **WATER:** STORE ENOUGH SO EACH PERSON HAS A GALLON A DAY FOR 72 HOURS, PREFERABLY FOR ONE WEEK. STORE IN AIRTIGHT CONTAINERS AND REPLACE IT EVERY SIX MONTHS. STORE DISINFECTANTS SUCH AS IODINE TABLETS OR CHLORINE BLEACH, EIGHT DROPS PER GALLON, TO PURIFY WATER IF NECESSARY.
- **FIRST AID KIT:** MAKE SURE IT IS WELL STOCKED, ESPECIALLY WITH BANDAGES AND DISINFECTANTS.
- **FIRE EXTINGUISHER:** YOUR FIRE EXTINGUISHER SHOULD BE SUITABLE FOR ALL TYPES OF FIRES. TEACH ALL FAMILY MEMBERS HOW TO USE IT.

- **FLASHLIGHTS WITH EXTRA BATTERIES:** KEEP FLASHLIGHTS BESIDE YOUR BED AND IN SEVERAL OTHER LOCATIONS. **DO NOT** USE MATCHES OR CANDLES UNTIL YOU ARE CERTAIN THERE ARE NO GAS LEAKS.
- **RADIOS:** STORE RADIO WITH BATTERY BACKUP, PORTABLE RADIO OR PORTABLE TELEVISION WITH EXTRA BATTERIES: TELEPHONES MAY BE OUT OF ORDER OR LIMITED TO EMERGENCY USE. A RADIO, PORTABLE RADIO OR PORTABLE TELEVISION MAY BE YOUR BEST SOURCE OF INFORMATION.
- **MISCELLANEOUS ITEMS:** EXTRA BLANKETS, CLOTHING, SHOES AND MONEY. WEAR STURDY SHOES JUST IN CASE YOU NEED TO WALK THROUGH RUBBLE AND DEBRIS.
- **ALTERNATIVE COOKING SOURCES:** STORE A BARBECUE OR CAMPING STOVE FOR OUTDOOR CAMPING.
CAUTION: ENSURE THERE ARE NO GAS LEAKS BEFORE YOU USE ANY KIND OF FIRE AS A COOKING SOURCE AND NEVER USE CHARCOAL INDOORS. GASOLINE-POWERED APPLIANCES SHOULD BE FILLED AWAY FROM IGNITION SOURCES.
- **SPECIAL ITEMS:** HAVE AT LEAST 72 HOURS OF MEDICATIONS AND FOOD FOR INFANTS AND THOSE WITH SPECIAL NEEDS. DON'T FORGET DIAPERS.
- **TOOLS:** HAVE AN ADJUSTABLE OR PIPE WRENCH FOR TURNING OFF GAS AND WATER, AND A SHOVEL OR BROOM FOR CLEANING UP.
- **PETS:** ASSEMBLE AN ANIMAL EMERGENCY SUPPLY KIT AND DEVELOP A PET CARE BUDDY SYSTEM WITH FRIENDS OR RELATIVES TO MAKE SURE SOMEONE IS AVAILABLE TO CARE FOR OR EVACUATE YOUR PETS IF YOU ARE UNABLE TO DO SO. BE SURE EACH OF YOUR PETS HAS A TAG WITH YOUR NAME AND PHONE NUMBER. WHETHER YOU DECIDE TO STAY PUT IN AN EMERGENCY OR EVACUATE TO A SAFER LOCATION, YOU WILL NEED TO PLAN FOR YOUR PETS.
- PAY ATTENTION TO DIRECTIONS FROM EMERGENCY MANAGERS, POLICE AND OTHERS AND OBEY INSTRUCTIONS IN THE EVENT OF AN EVACUATION.

