

INJURY PREVENTION AND TREATMENT

HEALTH TIP #9
OCTOBER 13, 2014



Hi, Gio here. First of all, here's some info about Injury Prevention & Self Care:

Injury Treatment

Follow the **RICE** procedure:

- **R**est the injured area by reducing activity and immobilizing it.
- **I**ce the injured area for 20 minute periods on, 40 minutes off, to help decrease inflammation and pain.
- **C**ompress the injured area by wrapping for at least 30 minutes to prevent swelling.
- **E**levate the injured area above heart level. If pain or swelling worsens after 24 hours, see a physician.

Seek Medical Help (aka 911) For:

- Any **eye** injury
- **Severe** pain, **disability**, or **numbness**
- An injured **joint** or broken **bone**
- **Loss** of movement
- Minor injury which does not improve or heal within **3 weeks**
- **Infection**, **pus**, **red** streaks, **swollen** nodes, or **fever**

Additionally, here are some tips to prevent another occurrence of the Vompcalypse that occurred this weekend:

- **Setting limits:** Determine, in advance, not to exceed a set number of drinks; keep track of number of drinks
- **Pacing drinks:** One or fewer drinks per hour; drink slowly, rather than gulp or chug; avoid drinking games or trying to keep up with others
- **Diluting beverages:** Choose low-alcohol beverages; alternate between alcoholic and non-alcoholic beverages; drink water at the same time; put extra ice in drink

If you happen to throw up: a) don't worry, it happens ☺; b) try your best to aim for a toilet or trash can; c) if you fail at b, try your best to clean up once you're feeling better; d) call 911 if you can't stop vomiting/can't keep down water/are losing consciousness. Thx!

Regarding Ebola, here are some words to keep us grounded amidst all the fear mongering:

Excerpted from "Ebola in a Stew of Fear", Gregg Mitman, Ph.D. In The New England Journal of Medicine, 9/17/2014 (<http://www.nejm.org/doi/full/10.1056/NEJMp0911047>)

"Bush meat?" I asked. The food in front of me smelled delicious, but the mention of bush meat in the stew evoked a twinge of fear. Could it be fruit bat? Chimpanzee? Both can harbor Ebola virus.

... My hosts smiled. Even here, an hour's trek from the nearest road, and a 2-day drive from the capital city of Monrovia, news of the Ebola outbreak hung in the air. "Don't worry," they assured me. No fruit bat. No chimpanzee. I hesitated a moment longer, but I didn't want to seem mistrustful. So I dipped my spoon into the pot and savored the spicy flavors.

... What writer Mike Davis calls "the ecology of fear" is different in the country than in the city. It varies with cultural traditions and religious beliefs. Rich people experience it differently from poor people. And it changes over time. Western attitudes associating equatorial Africa with deadly diseases such as malaria, yellow fever, and Ebola abound. And the fear displayed toward doctors and nurses in affected areas is more than the product of ignorance and superstition. Such fears also reflect the scars and painful memories of past medical encounters in West Africa.

... Fears of West Africa as the white man's grave, a view dating back to the 18th century, persisted in early 20th-century accounts of the yellow fever scourge. These fears survive to this day. They lay behind my nervous question on the Guinea border. They appear, more blatantly, in Donald Trump's much-publicized tweet: "stop all flights from EBOLA infected countries or the plague will ... spread inside our `borders.'"

... My dinner hosts on the Liberia-Guinea border knew of Ebola and its risks long before the disease made Western headlines. They were not ignorant. Their fears, like my own, were grounded in past experiences and present circumstances.

... And the laughter we shared that day, when a fearful white American asked the question, "Bush meat?" spoke to a recognition not of difference but of a shared humanity.

RESOURCES YOU CAN USE:

- Advice Nurse: (510) 643-7197
- Appointments: (510) 642-2000
- Physical Therapy by referral: (510) 642-0607
- Specialty Clinics by referral: (510) 643-7177

TANG CENTER

2222 Bancroft Way, Berkeley CA 94720

UCPD Emergency (24/7): (510) 642 - 3333

Appointments (M-F 8-5): (510) 642-2000

Advice Nurse (M-F 8-5): (510) 643-7197

Self-Care Resource Center: (510) 642-7202

POLICE: 9-1-1

Reminder: all students can use Tang even if they

waived out of Student Health Insurance Plan (SHIP)

Health Tips are written by I-House Health Workers for I-House residents. But many of these tips may be applicable to all international students at UC Berkeley.