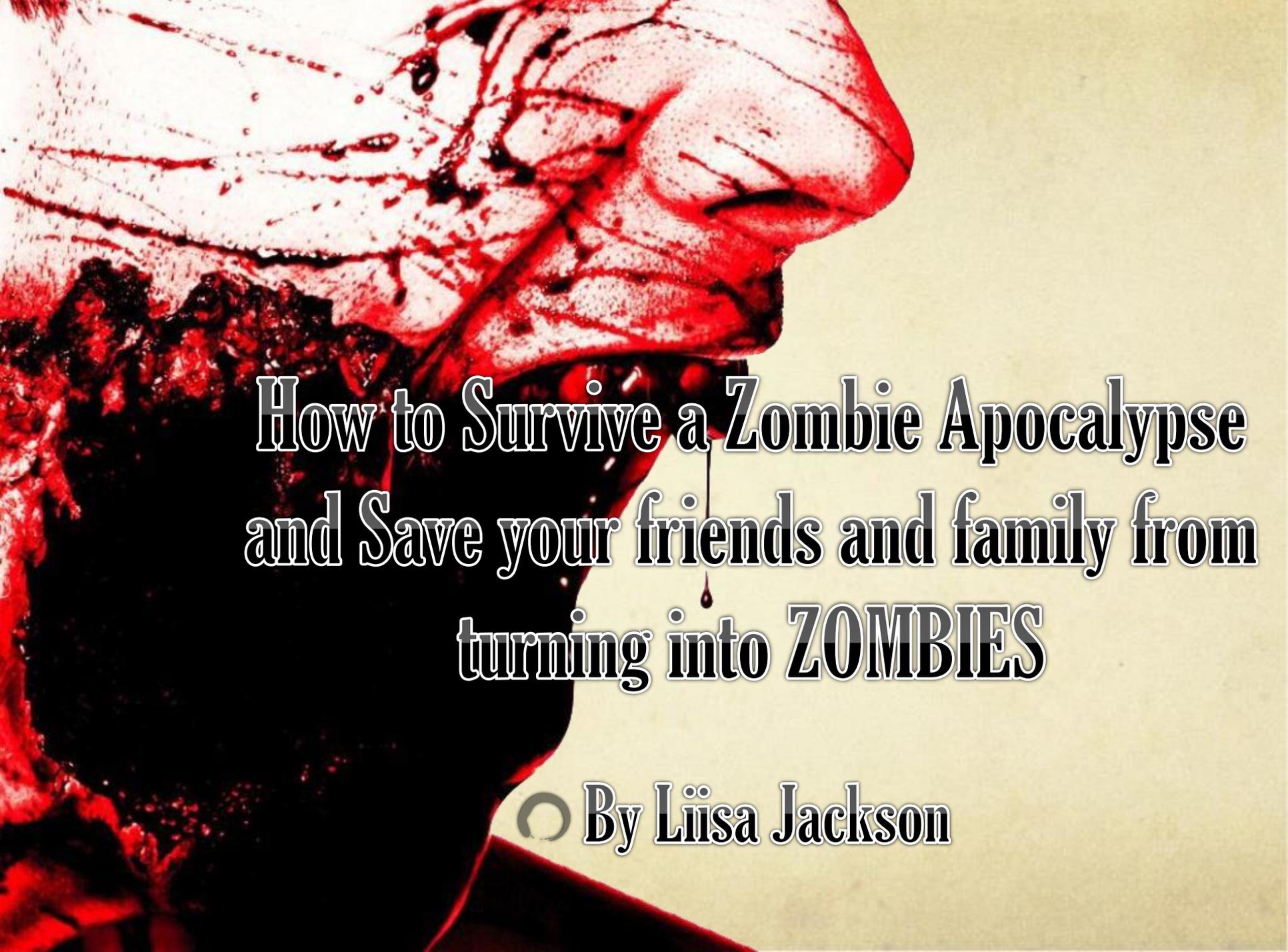


*medical
reserve
corps*





How to Survive a Zombie Apocalypse
and Save your friends and family from
turning into ZOMBIES

By Liisa Jackson

Person or Zombie

Zombies are no minded living dead walkers
that want to eat your brains.