WAYS TO CONSERVE WATER

1. AVOID TAKING LONG SHOWERS AND CLOSE THE SHOWER TAP WHEN SOAPING.
2. WHEN BRUSHING YOUR TEETH USE A CUP
3. USE A WATERING CAN TO WATER THE PLANTS.
4. USE A BUCKET TO CLEAN THE FLOORS.
5. WHEN DOING DISHES, DON'T LEAVE THE WATER RUNNING
6. USE A BUCKET AND SPONGE TO CLEAN THE CAR!
7. CATCH AND USE/REUSE RAIN WATER.
8. WHEN YOU DRINK WATER FROM A GLASS ONLY TAKE AS MUCH AS YOU NEED AND SAVE THE REMAINDER FOR LATER
9. DOUBLE CHECK THAT THE FAUCET IS COMPLETELY OFF WHEN LEAVING THE BATHROOM.
10. DON'T GO TO THE BATHROOM UNLESS YOU NEED TO GO.
11. FIX BROKEN TOILETS AND LEAKY FAUCETS.
12. USE GOOD OLD SOAP INSTEAD OF SHOWER GELS FOR BATHING. GELS REQUIRE EXTRA WATER FOR RINSE OFF
13. PUT FOOD COLORING IN YOUR TOILET TANK. IF IT SEEPS INTO THE BOWL WITHOUT FLUSHING, THERE'S A LEAK. FIX IT AND START SAVING GALLONS.
14. IF YOUR TOILET FLAPPER DOESN'T CLOSE PROPERLY AFTER FLUSHING, REPLACE IT.
15. USE A SHOWERHEAD. THEY'RE INEXPENSIVE, EASY TO INSTALL, AND CAN SAVE YOU UP TO 750 GALLONS A MONTH.
16. WHEN WASHING YOUR HANDS, TURN THE WATER OFF WHILE YOU LATHER.
17. DROP TISSUES IN THE TRASH INSTEAD OF FLUSHING THEM AND SAVE WATER EVERY TIME.
18. MONITOR YOUR WATER BILL FOR UNUSUALLY HIGH USE. YOUR BILL AND WATER METER ARE TOOLS THAT CAN HELP YOU DISCOVER LEAKS.
19. LEARN HOW TO USE YOUR WATER METER TO CHECK FOR LEAKS.
20. WHILE FERTILIZERS PROMOTE PLANT GROWTH, THEY ALSO INCREASE WATER CONSUMPTION. APPLY THE MINIMUM AMOUNT OF FERTILIZER NEEDED.
21. USE THE WASHING MACHINES FOR FULL LOADS.
22. DO NOT LET THE FAUCET RUN WHILE YOU CLEAN VEGETABLES.

- 23. NEVER POUR WATER DOWN THE DRAIN WHEN THERE MAY BE ANOTHER USE FOR IT. USE IT TO WATER YOUR INDOOR PLANTS OR GARDEN.
- 24. KEEP A BOTTLE OF DRINKING WATER IN THE FRIDGE.
- 25. AVOID FLUSHING THE TOILET TOO MANY TIMES
- 26. DO LESS LAUNDRY.

POOR MAN'S MEAL

CAKE RECIPE

INGREDIENTS:

1 $\frac{1}{2}$ CUPS (7 OR 8 OUNCES) RAISINS

1 CUP + 1 TABLESPOON WATER, DIVIDED.

1 TABLESPOON SHORTENING

1 CUP SUGAR BROWN

$\frac{1}{2}$ TEASPOON CINNAMON

$\frac{1}{2}$ TEASPOON CLOVES

$\frac{1}{2}$ TEASPOON SALT

1 $\frac{1}{2}$ CUPS FLOUR

$\frac{1}{2}$ TEASPOON BAKING SODA

OPTIONS: $\frac{1}{2}$ CUP CHOPPED NUTS

$\frac{1}{2}$ TEASPOON GINGER

$\frac{1}{2}$ TEASPOON NUTMEG CRANBERRIES TO REPLACE RAISINS

BAKE IN AN 8 X 8 PAN OR 12 MUFFINS DOUBLE FOR A 9 X 13 PAN

QUICK AND EASY MEALS

DUMPLING AND LENTIL PEAS

DUMPLING AND SALTFISH

DUMPLING AND DHAL

DUMPLING AND SMOKE HERRING

DUMPLING AND STEW CHICKEN

DUMPLING AND CURRY CHICKEN

DUMPLING AND CURRY BODI

STEW DUMPLING AND CHICKEN

PROVISION AND SALTFISH

CORN SOUP

GREEN BEAN SOUP

LENTIL SOUP

RED BEAN SOUP

BLACK EYE PEAS SOUP

SPLIT PEAS SOUP

CHICKEN SOUP

RICE SOUP

FISH BROTH

PUMPKING SOUP

VEGETABLE SOUP

BEEF SOUP

COWHEEL SOUP

SANCOCHE-A SOUP
GREEN FIG AND SALTFISH
POTATO SALAD
COCO AND STEW FISH
COCO AND CALLALOO
COCO AND RED BEANS
COCO AND LENTIL PEAS
CARROT RICE AND LENTIL PEAS
WHITE RICE AND LENTIL PEAS
CARROT RICE AND RED BEANS
WHITE RICE AND RED BEANS
CARROT RICE AND BLACK BEANS
WHITE RICE AND BLACK BEANS
WHITE RICE AND CURRY POTATO
CARROT RICE AND CURRY POTATO
WHITE RICE AND BODI
WHITE RICE AND BLACK EYE PEAS
CARROT RICE AND BLACK EYE PEAS
FISH PELAU
CHICKEN PELAU
BEEF PELAU
RED BEAN PELAU
BREADFRUIT OIL DOWN
EGG FRIED RICE
CURRY EGGS

