



**The Essential
Medical Guide For
Wilderness Survival**

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Essential Skills You Need For Wilderness Survival When You're Wounded

A proper step when making plans is to identify your weaknesses and learn how to work around them, because all of them are much harder to bear when your abilities are diminished because you're injured.

For that reason, see what are the usual mistakes people make in the wild and learn how to avoid them when surviving in the wilderness or camping in order to stay safe.

A Bad State of Mind

Whether you are surviving in the wilderness, it is very important to take the situation seriously, but don't despair and still hope for the best, while preparing for the worst. One little mistake or an accident can be a life threatening event.

If you are too cocky or a know it all, your manner will portray you as a person that does not really care about what they are doing or what is going on. This can turn out to be a morale breaker and bring out the worst in people that have to work closely together.

Laziness or Stuck in a Rut

Being lazy or stuck in a rut is not a good state of mind in any wilderness survival experience. These individuals will slow down anything that they are assigned to do. Most individuals that are affected with this problem usually spend more time trying to get out of work than it would have taken them to just do the job in the first place. Lazy individuals can endanger the whole camping group with their short cuts and not sticking to prepared set of procedures.

Think of your bug out group or family group as a team. Each team member has specific duties assigned to them on the daily job roster. Without the roster there will be nothing but chaos and nothing will get done in a timely matter.

The group leaders say so on any team member's problems will be the final judgment and all must abide by it until pre-agreed upon meetings are used to discuss and make changes to the plans.

Missing the Skills for Surviving in the Wilderness

Learn How to Find and Store Food in the Wilderness

Food is on top 3 priorities. After hunting and fishing, looking for edible plants in the woods is one skill to learn for survival, because hunting and fishing might be impossible when wounded in the wild.

Many plants are poisonous, and eating a toxic plant can cause reactions within the body ranging from relatively mild, like vomiting, to the more severe — organ failure, coma, and eventually death. One of the safest methods to determine if a plant is safe to eat is to use the “Universal Edibility Test” developed by the U.S. Army.

But before we get into how to test a plant, there are a few general tips to consider first.

Don't even consider testing a plant that there isn't a lot of. You're taking a risk by testing and eating it, and you want to make sure you're not going through all this trouble (and potentially death) unless you can make several meals from it. If it's just one small outcropping, make a mental note of its location, and move on. Try to find a more abundant resource.

Never eat mushrooms or fungi. Period. I know some mushrooms are really tasty. But unless you REALLY know what you're doing, [eating the wrong mushroom will cause you permanent, sometimes fatal, injury](#). And it's not possible to test mushrooms or fungi with the Universal Edibility Test because a toxic mushroom will affect your nervous system. These effects won't show up for days, and by the time they do, there's no treatment. Just avoid all mushrooms.

Don't eat plants grown in polluted areas. Avoid roadside plants because car exhaust and other chemicals like antifreeze are more abundant at the roadside and could have contaminated the plants growing there.

Same goes for plants growing near a polluted water source. Do not eat anything that's growing in brackish, murky, stagnant, or smelly water or soil. When a plant grows in or near contaminated water, the plant itself becomes contaminated. Basically, if it's growing someplace where you wouldn't want to step, or in something you wouldn't want to get on your face because of its smell, avoid it!

Say NO to anything that's rot, mold, soft. Anything that's rotting, moldy, or overly soft (like before rotting) is a definite avoid. Yes, blue cheese is mold, but mold in general is not your friend. Most biological weapons programs start with mold. If it's moldy or mildewed, stay away!

Some other general "avoid this" type of indicators are:

- milky or discolored sap,
- beans, bulbs, or seeds inside pods,
- bitter or soapy taste,
- spines, fine hairs, or thorns.

THE MOST COMMON POISONOUS MUSHROOMS



Livid entoloma



Fly agaric



Destroying angel



Cortinar



Death cap



Sulfur tuft



Ivory funnel



Deadly fibrecap



Yellow-staining

123RF.com

If you come across a plant that smells a little bit like almonds, it could contain cyanide. Avoid.

