

MySurvivalAlliance



PLANNING AHEAD: SURVIVAL FOOD TIPS

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CARDIOPULMONARY RESUSCITATION (CPR) WHAT YOU NEED TO KNOW TO MAKE MEDICAL DECISION

Your loved one's medical provider is asking you to consider a "do not resuscitate order." This surprises you because you wonder, wouldn't everyone want CPR? In addition, you worry that if you forgo CPR, you may be robbing your loved one of a chance to live longer. It feels like a big decision, to forgo CPR, but the answers to support your decision making are readily available.

What is CPR? CPR is cardiopulmonary resuscitation. It is a rescue procedure to be used when the heart and lungs have stopped working. It involves a series of chest compressions that are combined with blowing air into a person's lungs which is intended to keep essential blood and oxygen supplied to the person's brain. It is an emergency procedure to be started until a person can be transported to the hospital where they can receive more advanced life support. Let's break down the decision making process into three steps:

- 1) what you may think CPR is

- 2) what are the real facts and, of course
- 3) the emotional part of the decision

Let's start with your perceptions. You are not alone in your thinking that CPR is often successful. Most of our perceptions come from our environment which includes watching television.

There is actually research on television shows where actors received CPR as part of the script. On television, seventy five percent of the recipients survived CPR. This research study concluded that the portrayal of CPR on television may lead the viewing public to have an unrealistic impression of CPR and its chance of success.

Let's go to the facts. What factors will improve your chance of surviving CPR? First factor is how quickly CPR is started.

The sooner CPR is started, the better the chance of survival. The emergency medical system personnel

have to reach the person quickly . Brain damage begins within 4-6 minutes.

According to the American Heart Association, for every minute a cardiac arrest victim does not receive CPR, his chances of survival drop 7 to 10 percent. Realistically, there is a very good chance emergency medical services (EMS) cannot respond fast enough to save someone in cardiac arrest.

In fact, the national average EMS response time is 10-12 minutes, so even the best EMS responders could have difficulty arriving in time. (This is why it is so important for lay people to learn CPR and to get it started quickly. The second factor is where the person is located when CPR is started. Your chance of surviving CPR is far better in a hospital than outside of a hospital.

A research study in the July 2, 2009 issue of the New England Journal of Medicine showed that survival from CPR in the hospital is less than 18%. This study showed that out of a million patients who received CPR in the hospital, less than 18% lived to be discharged from the hospital. The results of this study were unchanged from a similar study done in 1992.

In comparison to receiving CPR at home, the odds are still in your favor to be in the hospital if you were to go into cardiac arrest.

The in-hospital survival rate is 10-20%, while the out-of-hospital survival rate is 1-5%. The third factor is determined by how old or disabled the person is who is receiving CPR.

The survival statistics for patients in nursing homes and assisted living facilities are grim. The reality is that if you are dependent on others for your care, your CPR survival rate is estimated at 1-2%.

So why do people choose CPR when it is clear that for certain patients it will not work. For many, they really don't know the survival statistics and they make decisions according to their perceptions. For some, they fear that in refusing CPR, their loved one will be alone and in distress at the time of their dying. Nothing could be further from the truth.

Those patients who refuse CPR will receive maximum comfort measures as they are dying naturally. Some family members who choose CPR for their dying loved one often do so because they want more time with them. They don't realize that after receiving CPR, ill patients who survive, are more debilitated and often unable to participate in conversations with their loved ones.

When faced with medical decisions for your loved one, take the time to understand the research. If emotional factors are influencing your decision, get help. If your loved one is in a hospital, the hospital social worker or chaplain will help you sort out the issues.

In addition, you can ask for a palliative care or hospice consult. If your loved one is at home, many hospices and palliative care services will visit them to lend support in decision making. The good medical decisions that you make today will support you for many years after your loved one is gone.

For more information about end of life care visit us at <http://www.GuidetoCaregiving.com>

SURVIVAL GUIDE: WHAT YOUR PERSONAL EMERGENCY RESPONSE SYSTEMS (PERS) SHOULD OFFER YOU

The possibility of encountering an urban disaster is surprisingly high ranging from natural to extremely tragic but neither is that far-fetched. This is just one reason why there are so many emergency response providers who bank on this immediate necessity.

However, before you settle on one specific emergency response system that can help you get through all types of disasters; let's review the things that you should look for in a personal emergency response system provider.

The Ability to Put Your Mind at Rest

The very reason why you are looking for a PERS is to make sure that at any given time you are protected. You count on someone being alerted and coming to your aid without you having to call or notify anyone of your situation. You may very well be unable to reach out and call for help hence you needing a PERS to do this for you.

