WOUND CARE

Cleaning the Wound:

- Washing Hands: Always start by thoroughly washing your hands with soap and water before touching the wound.
- Removing Debris: Carefully remove any visible dirt, debris, or foreign objects from the wound.
- Irrigation: Gently irrigate the wound with clean, cool water to further cleanse it.
- Avoid Hydrogen Peroxide and Alcohol: These can damage tissue and slow healing.

Applying Dressings:

- Select a dressing that is appropriate for the type and size of the wound, and one that will help maintain a moist healing environment.
- Keep the Wound Covered: This protects the wound from further injury, contamination, and drying, which can slow healing.
- Change the dressing as needed, typically daily or as recommended by your healthcare provider.
- Watch for Redness, Swelling, and Pain: These can be signs of infection.

WOUND CARE

Signs that a wound is healing normally include:

- The wound is scabbing over.
- Mild redness or swelling around the wound (this is normal, and helpful, inflammation).
- Pink or red tissue at the bottom of the wound (called 'granulation tissue' - an important stage of healing).
- Mild warmth over the wound, which improves over time.
- Mild pain or discomfort, which is improving over time.
- The wound gradually improving.
- Scar tissue developing (this is one of the last parts of wound healing).

Signs that a wound is infected include:

- Worsening pain at the site of the wound.
- Lots of swelling at the site of the wound.
- Discharge from the wound, particularly if pus is coming out of the wound (yellow-white liquid).
- The wound, or skin around it, feeling hot to touch.
- Redness that is spreading across the skin around the wound.

WOUND CARE

How can I prevent wound infection?

Wound infection can largely be prevented by keeping the area clean.

How do you treat an infected wound?

Treatments for an infected wound include:

- No treatment: the body is usually good at fighting off minor infections, and mild wound infections can often be monitored to see if they get better on their own.
- Wound care: cleaning the wound every few days and applying sterile (clean) wound dressings. Some types of wound dressing are anti-bacterial.
- Antibiotic creams: creams such as fusidic acid can be used on minor wound infections.
- Antibiotic capsules and tablets: these are likely to be needed for large wound infections, major infections, infections which are getting worse, and infections that are likely to get worse without treatment (such as surgical wound infections).

There are easy and simple ways to purify water. Noted below are a few common methods of water purification.

Boiling

This is a reliable way to purify water. However, boiling uses fuel and takes some time.

Additionally, you will need to filter the water to remove all solid particles especially if the water was taken from a poor water source.

Iodine solution, tablets or crystals

This is an effective and more convenient method. Iodine has the ability to kill viruses and bacteria. Iodine tablets are lightweight and easy to use.

However, it takes about thirty minutes before you can drink the treated water, it is not suitable for pregnant women, and iodine-treated water has an aftertaste.

Tip for canteens: Once you drop the tablet into the water container, shake the container and hold the bottle upside down and have the lid slightly unscrewed to allow the iodine to flow into the threads of the bottle cap.

Chloride Drops

Chlorine has the ability to kill bacteria in water. It is also lightweight, affordable, and easily accessible.

You need to wait for thirty minutes before you can drink the treated water. Note: Use a small amount. High doses of chlorine is hazardous to your health.

A Water Filter

Water filters (typically involving carbon) are fast-acting, can remove bacteria in water, and do not leave an after taste, but do not remove viruses.

This option is generally less mobile and more expensive than iodine or chlorine tablets.
Note: Typical carbon filters need to be replaced after treating several gallons of water.

Use Ultraviolet Light

An ultraviolet light filter will look similar to a small flashlight. Simply swish it around in the water for a few minutes to remove harmful bacteria.

Ultraviolet lights are easy to carry and easy to use. However, they do need batteries, and do not work well with very poor water sources.

PLAIN (Unscented) Bleach

Disinfect water using household bleach, if you cannot boil water. Only use regular, unscented chlorine bleach products that are suitable for disinfection and sanitization as indicated on the label.