If the leaves are shiny, and/or grouped in three's, it's likely poison ivy, and you'll want to steer clear. Some folks will say certain colored berries are OK to try. But unless you're sure you're eating a blackberry, raspberry, or blueberry, I'd give these a pass.

Boiling can help remove some bitterness, but isn't very effective at removing toxins if the plant is poisonous. Don't think boiling a toxic plant will make it edible. It won't. And before you risk your health by testing an unknown plant, if there's meat available, stick to eating meat.

In the absence of refrigeration, failing to use other food preservation methods will cause foods to spoil quickly, which can cause a life threatening illness. It is also very important to hone your skills in these preparation methods so that food remains safe to eat for as long as possible.

How to Find Safe Drinking Water in the Wilderness

It is best to treat all water as contaminated because even clear running water can have all kinds of contaminants including microorganisms and heavy metals. Even water from a stinking, stagnant mud puddle can be made fit to drink.

There are many different methods for purifying water. Before relying on any system, you can, and should use water testing kits available on the market to test out your system to see if you have all bases covered.

Overall, your system should include viable processes for:

- Filtration to remove both large and small debris and sediment,
- Removal of heavy metals and toxins (activated charcoal will not remove all toxins or heavy metals; so you will need to use bone char or something else),
- Removal of bacteria and other microorganisms (boiling the water usually works for this, as does setting it out in a plastic bottle in the sun for several hours).

Before a major crisis occurs is the time to test and retest your wilderness and camping skills. For those skills that do not work, there is still time to learn others that will work. Keep in mind which deadly mistakes can happen, and practice safer ways now before it is too late.

Ignoring Safety Needs when Choosing a Shelter

Learn How to Choose a Safe Shelter

Camping on the high ground provides safety. There will be no one camping or hiding out above you. Your camp will control all the area below and have the advantage if attacked.

If camping on the high ground during the rainy season, late spring, or summer be careful of lightning strikes when exposed at the top of the hill. The campsite should have multiple safety zones for the protection of the campers. They can be as simple as natural caves or dugouts in the side of a hill.



If the area you are camping in is known for flash flooding then keep an eye on the weather. If heavy cloud cover is observed over the nearby mountains there is a good chance of flash flooding in the low lying land areas around your location.

Never underestimate the power and speed of flash flooding. If you see it coming, get to the high ground as quickly as possible. Do not try to out run it. In most cases you will lose and get swept away.

If you are in a vehicle on the high ground, are about to cross a small creek, do not cross if the bed begins to fill with water. Flash flooding water can wash the vehicle away, flip it, and possibly kill the occupants.

Learn to Set Up Perimeter Defense for Your Shelter

The most important safety feature of the perimeter defenses is to keep out unwanted animals or armed raiding parties from the campsite. For animals, the human scent (especially when wounded) and the outer barriers should be enough to keep them away.

Unwanted raiding parties can be neutralized by well-armed and trained members of the group if necessary. There is no wrong doing if you defend yourself against others who wish to take from you by violence or force.

Ignoring the Danger of Wildfires

With the first early warning of wildfires, pack up and leave the area and go to one of safety. Take everything you can including your animals. It is easier to rebuild in a new location than get trapped and die trying to save the old homestead. Avoiding the main causes of wildfires is the best way to prepare for them. Here are four main causes of wildfires:

- Lightning strikes a tree: It causes a major fire in very dry woodlands that have not seem any rain for a long time. With a good dry breeze, the fire will spread even quicker and set off secondary blazes.
- Campfires: Campfires may be too large for the weather conditions or not put out correctly once you are done with the fire. For example, water and dirt may have been put on the campfire, but not enough to completely put out the fire. Hot embers can retain their heat for days, and, when conditions are right, start a new fire. The wind can also blow hot cinders into a very dry wooded area which starts secondary fires that get out of control.
- Debris burning: Burning garbage or other debris in windy conditions can cause wildfires. The wind fans the fire and pieces of flaming materials go airborne and start secondary fires.
- Sparks from power equipment: All power equipment that are used in woodlands are designed with spark retarding and capture systems. If these systems are broken or damaged there is a chance of a hot spark accidentally starting a fire that could get out of control and become a wildfire. To keep this from happening inspect and repair damaged fire safety parts regularly.