Make sure the response system you wish to get is one, which can give peace of mind to you and your family that you all are in good hands. Even if you wish to be your very own rescue team a PERS is a great plan B to let you sleep easy at night.

The Ability to Build Confidence In Your Purchase

Confidence means that you know and believe in the product for which you are spending your money. You must be certain you are getting your money's worth. Make sure the system you choose will be able to direct you to a live person and not some voice recording when you need help.

Aside from this, you must also ensure that the person you will talk to regarding disasters is

someone who is knowledgeable about the things you should do and can instruct you in simple terms on how to do them. If none of your criteria are met then the product you have purchased is not worth your time, money or confidence.

The Ability to Make You Feel You're Making a Wise Choice

It's important to plan for future and unforeseen events. Cliché but true, you never know what will happen until it finally happens. A plan that can help you handle emergency situations removes a heavy burden from your shoulders.

You should be able to relax at the fact that you have chosen emergency response system. Unlike your friends, neighbors or relatives, you feel confident that this was a wise choice on your part to protect yourself and family from devastation. You feel you are one step ahead of the pack.

Accessibility

You must choose a PERS plan that can give you an immediate response wherever you may be at any time. Emergencies, as the term implies, don't choose a specific time to hit you. It's important that the plan you choose will be accessible to you and your family at all times otherwise, what's the point? Ask if the service is 24 hours, if there is a live person for you to talk to and how quickly they are equipped to respond to distress calls.

Dependability

You wouldn't want to get the services of a personal emergency response system that you can't depend on. Reliable and immediate response time during emergencies and real world experience are two factors you should look for in

your ERS. If your ERS doesn't offer this, it's best to move on and find a new provider that does. These are clear indications that the response system is established and will be ready to render service through whatever means.

Reasonable Price

Don't let price dictate what ERS to choose. Though price is certainly important if a plan doesn't fulfill your needs but comes cheap, what's the point? You are wasting money on a ERS that doesn't deliver essential services. Pick plans that fit into your budget but also deliver on necessary services.

Cheap, untested providers most likely won't meet your expectations and result in a complete waste of your hard earned money.

A high price for an emergency response system doesn't necessarily mean that it's the best choice either. Think of the types of service provided and your needs. Before signing up for a specific plan, make sure that you've done thorough research of all the systems that are available to you at your price point. Compare all the benefits and if there is a renewable contract.

Most services are only good for one year, which is not advisable since you can never really predict what the future has in store. Disasters don't have a specific expectancy period so it's important that you look for companies that can give you renewal options on a monthly or quarterly basis.

Guarantee That the Company Will Stand Behind Its Offer

The rising need for an emergency response system is prevalent nowadays. There are many companies that will take advantage of and scam ordinary citizens who wish to be protected. Look for a company that can offer you a money-

back guarantee in case of your dissatisfaction with their service. Read the fine print closely to see if there are any hidden charges. Considering this is an expense and you are entering a legal contract you might consider consulting a lawyer.

Speedy Response

The very reason why you're seeking the services of an emergency response system is to make sure you can be reached within a short period after a disaster's first strike. Time is of the essence in emergency situations and if the system you choose can't deliver on this front, look for another provider who can. A quick response is the reason you are investing in a ERS in the first place.

Simplicity

Look for a service that is easy to use. Make sure the service you get is something that will not give you difficulty and even the youngest person in your household can understand. You never know how these types of situations unfold and preparing your youngest family members is important to keeping them calm should you find yourselves in the middle of a disaster.

David C. Morris knows more than anyone about Urban Survival. He has a blog but won't tell you what it is because he doesn't want anyone to know anything about him..... just in case the world ends.

EMERGENCY FIRST AID: HOW TO ADMINISTER THE HEIMLICH MANEUVER

Choking is a major cause of accidental death across the world, especially for children. Almost anything can be a choking hazard - food, toys, plastic bags and even gum. Quick first aid intervention, such as the "Heimlich Maneuver", is required if someone appears to be choking.

Broadly, choking occurs when an object blocks our airway (the tube that takes air from our mouth/nose to our lungs - known as the trachea). An object can fully block or partially block this tube.

Some common signs that someone is in distress include:

- Clutching their chest and neck
- Possibly unable to speak
- Making attempts to breath which may be silent
- Coughing
- Red face, obvious anxiety

Generally, if someone can cough and speak then their airway is only partially blocked, in this case you should simply encourage them to cough and support them. However, the real danger lies in someone who is unable to cough, speak or make any sounds. This means their airway is fully blocked. In this case you should administer back slaps and the Heimlich maneuver. Firstly, try to dislodge the object by delivering back slaps. Hit the person hard on the back in-between their shoulder blades. You should try this up to 5 times.

If this doesn't work then you should attempt the Heimlich maneuver.