CHOW MEIN STIR FRY WITH BEEF CUT UP FINE
CHOW MEIN STIR FRY WITH CHICKEN CUT UP FINE
CHOW MEIN STIR FRY WITH MINCE MEAT
CHOW MEIN STIR FRY WITH VEGETABLES
MACARONI SALAD AND STEW CHICKEN
MACARONI SALAD AND RED BEANS
MACARONI SALAD AND LENTIL PEAS
MACARONI SALAD AND BLACK EYE PEAS
RICE AND DHAL
OCHRO RICE
PATCHOI RICE
BHAGGIE RICE
CARROT RICE AND STEW CHICKEN
SAFFRON RICE AND STEW CHICKEN
SAFFRON RICE AND LENTIL PEAS
SAFFRON RICE AND RED BEANS
SAFFRON RICE AND BLACK BEANS
SAFFRON RICE AND BLACK EYE PEAS
MACARONI PIE AND RED BEANS
MACARONI PIE AND CALLALLO
MACARONI PIE AND STEAMED FISH
MACARONI PIE AND FRIED FISH
MACARONI PIE AND STEW FISH
MACARONI PIE AND STEW CHICKEN
MACARONI PIE AND STEW BEEF

MACARONI PIE AND LENTIL PEAS

MACARONI PIE AND BLACK EYE PEAS

SWEET POTATO PIE

POTATO PIE AND RED BEANS

POTATO PIE AND LENTIL PEAS

POTATO PIE AND CALLALOO

POTATO PIE AND STEAM FISH

POTATO PIE AND FRIED FISH

POTATO PIE AND STEW FISH

POTATO PIE AND STEW BEEF

POTATO PIE AND STEW CHICKEN

ROASTED POTATOES AND STEW FISH

ROASTED POTATOES AND STEW CHICKEN

ROASTED POTATOES AND RED BEANS

ROASTED POTATOES AND LENTIL PEAS

ROASTED POTATOES AND BLACK BEANS

ROASTED POTATOES AND CALLALOO

CHEESE PIZZA

VEGETABLE PIZZA (CORN AND SWEET PEPPERS, ETC)

LASAGNE

STEAM VEGGIES AND STEW CHICKEN

STEAM VEGGIES AND LENTIL PEAS

STEAM VEGGIES AND RED BEAN

TYPES OF CHICKEN

FRIED CHICKEN

STEW CHICKEN

PINEAPPLE CHICKEN

CURRY CHICKEN

LEMON CHICKEN

ROAST CHICKEN

BAKE CHICKEN

ROTISSERIE CHICKEN

GRILLED CHICKEN

JERK CHICKEN

CHICKEN STIR FRY

SNACKS/BREAKFAST

PUMPKIN FRITTERS

BANANA FRITTERS

YAM AND EGGS RECIPE

SAUTE ONIONS AND TOMATOES

BREAK EGGS AND SEASON AND ADD TO POT WHEN ONIONS AND TOMATOES ARE SAUTED. STIR AND SERVE

THE DIFFERENCE BETWEEN THE FLU, COLD AND COVID19

Flu	COVID	Cold
• Fever or chills	• Shortness of breath	• Post-nasal drip
• Cough	• New loss of smell or taste	• Watery eyes
• Sore throat	• Fever or chills	• Sneezing
• Runny nose	• Cough	• Fever or chills
• Muscle or body aches	• Sore throat	• Cough
• Headaches	• Runny nose	• Sore throat
• Fatigue	• Muscle or body aches	• Runny nose
• Vomiting	• Headaches	
• Diarrhea	• Fatigue	
	• Vomiting	
	• Diarrhea	

**UCDAVIS
HEALTH**

Dosing Chart for At-Home Treatment of Covid-19	
World Council for Health • Current as of September 23, 2021	
<i>Treatment</i>	<i>Dosage</i>
Immune Support	
Vitamin D	2000 - 5000IU daily
Vitamin C	1000mg twice daily
Zinc	50mg once daily
Quercetin	1 tablet twice daily
Melatonin	5 - 10mg daily
Antiviral	
Ivermectin	12mg to 24mg (1 or 2 tablets) for 5 days
Mouth/nasal wash	Rinse 3 times daily
Anti-Inflammatory	
Ibuprofen	400mg up to 3x's daily
N-Acetylcysteine	1-2 tablets daily for 7 days
Anti-histamines	Use as directed on package
Anticoagulant	
Aspirin	300 - 325mg daily (1 tablet)
Symptom Support	
Paracetamol/ acetaminophen	Use as directed on package
Cough medicines	Use as directed on package

FYI: 5G is the reason why everybody sick



RUBBER PLANT



SPIDER PLANT



CACTUS PLANT



SNAKE PLANT

PLANTS
THAT
ABSORB
5G



ARECA PALM



STONE LOTUS



ALOE VERA



BETEL LEAF

MAKE YOUR OWN FLOUR

GRATE OR USE FOOD PROCESSOR TO SHRED CASSAVA OR COCONUT

WASH THE SHREDDED CASSAVA OR COCONUT

USING A FINE CLOTH SQUEEZE AND WRING DRY

IN COOKIE SHEETS SPREAD OUT THE SHREDDED CASSAVA OR COCONUT

DRY IN THE HOT SUN FOR 2 TO THREE DAYS

TOAST IN AN OVEN OR POT FOR ABOUT 10 MINUTES

BLEND OR MILL TO GET FINE POWDER