Missing Skills for First Aid in the Wild

Not so long ago, first aid didn't go much beyond the "ABC's" – Airway, Breathing, and Circulation. Today things are far more complicated by everything from drug use to an increased reliance on outpatient care for people that would have been in a hospital as opposed to in a community that is collapsing.

During a crisis, assessing whether or not to move the victim and how to do that job is even more complicated, meaning more care will need to be delivered before you can get help from a medical team.

No matter whether you are trying to help one person or dozens, evaluating medical emergencies and treating those that are most life threatening is very important.

Learn How to Identify Common Injuries in a Crisis

Hot Temperature Injuries

Dehydration

Is one basic symptom: at the beginning, the individual may sweat heavily and then stop even though exertion continues. Also, cramps from losing body salt, thirst, dry tongue, dizziness, and a feeling of sickness are also common symptoms. Ironically, thirst is not always an indicator of dehydration in the later stages.

In order to help the injured, learn how to provide safe, clean water with electrolytes in a way that does not cause vomiting or other problems. Also, you need to know how to reduce body temperature without using medications.

Heat exhaustion

It includes all of the symptoms of dehydration with acute headaches, pale clammy skin, dizziness, tired, nausea, and dark urine. What you need is to know how to reduce body temperature and how to get liquids and electrolytes into the body and absorbed.

Heatstroke

In this case the body temperature rises out of its normal temperature (97.8 to 100.4). Heatstroke symptoms are similar to those of heat exhaustion but are more severe with shallow breathing, rapid weak pulse, confusion, hot, dry skin, or going in and out of consciousness.

Skills that you need for first aid are how to reduce body temperature and how to get liquids and electrolytes into the body and absorbed. Also, you have to deal with mental confusion and loss of consciousness of the injured.

Cold Weather Injuries

There are a few types of cold weather injuries, and also essential skills that you need in order to provide first aid to your injured fellow.

Trench foot

This can happen when feet are wet for long periods of time. The feet go pale and clammy before turning red and swollen. What you need to do is to warm feet up in stages to reduce chance of tissue damage.

Frostbite

The body is literally freezing. The most vulnerable parts of the body are the hands and feet and other parts that are exposed to the weather like your nose and ears. Symptoms include the feeling of pins and needles progressing to numbness.

The skin turns white and cold before turning blue with blisters. The worst sign of frostbite is when the effected part turns black and hard. You need to know how to warm up exposed area slowly and assess for circulatory damage.

Hypothermia

Hypothermia is when the body core drops below 95 degrees f. Early symptoms include mood swings, an inability to concentrate, and clumsiness.

As the symptoms continue to develop drowsiness, shallow breathing, slowing heart rate, followed by unconsciousness and death. What you need is to change clothes to get rid of wet ones, and also to raise body core temperature using warm compresses.

Poisoning

In case of ingested materials, the symptoms are stomach ache, diarrhea, or throwing up, sleepy, confused, mental distress, and there may also be burn marks around or in the mouth. The first thing to do is to identify poison substance, and then determine which treatment to apply (ex. charcoal). If possible, call poison control center or read labels on bottles you suspect contained the poisoning agent.

When the substance is inhaled, look for pale skin, light blue finger tips and lips, smell of chemicals on the breath or around face, mental impairment and confusion. Get as much fresh air as possible to help the injured is the first thing to do.

Symptoms for skin irritants or chemical poisoning of the skin there could be redness, swelling, and blisters at the contact site. You need to know how to flush skin and eyes with water or other solutions.

