

## **POWER IN PREPAREDNESS! Week 3: First Aid and Medicines**

Family Home Evening—Choose what works for your family.

**Songs:** *We'll Bring the World His Truth*, and *Faith* (Children's Songbook, p. 172 and p. 76); *How Firm a Foundation* (Hymns, p. 85)

**Book of Mormon Story:** The stripling warriors  
Read Alma 53:16-23; Alma 56:44-57; Alma 57:16-27.

### **Discussion Questions:**

- 1) How many stripling soldiers were there, and who was their leader?  
2,000 (plus 60 more a little later), Helaman
- 2) What does "stripling" mean?  
A youth
- 3) Why did they fight?  
For liberty, to protect the Nephites and themselves from bondage
- 4) How many stripling warriors were killed?  
None of them
- 5) How many stripling warriors were wounded?  
Every one of them
- 6) Why were they preserved?  
Because of the miraculous power of God, and because of their faith in what they had been taught by their mothers

### **Objectives:**

- 1) Having faith, sustaining the priesthood, and keeping our covenants will help to protect us.
- 2) Even the faithful will experience injury and illness.
- 3) We can prepare for medical emergencies by learning first aid skills and storing medical supplies.

### **Activity Ideas:**

- 1) Practice making a phone call to report an emergency.
- 2) Post emergency first aid instructions inside a kitchen cabinet door.
- 3) Make an emergency and extended family phone list. Make sure to have an out-of-state contact person. Add emails to the list, if desired. Place an emergency phone list in your 72-hour kits.
- 4) Learn about CPR.
- 5) Assemble a first aid kit. Place first aid supplies in your 72-hour kits. Store essential medicines, if possible.
- 6) Store consecrated oil for priesthood blessings in your home first-aid kits, 72-hour kits, car kits, purse, etc.

### **Treat Ideas:**

- a) Life Savers candies
- b) "Death by Chocolate" Brownies
  1. Mix together:
    - $\frac{3}{4}$  c. baking cocoa
    - $\frac{1}{2}$  tsp. baking soda
    - $\frac{1}{3}$  c. oil
    - $\frac{1}{2}$  c. boiling water
  2. Add wet ingredients:
    - $\frac{1}{2}$  c. honey
    - $\frac{1}{2}$  c. brown sugar
    - 2 eggs
    - $\frac{1}{3}$  c. oil
    - 1 tsp. vanilla
  3. Add dry ingredients:
    - $1\frac{1}{3}$  c. wheat flour
    - $\frac{1}{4}$  tsp. salt
    - 2 c. chocolate chips
    - (optional:  $\frac{1}{2}$  c. chopped nuts)
  4. Pour into a greased 9" x 13" baking pan.
  5. Bake at 350 for 15 minutes.

# A Comprehensive First Aid List

## Equipment

consecrated oil  
flashlight  
list of emergency phone numbers  
instruction book, eye glasses  
gloves (medical and rubber), goggles  
medical masks (N-95)  
CPR mask, bulb syringe, paper bag  
water  
soap and scrub brush, towel  
antibacterial hand wash  
antiseptic towelettes  
stethoscope, blood pressure cuff  
thermometer  
instant cold pack, ice pack  
instant hot pack, hot water bottle  
eye cup  
tweezers, knife, razor blades  
scissors or EMT sheers  
tongue depressors  
cotton balls, cotton swabs  
matches, safety pins, needles  
blanket  
surgical kit, disposable razor  
snake bite kit  
medicine dropper, teaspoon

## Medicine—Topical

ammonia inhalants  
alcohol preps, rubbing alcohol  
hydrogen peroxide  
eye wash or drops (Visine)  
antibiotic cream (Neosporin)  
iodine (Betadine)  
burn cream (Silvadine)  
zinc oxide cream (A&D)  
salve, first aid cream, or petroleum jelly  
hydrocortisone cream  
calamine lotion (Caladryl)

## Bandages

assorted adhesive bandages,  
including knuckle, fingertip, and x-large  
butterfly bandages, steri-strips  
gauze pads (10 each: 2x2, 3x3, 4x4)  
stretch gauze (2 each: 1x5, 2x5, 3x5, 4x5)  
elastic bandages (2 each: 2x5, 3x5, 4x5)  
tape (sports and duct)  
moleskin  
menstrual pads  
splints: popsicle sticks, paint stirrers,  
aluminum bars  
sling, triangle bandages (2)  
eye patch

## Medicine—Internal

Prescription medications (glucose, asthma  
inhaler)

### *Pain:*

acetaminophen  
ibuprofen  
aspirin

### *Cold and flu remedies:*

antihistamine (Benadryl)  
decongestant (Sudafed)  
expectorant (Robitussin DM, Mucinex)  
cough drops

### *Stomach remedies:*

anti-nausea (Pepto Bismol)  
anti-diarrhea (Kaopectate)  
antacids (Tums, Maalox)  
laxative (Ex-Lax)  
syrup of ipecac, activated charcoal  
salt, baking soda, Pedialyte  
Iosat (for nuclear radiation)

## **How to Place an Emergency Phone Call**

1. If the victim is not breathing, help first and phone later (or get someone else to phone).
2. When an injured person is in distress but is breathing, phone for help at once!
3. What to say:
  - a. Tell where you are. If possible, give the address and any special description of how to get to the victim.
  - b. Give your name and the phone number from which you are calling.
  - c. Tell what happened and describe the victim's condition as best you can.
  - d. Don't hang up! Let the emergency person end the conversation. He or she may have questions or information to give you.