

RABIES

*Definition:*

- This is a virus that can be transmitted to/from any warm blooded animal, including rodents, birds, bats, and humans. The rabies virus attacks the nervous system, and, depending on how much is transmitted, and where in the body it enters, will cause death within 3 days to about 4 weeks, if the vaccine isn't administered soon enough. If one contracts rabies they must get the vaccine before they experience secondary warning signs. If not, death is imminent.

*Primary Warning Signs:*

- Getting bitten or scratched by an animal.
- Of course you won't know for sure if the animal has rabies, so the safest thing is to seek medical help.

*Secondary Warning Signs:*

- Trouble swallowing.
- Saliva building up in the mouth.
- Aggressive or irregular behavior.
- Dizziness.
- Loss of balance.
- Sometimes memory loss.
- These warning signs are the same for animals and humans.

*Prevention:*

- Stay away from wild animals.
- If you see an animal that has wound marks, or is portraying warning signs listed above, call the animal control centre.
- Never try and catch a wild animal, you will get bitten for sure.

*Helping:*

- Treat the wound for bleeding and seek medical help immediately.

*Notes:*

- Even household pets, if allowed to roam outside, can contract rabies and bring it back in the home.
- The only way to test for rabies is by killing the animal and testing its nervous system.
- If treatment isn't sought quick enough death is the only outcome.
- All pets should be vaccinated against rabies.

## TICKS

### *Definition:*

- These are tiny insect-like bugs that live in the woods and can easily fall on you as you walk by. They are very small, you don't feel them, and they are very hard to see. They burrow slightly under the first layer of the skin and stay there. The biggest problem is that many times they carry diseases such as Rocky Mountain Fever, or Lyme disease.

### *Warning signs:*

- Red, itchy hives.
- Swelling.
- Numbness or pain in muscles and joints.
- Flu-like symptoms.
- Heart palpitations.
- Death can occur from untreated diseases from ticks.



### *Treatment:*

- If possible consult a physician for tick removals, as tearing it may contribute to the spread of a virus or bacteria.
- Remove the tick using tweezers. Make sure you get all of it.
- Remove from the head and make sure the entire tick is removed fully intact.
- Do NOT tear or crush the tick.
- Do NOT use a match or any kind of fluid to remove the tick.
- Wash the area with soap and water.
- Seek medical help (family doctor) to obtain anti-biotics.

### *Prevention:*

- When doing outdoor activities wear long sleeve clothing, a cap, and long pants.
- After the activity take a few minutes and examine self or each other for ticks, they usually end up on the scalp, shoulders, or upper back.

**Crimean-Congo Hemorrhagic Fever**, also known as **Kirim Kongo**: A virus transmitted by ticks and tick bites commonly found in Asia, Eastern Europe, across Africa, and the Middle East. This is a very serious virus, not to be taken lightly, as there is a 30% mortality rate. Symptoms include agitation, mood swings, confusion, nosebleeds, and progress to blood in urine, vomiting, black stools, swollen and painful liver, kidney failure, and respiratory distress syndrome. Recovery may occur in about 10 days, but 30% of those infected will die in the second week.

SNAKE BITES

*Definition:*

- Not all snakes are poisonous, but if you get bitten by a poisonous one you better rush to medical help immediately. Because snake anti-venom depends on the type of snake that caused the bite, if you can, try and remember the color and pattern of the snake so they can identify it and give you the correct anti-venom.

*Helping:*

- Have the person rest with the bitten body part lower than the heart.
- Seek medical help as soon as possible.
- If the person becomes unconscious begin the Primary Survey.

*Prevention:* If you will be in an area where there may be snakes;

- Wear high boots that cover your calves.
- Make noise with your feet as you walk to scare off any snakes.
- If there are trees look on the branches as you walk.
- Check ahead of time what types of snakes might be in the area. So if a bite does occur you can notify the hospital what kind of snake it was.
- Check ahead of time with local hospitals to see if they do have snake anti-venom.

*Notes:*

- Unless you want poison in your mouth do NOT cut the bite site and suck the blood out.
- Do not try to catch the snake it will bite again.
- There are many snake bite kits on the market, all designed to suck the poison out. This may work somewhat, but, blood flows very quickly and the poison may spread very quickly.
- Do NOT tie a tourniquet to try and stop the blood from flowing. This may cause death to the limb from lack of blood flow.

Another danger from snakes that most people don't think about is constriction. Some snakes may be large and powerful enough to cause suffocation should they wrap around the throat.