In case of injected poisons, loss of breathing, confusion, erratic heartbeat, nausea, loss of motor coordination, sweating will appear. Identify poison agent, learn how to keep heart and lungs functioning, and how to reverse poison agent.

Fractures and Dislocations

It is important to stabilize all fractures and dislocations to keep them from causing more physical damage to the injury site.

Fracture in a limb are great pain at the fracture site, bad bruising, limb deformity, or a piece of bone protruding through the skin. Skills that you need to provide first aid are how to pull bones to re-align fracture point, and how to set a splint.

Signs of a dislocation are a joint that is displaced from its normal placement, swelling of the joint, and severe pain in the joint. You need to know how to restore normal joint placement, and how to immobilize joint.

Drowning



The symptoms include arms clasped tightly at side, unable to remain buoyant, under water for several seconds, unable to speak or signal for help, floating face down, head tilted back, and not making progress while swimming.

You need to know how to use other devices to get person out of the water without going in yourself.

Learn how to look for the fastest way to get to the person and get them out of the water given scenario, and how to throw a life line or other aide if person is conscious and able to grab it.

Another basic skills for providing first aid is to administer CPR and clear airway of water.

PTSD and Mental Disorders

The symptoms are hallucinations, flashbacks, nightmares, disorientation, paranoia, mental or emotional numbness, and frozen actions, or other symptoms of mental or emotional distress.

What you need to know is to determine if someone is having a mental episode, and how to restrain person and talk to them to bring them out of the episode.

Pain Management

Basic symptoms when pain management is needed include radiating or non-radiating waves of pain in just about any area of the body.

You could provide help if you learned how to use acupressure, Reiki, reflexology, and other non-drug based pain relief methods. Also, you should know about herb based topical and ingestible pain killers.

Learn what to Do First for the Injured

You can use some basic guidelines, but always be aware that field conditions may cause a change in priorities. Essential skills that you need refer to:

- How to apply pressure bandages and tourniquets,
- How to recognize signs of blood loss and shock,
- Know when it is safe to give salt/sugar/electrolyte fluids,
- Different types of bandaging and dressing,
- How to clean and debride wounds and ulcers,
- How to prevent and/or manage redness, discoloration, wound odor change, soreness, heat, inflammation and other signs of infection,
- How to transport people with internal wounds, keep them comfortable and immobilized as much as possible. Anything more for internal injuries is beyond what you can expect to manage in a crisis situation.

Learn to Use Common Items for First Aid

When you are out in the wild, and forced to survive, it would be crucial to make the most of anything you have in your bag. Keep your mind open and remember that most of the items could be used at least in a few other ways than designed:

- Duct tape for waterproofing bandages or sealing two sides of a wound,
- Bandana for a sling for an injured arm,
- Sugar for disinfecting the wounds.
- Plastic wrap for covering burns, but only for short period of time.

(Read more about this in "**Household Items With First Aid Uses You Didn't Know About**".)

Where to Get Training

It will be more than worthwhile to extend your medical knowledge past conventional first aid so that you can handle a wider range of situations if needed. Aside from first aid training offered by the Red Cross and other organizations, you may want to look into the following:

- Basic Cardiac Life Support training – There is a program offered by the American Heart Association as well as the more robust Red Cross Program.
- CNA training. Some communities and nursing homes offer this training for free. You will learn everything from how to manage patients to detecting a number of different problems.
- Hospice volunteer training. This is usually offered for free. Hospice offers the most information on pain management and comfort when no treatment options are left.
- Reiki and accupressure, and reflexology are not fully recognized in conventional medicine, but accupressure and reflexology have been used in China and other cultures for decades. Alternative healing classes are available in most areas for a wide range of fees.
- Al-Anon or support groups for drug addiction. Even if you are not addicted to drugs or you are not an alcoholic, it is important to know how to deal with people that have these problems. In a post collapse situation, those who are addicted to illegal, prescription or other drugs are going to be in worse shape because their drug of choice will not be available. Recognizing the signs of addiction and being able to talk effectively to that person or subdue them can make the difference between life and death for everyone involved.