People have vital signs and we need to save
them so they don't turn into zombies.



Weapons

When it comes to weapons its all about precision and accuracy. The weapons of choice for most zombie enthusiasts is a high powered Marshmallow gun that will stop the Zombie in its tracks!

Zombies are afraid of Marshmallows, but there is some drawbacks.

- You may eat all the marshmallows before you see a Zombie
- Marshmallow guns are short range so you have to get close to the Zombie
- Your hands get sticky when loading the gun



2 types of marshmallow guns:
store bought or homemade!



Armor



Perhaps the best way to prepare for the Zombies is to assemble the perfect zombie fighting attire.

To avoid marshmallow sludge when blasting zombies is by wearing a full face mask.



Use bubble wrap to make a bite-proof body suit.

Home

- A building that's secure, but also has escape routes in case there's a problem.
- A secure home requires all entrances to be blocked or protected by marshmallow barriers.
- Always have a survival bag packed and ready to go in case of an emergency
- Have your marshmallow gun and plenty of marshmallows

Survival kits

- One gallon of water per person
- 3 day supply of food
- Hand Crank powered radio
- Flashlight
- First aid kit
- Map
- Wrench
- Whistle
- Books



Our primary goal is to stop people from becoming Zombies!

- We can save people by doing rapid triage
- To prepare for Z-Day know how to tell if someone will turn into a Zombie through this triage class
- Once someone dies they become a Zombie and you will have to shoot them with the marshmallow gun so they don't bite a person and we end up with more zombies!

Checklist

1. Keep yourself safe
2. Marshmallow guns
3. Armor
4. Secure your home
5. Prepared survival kits
6. How to save people

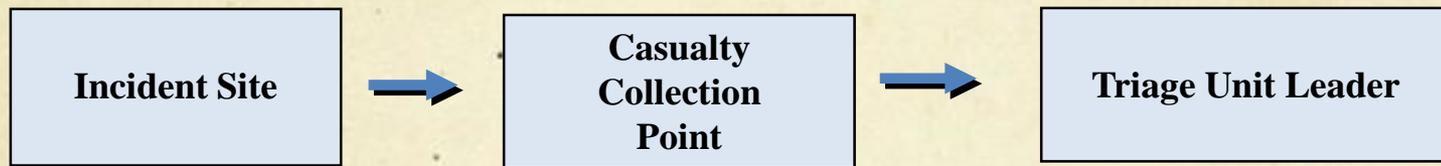


Why field triage?

Incidents which produce multiple human casualties are somewhat rare but do occur and must be planned for. A multiple or mass casualty incident can be defined as any incident in which more casualties are present than an initial response assignment can reasonably handle.

We will need your help!

Triage: A rapid approach to prioritizing a large number of patients



Simple Triage And Rapid Treatment

Triage

- Triage should be performed **RAPIDLY**
- Utilize **START** Triage to determine priority
- 30-60 seconds per patient
- Affix tag on left upper arm or leg



START – Triage

○ Clear the “walking wounded” with verbal instruction:

If you can hear me and you can move, walk to...

○ Direct patients to the casualty collection point (CCP) or treatment area for detailed assessment and medical care

○ Green Minor Manager will be the area to control patients and manage area

○ Green tag will be issued at the CCP

○ These patients may be classified as **MINOR**

START-Triage

Now use **START** to assess and categorize the remaining patients...

USE Color System



START-Triage

Categorize the patients by assessing each patient's *RPMs...*

✓ **R**espirations

✓ **P**ulse

✓ **M**ental Status

START-RPM

RESPIRATIONS

Is the patient breathing?

Yes

Adult – respirations > 30 = Red/Immediate

**Pediatric – respirations < 15 or > 45 =
Red/Immediate**

Adult – respirations < 30 = check pulse

**Pediatric – respirations > 15 and < 45 = check
pulse**

START—RPM

RESPIRATIONS

Is the patient breathing?

