

## Prep Blog Review: Medical Preparedness Tips

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Any preparedness plan must have a medical part, because after all our target is staying safe and healthy.

That's why this week we made a roundup of some great articles on how to do just that. From how to use super glue for your wounds to how to deal with extreme heat, it's all covered. Remember to drop us a line at the end of the article to let us know what else would you like to know about medical preparedness.

### 1. The Complete Guide to Using Super Glue for Cuts



"If you've stuck around this blog for any amount of time, you'll have noticed that I have reviewed a truckload of knives. As a consequence of this devotion to sharp objects, I very frequently find myself with nicks and cuts of all sizes (curse you assisted openers!).

Rather than defaulting to using bandages to seal those cuts, I've instead found myself becoming very good friends with superglue over the years."

Read more on [More Than Just Surviving](#).

### 2. What meds would you want in your personal SHTF pharmacy?



"I was once asked what five drugs I'd want to have with me on a desert island if those and only those. At the time I wasn't experienced enough in clinical practice to intelligently answer this question, but now reflecting back on this question I think I can come up with a half decent list.

My Top Five Medications:

1. Antidiarrheal such as Loperamide: In the event that your water purification system fails or is expended, water-borne disease will be a real life threatening problem."

Read more on [Modern Survival Online](#).

3. 8 Lifesaving Treatments That Should Be a Reflex



"If you've been reading The Survival Doctor for a while, you've learned a lot about survival medicine.

Yet all the long-term treatments in the world are useless if the victim dies in the first few minutes.

So it's important to continually return to the basics, to reinforce those quick, life-saving skills I believe are most important to remember.

After all, saving a life or limb in the short-term is often as simple as taking one easy step—but doing it quickly enough to make a difference.

People die all the time just because no one around them knew the fix that would have turned things around."

Read more on [The Survival Doctor](#).

4. Tips on Handling Extreme Heat



"Whether you work outside for a living or you suddenly find yourself stranded on a desert island or you find yourself in Phoenix, Arizona, or Las Vegas, Nevada, you need to maintain your cool — literally!

Extreme heat can be deadly.

Hyperthermia, or abnormally high body temperature, is the term applied to the many heat-related illnesses that can cause a firestorm of maladies in your body.

Heat stroke, sun stroke, heat exhaustion and heat cramps can come upon you like a house on fire and consume you almost as quickly."

Read more on [Doomsday Moose](#).

## 5. 7 Medical Uses for Paracord



"In a survival situation, medical conditions such as cuts and scrapes, broken limbs, and other more serious issues are magnified 10x.

As a prepper you know that you will have to make do with what you have on your person and in your immediate surroundings. One item that I highly recommended is paracord, however not for a fancy survival bracelet."

Read more on [Doom And Bloom](#).



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