Even if you have a set of basic first aid skills, taking the time now to study these areas will make it easier to survive in the field. You can start by updating your first aid manual, and then make a list of things you have never studied or gotten training for.

Be prepared to spend months or even years acquiring all the necessary skills and equipment. If there are parts you truly can't manage, at least make sure someone else in your survival group can handle these things and gets proper training.



Surviving In The Woods: How To Deal With Wild Animals

If you find yourself living in the wilderness after a major crisis, it is important to have basic knowledge of how to live around wild animals. There are certain actions that may cause a wild animal to charge or to run away. But also there are actions that could bring the animals closer, especially when you're wounded.

Beware of the Animals that Are Sick

In order to act appropriately when encountering animals in the wild, be aware of their natural behavior, and also by their fears and means of attack.

But keep in mind that there are many diseases and health problems that can effect wild animals. Under these conditions the infected animal may not be in its right mind and act strangely or even attack an adult or child.

Normal Behavior of Wild Animals

Animal	Poisonous	Can Kill	Mean Tempered	Friendly	Nocturnal Active	Daylight Active
Poisonous Snakes	Yes	Yes	Sometimes	No	Yes	Yes
Wild Dogs	No	Yes	Sometimes	Sometimes	Yes	Yes
Wild Pigs	No	Yes	Yes	No	Yes	Yes
Badgers	No	No	Yes	No	Yes	Sometimes
Ferrets	No	No	Sometimes	Sometimes	Yes	Sometimes
Mountain Lions	No	Yes	Sometimes	No	Yes	Sometimes
Bear	No	Yes	Yes	No	Yes	Yes
Deer	No	Sometimes	No	Sometimes	Yes	Yes
Elk	No	Sometimes	Sometimes	Sometimes	Yes	Yes
Moose	No	Sometimes	Sometimes	Sometimes	Yes	Yes
Wolves	No	Yes	Sometimes	Sometimes	Yes	Sometimes
Coyotes	No	No	Sometimes	Sometimes	Yes	No
Rats	No	No	Sometimes	Sometimes	Yes	Rare

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Here are some diseases that may cause an animal to attack even if you did everything possible to prevent a problem.

Rabies

Rabies is a viral disease which causes inflammation of the brain and is usually fatal. Infected animals may go for months without showing classic symptoms. Animals with Rabies suffer from deterioration of the brain. Sometimes there is a display of bizarre and aggressive behavior.

This disease is transmitted by an infected animal biting another animal or a person; and can be passed along by both humans and animals.

The four stages of Rabies:

- Surprisingly, after infection, the animal may appear normal for several days, months, or even a year. During that time, the virus moves through muscle tissue and eventually reaches the nervous system and brain.
- Day 1 to 3 (after infection reaches the brain) Characterized by behavior changes such as making unusual sounds, nocturnal animals will be out in daylight hours, etc.
- Day 3 to 4 – animal may become hyperactive and bite at anything near. Other animals will lay still or try to stay away from everything.
- Final stage – The animal has visible signs of brain damage including uncontrollable drooling, difficulty swallowing, and paralysis of face and throat muscles. The victim cannot swallow and the concentrated virus saliva pours out of the mouth.
- Death is usually by respiratory failure.

Distemper

Canine Distemper is a highly contagious and often fatal viral disease transmitted through direct physical contact with an infected animal.

It affects both domestic dogs and wild meat eating animals such as foxes, wolves, coyotes, skunks, raccoon, and ferrets. Canine Distemper cannot be transmitted to humans, although it is a rapidly evolving disease with some strains that can also infect cats.

This virus attacks the respiratory, nervous, and the stomach and intestinal systems. Symptoms include fever, eye and nose discharge, vomiting, diarrhea, labored breathing, and an emaciated

appearance. Most deaths are caused by muscle incoordination, muscle spasms, deterioration of mental skills, and seizures.