No

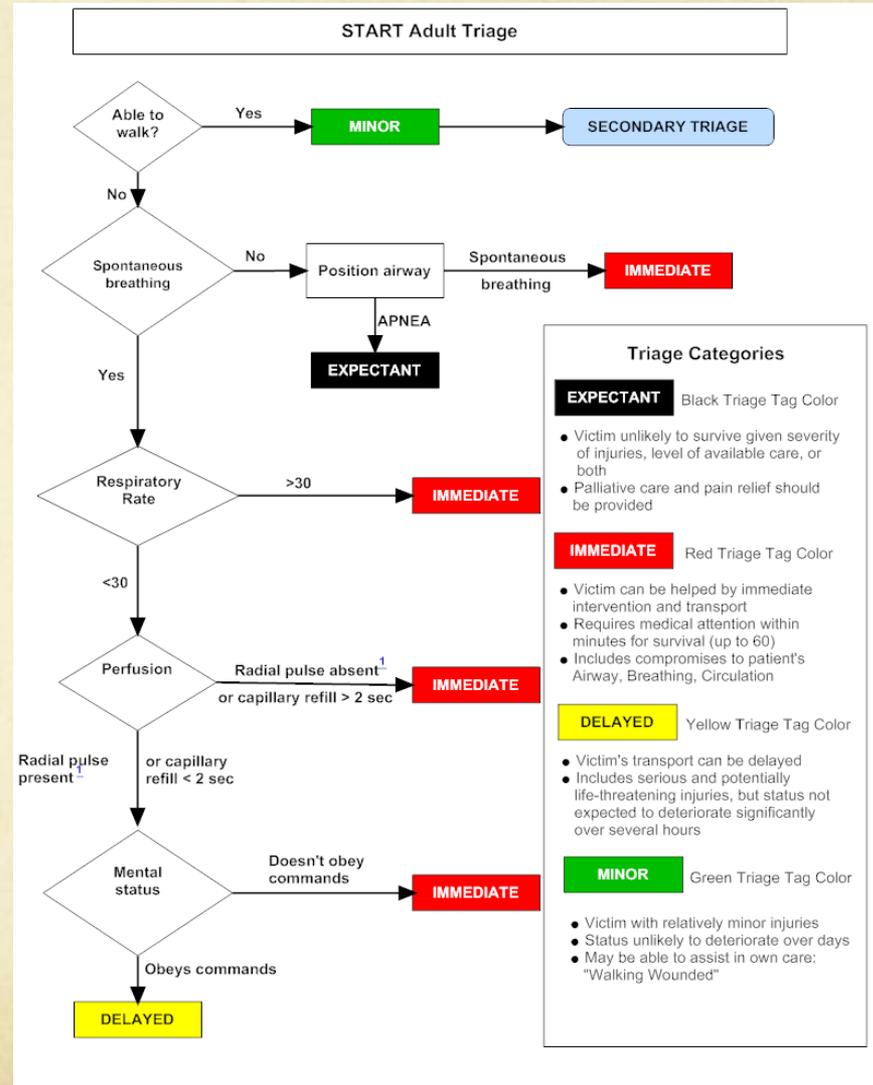
Reposition the airway...

Respirations begin =

IMMEDIATE/RED

If patient doesn't breath

- Adult – deceased = **BLACK-Zombie**
- **Pediatric: Pulse Present**
 - give 5 rescue breaths
 - respirations begin = **IMMEDIATE/RED**
 - absent respirations – deceased = **BLACK**



START—RPM

PULSE

Is the *RADIAL* pulse present?

Is capillary refill (CR) *LESS* than < 2 seconds?