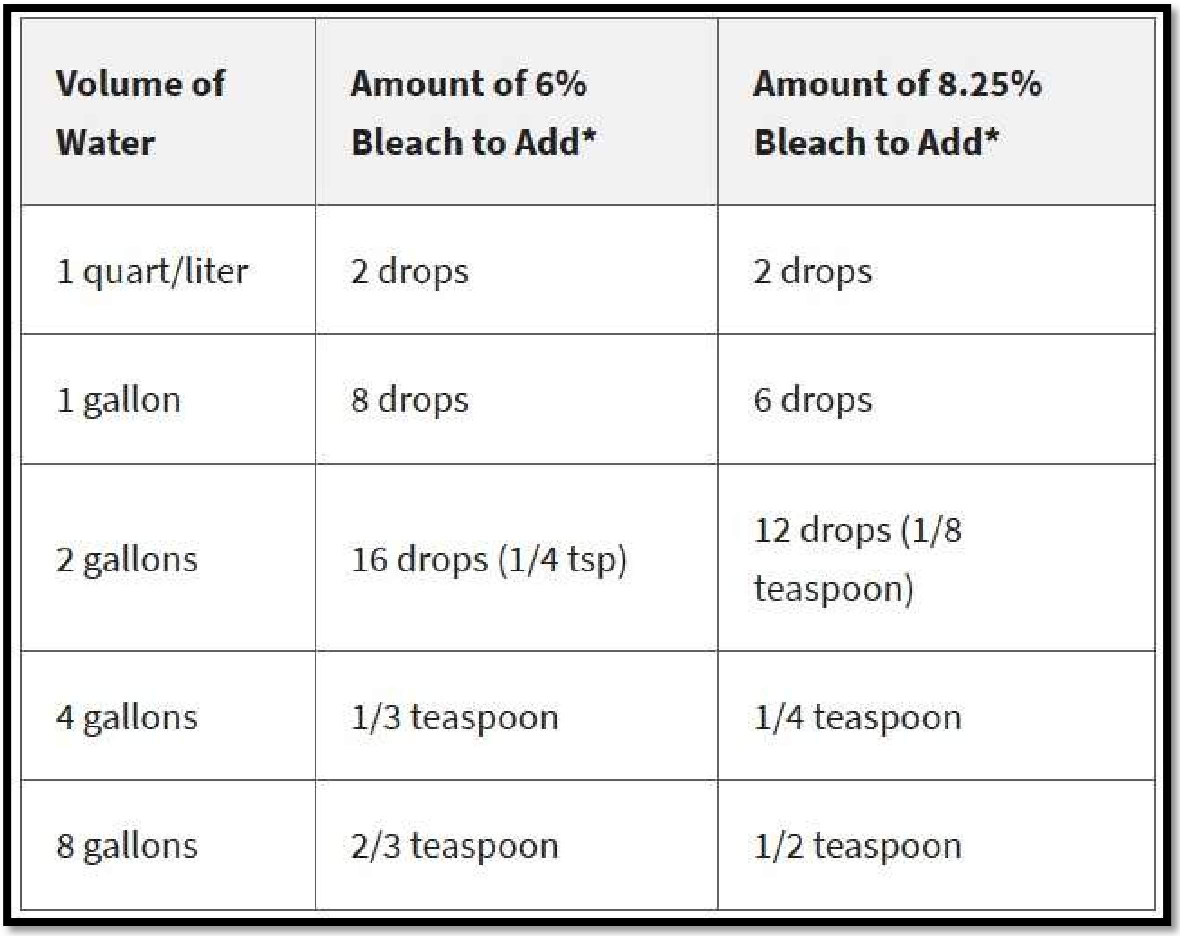
The label may say that the active ingredient contains 6 or 8.25% of sodium hypochlorite.

Do not use scented, color safe, or bleaches with added cleaners. If the water is cloudy, let it settle and filter it through a clean cloth, paper towel, or coffee filter.

Use the table (**page 257**) as a guide to decide the amount of bleach you should add to the water, for example, 8 drops of 6% bleach, or 6 drops of 8.25% bleach, to each gallon of water. Double the amount of bleach if the water is cloudy, colored, or very cold.

Stir and let stand for 30 minutes. The water should have a slight chlorine odor. If it does not, repeat the dosage and let stand for another 15 minutes before use.

If the chlorine taste is too strong, pour the water from one clean container to another and let it stand for a few hours before use.



Volume of Water	Amount of 6% Bleach to Add*	Amount of 8.25% Bleach to Add*
1 quart/liter	2 drops	2 drops
1 gallon	8 drops	6 drops
2 gallons	16 drops (1/4 tsp)	12 drops (1/8 teaspoon)
4 gallons	1/3 teaspoon	1/4 teaspoon
8 gallons	2/3 teaspoon	1/2 teaspoon

It should be noted that there are prophecies regarding *the **wormwood water** (bitter and deadly) AND water turning into **blood**... NO AMOUNT of water purification is going to help with these issues.*

These issues will require prayer that God will lead you to water that is good for drinking or to sustain you through them.

a personal note