Wild animals with Canine Distemper appear to act tame or confused and wander aimlessly. They appear to have lost all fear of man. Do not approach or touch these animals since they might have Canine Distemper or Rabies. Both diseases share many of the same symptoms.

Anthrax

Anthrax is an acute bacterial disease caused by *Bacillus Anthralis*. Most forms of the disease are lethal and affects both humans and animals. It is also important to note that Anthrax Spores can be used as a biological weapon or used in bio terrorism. Therefore, this is one “wilderness” disease that even city dwellers need to be aware of in a time of crisis.

Anthrax is easy to mass produce and to deploy – all you need is an aerosol can to spread the Anthrax Spores. It should also be noted that since year 2000, the USDA allows meat with puss, tumors, sores and ulcers in it to be processed for human food.

While there do not appear to be anthrax outbreaks caused by this “reclassification” of tumors etc as “aesthetic issues”, perhaps consuming meat should be done with more care.

- Anthrax commonly infects wild and domestic herbivorous mammals (sheep, goats, or cattle) that ingest or inhale the spores while grazing.
- Carnivores (meat eaters) can become infected when they eat an infected animal.
- Diseased animals can spread the disease to humans by direct contact (infected blood contacts broken human skin) or by eating diseased meat.
- Anthrax does not spread directly from one infected animal or person to another. It is spread by spores.
- Spores can be transported on human clothes or shoes. The body of a dead animal that died of Anthrax is another source of spores.
- Anthrax has broken out in wild animal populations with some regularity.

There are 3 ways that Anthrax can affect the bodies of humans, domestic animals, and wild animals.

Skin Anthrax - This form of Anthrax occurs when the spores come into direct contact with skin of humans, wild animals, or domestic animals.

- Itchy sores develop similar to an insect bite. The sore may blister and forms a black ulcer.
- Sore is usually painless, but has surrounding swelling.
- A scab forms and falls off in 2 weeks, however complete healing takes a little longer.

Inhalation of Anthrax Spores - This form of Anthrax occurs when a human, wild animal, or a domestic animal inhales spores and they get into the lungs.

- Symptoms begin with a fever followed by headache, cough, shortness of breath, and chest pain.
- High fever and shock may occur later.
- May cause internal bleeding, swelling, tissue damage, and then death.

Gastrointestinal Contamination by Anthrax Spores - This form of Anthrax occurs when humans, wild animals, or a domestic animals eats the flesh of a contaminated animal.

- Usually occurs within 1 week.
- May include abdominal pain, bloody diarrhea, fever, mouth sores, nausea and vomiting, and death.

Treatment for Anthrax - The treatment for Anthrax is with antibiotics and IV fluids. The antibiotics most commonly used are Penicillin, or Doxycycline.

Emergency Medicine: Treating Animal Bites Correctly

Most people have, at some time of their life, run afoul of some ornery critter. In the United States, there are millions of animal bites every year resulting in hundreds of thousands of ER visits. We'll discuss animal bites by mammals in the following paragraphs.

Although wild animals will bite when threatened or ill (or to protect their young or territory), most avoid humans if at all possible. Domestic pets, such as cats, dogs, and small rodents are the culprits in the grand majority of cases. Dog bites, the most common, are responsible for tens of millions of bite wounds every year, but they're usually more superficial than cat bites; their teeth are relatively dull compared to felines.

Despite this, their jaws are powerful and can inflict crush injuries to soft tissues. Cats' teeth are thin and sharp, and puncture wounds tend to be deeper. Both can lead to infection if ignored, but cat bites inject bacteria into deeper tissues and become contaminated more often.

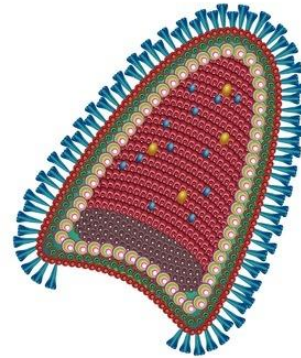
Various animals carry disease which can be transmitted to humans, but the one most associated with animal bites is the Rabies virus. Rabies can be spread by dogs, cats, raccoons, skunks, bats, and opossums but no US cases have been caused, as of yet, by domestic cattle, squirrels, rabbits, rats, sheep, or horses.