Yes

Check mental status

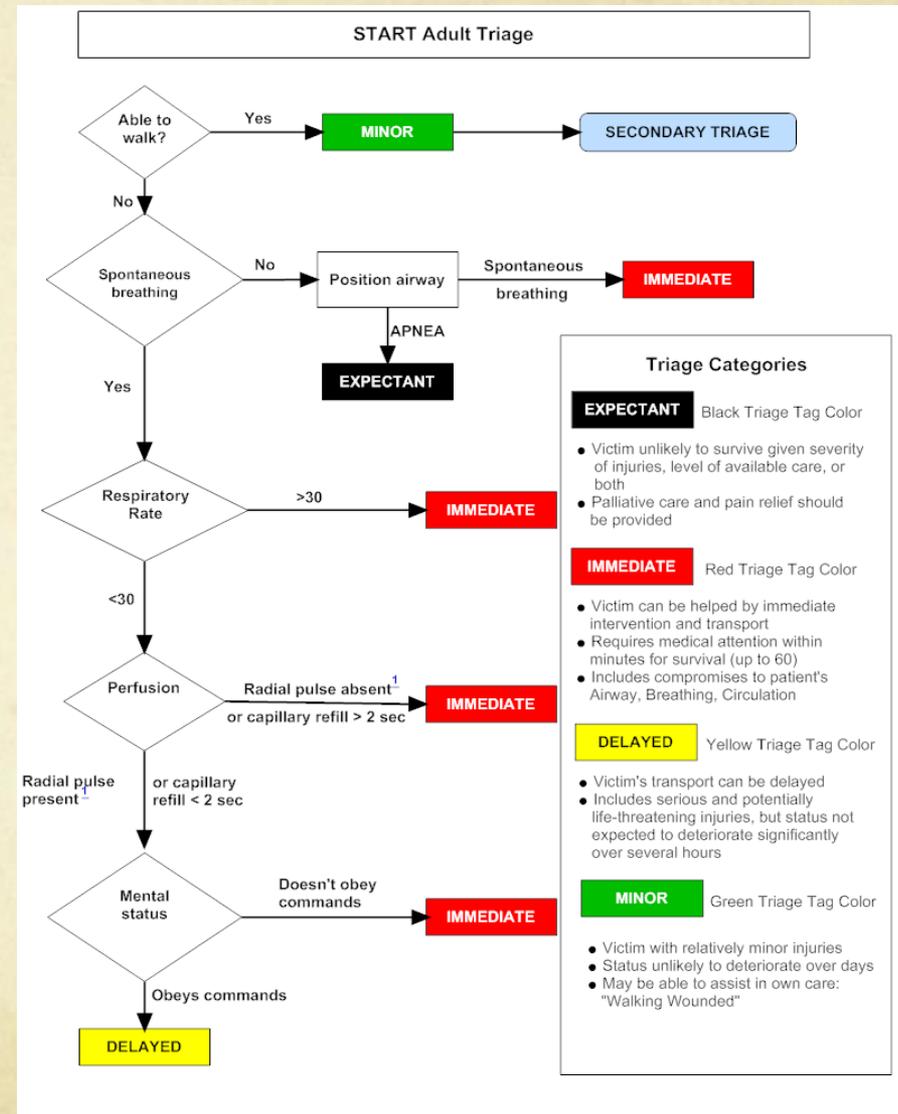
No

Adult: Pulse absent or CR > 2 seconds patient =

IMMEDIATE/RED

Pediatric: No palpable pulse patient =

IMMEDIATE/RED



START-RPM

MENTAL STATUS...

Can the patient follow simple commands?

