

Treating Illness - Class 1

Putting together your Natural Health Medicine Cabinet (Ages 14-18yo)

1. What is the first step listed for caring for an open wound or laceration?
A. Irrigate the wound with lots of water
B. Apply a hydrocolloid dressing
C. Close it with Steri-Strips
D. Put on a compression wrap
2. Which tool was shown for irrigating a wound?
A. Neti-pot
B. Irrigation syringe
C. Steam inhaler
D. Ear wash cup
3. What should you NOT use to clean an open wound?
A. Povidone iodine
B. Colloidal silver
C. Hydrogen peroxide or rubbing alcohol
D. Triple antibiotic ointment
4. What item was listed for closing a wound if needed?
A. Moleskin
B. Hydrocolloid bandage
C. Coban wrap
D. Steri-Strips or butterfly bandages
5. Which type of dressing was listed to help keep a wound moist while healing?
A. Hydrocolloid dressing (with colloidal silver)
B. Coban wrap
C. Vaseline
D. Gauze pad
6. What product was shown for helping prevent blisters?
A. Triple antibiotic ointment
B. Moleskin
C. Hydrocolloid dressing (with colloidal silver)
D. Coban wrap
7. Which item was listed for bruises or impacts?
A. Calendula cream
B. Emuaid salve
C. Arnica gel (or lotion)
D. CCC salve

8. What was shown as a support for jammed fingers or toes?

- A. Calendula cream
- B. SAM splint with coban wrap**
- C. Triple antibiotic ointment
- D. Baking soda paste

9. What should never be put in the ear?

- A. Povidone iodine**
- B. Tap water
- C. Diluted hydrogen peroxide
- D. Garlic-mullein oil

10. What should be added to a sinus rinse water?

- A. Baking soda
- B. Salt and xylitol**
- C. Eucalyptus and camphor
- D. Senna tea

Home Activity Key

Activity 1 – What to do

Instructions: for each issue, describe two things you can do

Issue	What you can do #1	What you can do #2	What you can do #3	What you can do #4
Example: Dry painful cough	Take an herbal cough syrup	Breathe steam or nebulize (if cough is deep from lungs)	Rinse your sinuses with salt and xylitol (to clear up post-nasal drip)	Suck on a lozenge with BLIS K12, elderberry, xylitol, and/or zinc.
Sore Throat	Suck on a lozenge with BLIS K12, elderberry, xylitol, and/or zinc.	Gargle with xylitol and salt water	Use an herbal throat spray	Rinse your sinuses with salt and xylitol (to clear up post-nasal drip)
Nasal Congestion	Rinse your sinuses with salt and xylitol (to clear up post-nasal drip)	Suck on a lozenge with BLIS K12, elderberry, xylitol, and/or zinc.	Keep your room with a relative humidity of 40-60% at night when sleeping.	Use an air filter in bedroom at night.
1 ½" long laceration (cut)	Rinse the wound with LOTS of water.	Disinfect the wound with 10% povidone iodine.	Close the wound and keep it moist.	Cover the wound.
Stomach ache	Drink peppermint or ginger tea.	Chew crystalized ginger candy.	Use a hot water bottle on stomach.	Massage stomach gently.
Muscle cramps	Balance your electrolytes (take an electrolyte chew or drink)	Massage into your skin magnesium oil (magnesium chloride)	Ensure you are fully hydrated.	Jostle and stretch your cramping muscle.
Food poisoning	Call poison control.	If it's just mildly "bad food", take activated charcoal with peppermint oil.	Drink lots of water.	Rest.
Ear wax buildup	Inspect the ear canal with a small digital otoscope camera.	Wash the ear canal out with warm water and hydrogen peroxide (50/50)	Use Carbamide (debrox) ear drops to dissolve wax if necessary.	Use garlic mullein oil drops
Bruise	Topically apply arnica gel or lotion.	Put a cold compress on the bruise.	Elevate the bruised region (near level of heart).	
Jammed finger or toe	"Buddy splint" the finger/toe by taping it to adjacent toe/finger.	Use a SAM splint with coban wrap.	Use arnica gel topically.	Use a cold compress.