Although the classic example is the rabid dog, cat bites are the most common cause among domesticated animals. Wildlife, however, accounts for the grand majority of cases in the United States. Raccoons, opossums, skunks, coyotes, foxes, and bats are the most common wild vectors. It is estimated that 40,000 persons in the United States receive a rabies prevention treatment after exposure every year.

In addition, it is possible to develop tetanus and other infections from animal bites. Tetanus is a potentially fatal infection of the muscles and nervous system caused by the bacteria *Clostridia Tetani*.

First Aid when Bit

Most animal bites affect the hands (in adults) and the face, head, and neck (in children). Whenever a person has been bitten, the first and most important action is to put on gloves and clean the wound thoroughly with soap and water. Flushing the wound with an irrigation syringe will help remove dirt and bacteria-containing saliva.



Rabies Virus

An antiseptic will be helpful in decreasing the chance of infection. Betadine or Benzalkonium Chloride (BZK) are good choices. Be sure to control any bleeding with direct pressure.

You may read that you should close a wound from an animal bite, but in a survival setting, I would disagree. Any animal bite should be considered a “dirty” wound and should not be taped, sutured, or stapled shut. If the bite is on the hand, by the way, any rings or bracelets should be taken off. If swelling occurs, they may be very difficult to remove afterwards.

Frequent cleansing is the best treatment for a recovering bite wound. Apply antibiotic ointment to the area and be sure to watch for signs of infection. You may see redness, swelling or oozing. In many instances, the site might feel unusually warm to the touch. You can find out more about infected wounds in our video on the subject on our YouTube channel (drbonespodcast), as well as our video on dealing with the open wound.

Oral antibiotics may be appropriate treatment (especially after a cat bite): Although Amoxicillin with Clavulanic acid 500 mg every 8 hours for a week is a good first line therapy, Clindamycin (veterinary equivalent: Fish-Cin) 300 mg orally every 6 hours and Ciprofloxacin (Fish-Flox) 500 mg every 12 hours in combination is also a good choice, with Azithromycin, Metronidazole (Fish-Zole) and Ampicillin-Sulbactam as other options.

Children who suffer animal bites may become traumatized by the experience. In some cases, they may even develop a form of Post-traumatic Stress Syndrome and benefit from counseling.

Children should be informed about the risks of animal bites and should be taught to avoid stray dogs. Be wary of leaving any small child unattended around animals. Fatalities have occurred because there was no able-bodied person to intervene.

Rabies is a dangerous but, luckily, uncommon disease that can be transmitted by an animal bite. The grand majority of cases are found in underdeveloped countries. In the United Kingdom, rabies is almost unheard of, although there has been a report or two of infection from bat bites in 2012.

A person with rabies is usually symptom-free for a time which varies in each case (average 30 days or so). The patient will begin to complain of fatigue, fever, headache, loss of appetite, and fatigue. The site of the bite wound may be itchy or numb.

A few days later, evidence of nerve damage appears in the form of irritability, disorientation, hallucination, seizures, and eventually, paralysis. The victim may go into a coma or suffer cardiac or respiratory arrest. Once a person develops the disease, it is often fatal.

Vaccinations are available to prevent the disease. Regardless of your general opinion regarding them, it might be reasonable to consider if you work with animals as an occupation. The CDC also recommends tetanus shots in those who haven't had one in the last five years.

It is important to remember that humans are animals, and, in a survival setting, you might see bites from this source as well. Approximately 10-15% of human bites become infected, due to the fact that there are over 100 million bacteria per milliliter in human saliva.

Although it would be extraordinarily rare to get rabies as a result of a human bite, transmission of hepatitis, tetanus, herpes, syphilis, and even HIV is possible.

Treat as you would any contaminated or dirty wound.