Yes

Adult = DELAYED / YELLOW

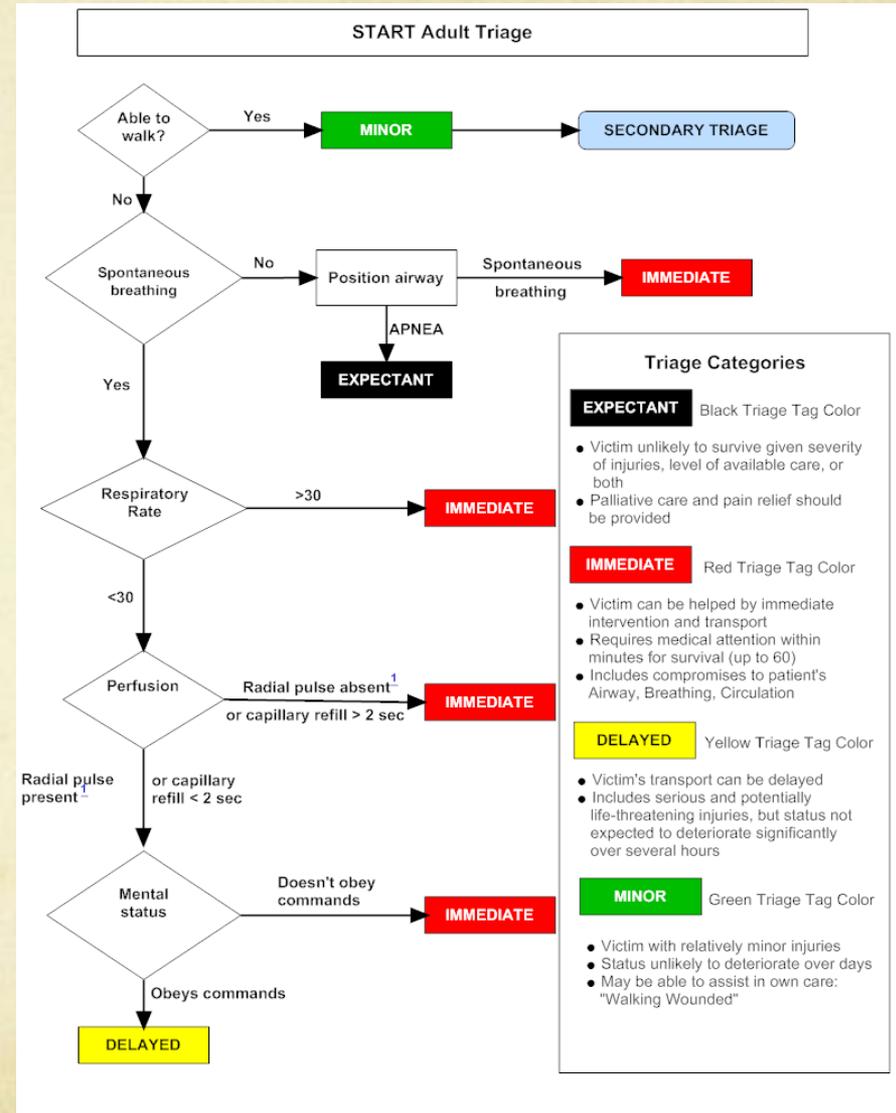
Pediatric: alert, verbal, or pain response is appropriate

= DELAYED / YELLOW

No

Adult = IMMEDIATE / RED

Pediatric – “P” pain causes inappropriate posturing or “U” unresponsive to noxious stimuli = IMMEDIATE / RED



START Triage

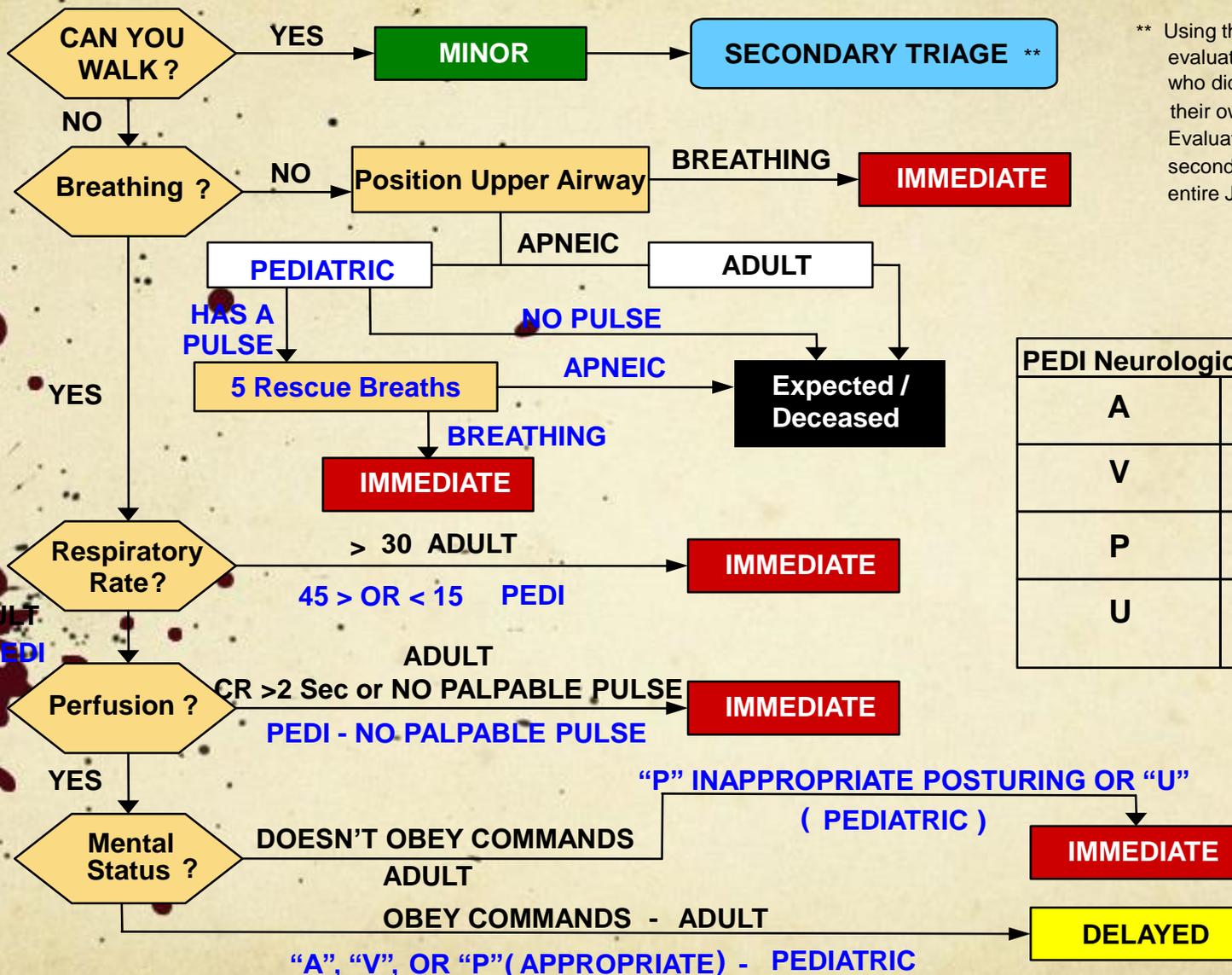
If the patient is IMMEDIATE/RED upon initial assessment...then, before moving the patient to the treatment area, attempt only life-saving interventions:

Airway, Tourniquet, Antidote

DO NOT ATTEMPT ANY OTHER

TREATMENT AT THIS TIME

START Triage



** Using the JS algorithm evaluate all children first who did not walk under their own power. Evaluate infants first in secondary triage using entire JS algorithm !

PEDI Neurological Assessment	
A	Alert
V	Responds to Verbal Stimuli
P	Responds to Painful Stimuli
U	Unresponsive To Noxious Stimuli

< 30 ADULT
15 - 45 PEDI

RED Triage Category (Immediate)

Adult

Respirations > 30 BPM
CR > 2 seconds or
no palpable radial pulse
Cannot follow simple
commands

Collapsed lung
20% blood loss
Closed Head Injury

Pediatric

Respirations < 15 or > 45
CR > 2 seconds or no palpable
radial or brachial pulse
Inappropriate "Pain"
(e.g., posturing) or
"Unresponsive"



YELLOW Triage Category (Delayed)

Adult: respirations, capillary refill, and mentation are normal

- Isolated burns
- Extremity fractures
- Stable other trauma
- Most patients with medical complaints



Pediatric: “A,” “V,” or appropriate “P”

(e.g., withdrawal from pain stimulus)

GREEN Triage Category (Minor)

- “Walking wounded”
- Psychological casualties
- Always look for children being carried and assess them



Black/Expectant Triage Category (will a be a Zombie)

- Black is for the patient that is not likely to survive even with emergent interventions
- Injuries incompatible with life
- Brain matter visible
- Obvious mortality or death (pulseless and apneic)

Patient #1



Visible head trauma

Unable to walk

Can follow simple commands

Patient #2



Complaining of chest pain

Can walk

Can follow simple commands

Patient #3



No Respirations
Brain matter showing
Mumbling brains

Patient #4



Broken leg set by friend

Not able to walk

Not able to follow simple commands

Patient #5



Head Trauma

Slurred speech

Falling every time he stands up

Patient #6



More than 3/4 loss of blood

Lunging at you trying to eat your brains

Patient # 7



Obvious broken arm

Able to walk

Can follow simple commands

Patient # 8



Not breathing

No pulse

When airway is opened no respirations

Congratulations you can now
survive a Zombie Apocalypse