Step 1: Position yourself behind the patient.

Step 2: Pass your arms around in front of the person, make a fist with one hand and place this just below their belly button.

Step 3: With the help of the other hand, pull your fist sharply inwards and upwards.

Step 4: Check to see if the object has dislodged. If it hasn't then keep trying.



If this combination of back slaps and the Heimlich maneuver doesn't work, ensure an ambulance has been called for the person and continue helping until the emergency services arrive. Remember to stay calm at all times and try to reassure the casualty.

The purpose of the Heimlich maneuver is to force air out of the lungs and hopefully dislodge the object.

If the casualty goes unconscious, you should open their airway by tilting their head backwards and then check for normal breathing for up to 10 seconds. If they are breathing then roll them onto their side, if they are not breathing then commence Cardiopulmonary Resuscitation.

Anyone who has had the Heimlich maneuver carried out on them should visit the Emergency Department / Accident & Emergency for a checkup from a health professional.

WAYS TO FILTER AND PURIFY WATER

Bringing water to a rolling boil will kill all harmful organisms. This method works well; however you must have the means to boil water, have time bringing the water to a boil and time for the water to cool down for consumption.

Using Chlorine bleach at a ratio of 1/8th teaspoon of bleach per gallon of water is effective. After applying the bleach mix the water well and let set for 30 minutes at which time you smell the water for a faint chlorine smell. If the smell is present the water is ready if not start the procedure again. Keep in mind once you open the container of chlorine bleach it stays good for 6 months before it starts breaking down.

Water purification tablets produce a powerful germicidal agent when released in water purifying the water. Typically one tablet purifies 32 ounces or .95 liters of water. Has you can see by the amount purified per tablet I wouldn't recommend it for large quantities of water.

Water bottle purifiers are super easy to use because you don't have to deal with tubes and pumps, just fill them up in a river, stream or lake and drink. The filters are replaceable and relatively inexpensive; however they only purify small amounts at a time.

Portable water filter is a great investment and will serve you well. There are a multitude of them on the market; I recommend the Katadyn water filter products because they have performed flawlessly for me under a variety of conditions and the water always tastes good.



Larger portable water purifiers are ideal for families because it purifies large volumes of water quickly and with minimal effort.

Peanut Butter & Granola Wraps

- 1 cup peanut butter
- 1 cup granola
- ¼ peanuts (chopped)
- 2 tablespoons honey
- 1/2 cup dried cherries
- 4 ten inch tortillas

In bowl, combine peanut butter, granola, chopped peanuts, and honey and mix well. Stir in dried cherries. Spread tortillas with peanut butter mixture. Roll up tortillas and cut in half.

PLANNING AHEAD: SURVIVAL FOOD TIPS

Have you been thinking about storing up survival food in case of a disaster or crisis?

If so, the first thing you should do is lay out your plan. A preparedness plan includes evacuation as well as storing up food. So think in terms of what you have on hand if you are stranded in your own home. But also think about what you should have in a cache that you can take with you (like a survival backpack).

In this article we will focus on the storing of items that you need to have in your home in case you are stranded there and cut off from the outside world.

First Things First: Water

Water is the basic, most essential thing you must have stocked to be able to survive any crisis - short-term or long-term.

Having enough on hand for each family member for at least a week will increase your chances for survival exponentially. One gallon, per person, per day is the rule of thumb. Remember, it's not just for drinking - it's for cooking, for brushing your teeth, for basic cleanliness, for wound cleansing. You have no real idea how much water you use per day when it's coming from the faucets in your house! Store water, lots of water. Just make it a point to pick up some each time to go to the grocery store. You will never be sorry that you have plenty of water available in a crisis.

Easy Survival Foods: Canned Goods



Soups are perfect as it's a meal in a can. Although you should watch the salt content or you will need more water than normal. So buy the non-condensed, low sodium varieties with pop tops and you will be in great shape! Add plenty of vegetables and fruits for a treat. You can get your sweet tooth satisfied with some canned peaches or mixed fruit, and it will also give you a quick energy boost because of the sugar. Be creative here, get a variety of things canned. Don't get caught with nothing but green beans and corn.

Long-Term Survival Foods: Freeze Dried Products

You can get some MREs to help you get through the toughest part of a disaster. But, they are not for every day. And you will get tired of them, so use them as a supplement to your other foodstuffs. They are quick and easy, so if you are on the move, these are an excellent source of energy and sustenance. You can also get many freeze-dried fruits, even consider trail mixes. Trail mixes are usually full of nuts and dried fruits - a good source of protein and energy foods.



With just a little bit of planning, you can stock up some needed items without breaking the bank or overflowing your available storage space.

Plan ahead. You will be glad you did.