

## **In an Emergency call 911 immediately**

– If you do not have a cell phone or reception, Katherine's studio has a land line available for use.

Directions for dispatch – CR 57, mile marker 7 in Lyden.

Turn west onto CR 57 from NM 68 at the Lyden/La Canova turn off between mile markers 11 and 12. The preserve is located at the large turnout 2.2 miles from 68, just after mile marker 7. If applicable, direct to proceed through the gate and give a meeting place.

This First Aid kit contains-

- 2 cold packs
- sterile gloves
- assorted sizes of band-aids
- gauze
- medical tape
- antibiotic ointment
- ibuprofen
- cleansing alcohol wipes
- duct tape

For cactus spine injury –

1. Remove the spine/spines using tweezers and/or duct tape for smaller, finer spines.
2. Cleanse with alcohol wipe
3. Apply antibiotic ointment
4. Apply bandage

For a sprained or fractured ankle or other bone

1. Remove clothing around the affected area.
2. Elevate the ankle and apply a cold pack
3. Wrap snugly with tape to stabilize
4. Administer ibuprofen for pain and swelling
5. Assist to transportation.

For heat exhaustion –

1. Move the individual to a cool place of shade or if possible, air conditioning.
2. Lay the person down and elevate the legs and feet slightly.
3. Remove tight or heavy clothing.
4. Administer cool water
5. Cool the individual by spraying or sponging with cool water and fanning.
6. Monitor the person carefully for signs of strong confusion, fainting, seizures, or inability to drink. If any of these symptoms occur, call 911 immediately

For a rattlesnake bite –

1. Call 911 immediately– give clear directions to the preserve.
2. Remove shoes if the leg or foot was bitten
3. Lay down victim with wound below heart.
4. Keep victim still to prevent venom from spreading.
5. Cover the wound with a loose, sterile bandage.

**Do not –**

- Attempt to suck out venom
- Apply tourniquet, ice or water
- Administer ANY MEDICATION

For anaphylaxis (strong allergic reaction to environmental or insect sting allergy) -

1. Call 911 immediately – give clear directions to the preserve.
2. If the individual has an EpiPen, have them administer or help them if needed.
3. Calm the individual and have them lie on their back.
4. Raise feet about 12 inches and if a warm garment is available, cover them with it.
5. Turn on their side if vomiting or bleeding occurs.
6. Check that clothing is loose and not inhibiting breathing.

**Avoid giving oral medications, anything to drink or lifting the head, especially if there is trouble breathing.**