

References

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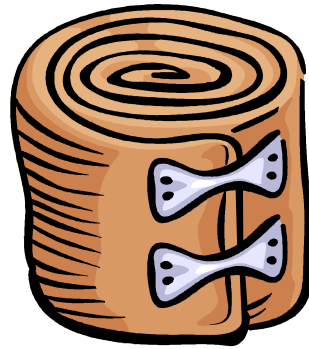
Opportunity, Inc.

Okaloosa Walton Continuum of Care for the Homeless

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Caring for Yourself



Health Information
to Help You Help
Yourself

RESOURCES FOR HEALTH

First Aid for Bites, & Stings

Animal bites

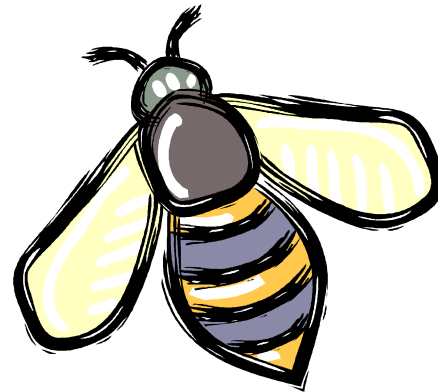
Clean with soapy, clean water. Go to hospital if wound will not stop bleeding or if it is a deep wound. If animal is suspected of having rabies, then call the health department.

Spider bites

Clean with soapy, clean water. Try to remember the color/ shape of the spider. If wound becomes large & swollen or has pus (yellow or brown liquid) in it, get medical help.

Insect stings

Clean with soapy, clean water. If allergic to the insect (like a bee), take Benadryl if possible, and get medical help.



First Aid for Snakebite

Snakebite

- Get medical help
- Try to remember the color/shape of the snake to tell your healthcare provider
- Keep still and calm. This can slow down the spread of venom.
- Sit down with the bite below the level of the heart.
- Wash the bite with soap and water.
- Cover the bite with a clean, dry dressing.

Do NOT do any of the following:

- Don't pick up snake or try to trap it.
- Don't wait for symptoms to appear if bitten, get medical help immediately.
- Don't apply a tourniquet.
- Don't slash the wound with a knife.
- Don't suck out the venom.
- Don't apply ice or immerse the wound in water.
- Don't drink alcohol as a painkiller.
- Don't drink caffeinated beverages

Cuts, Sores & Burns

Sores (boils) Festering wound (with or without pus) that does not heal or is Red, Swollen, Painful, Warm to the touch, Full of yellow or brown drainage, or with or without a fever:

Apply a bandage that covers entire wound and keep wound covered. Change bandage daily or more often if needed. Do not to force wound to open (ex: squeezing or cutting).

Seek medical treatment if the wound does not heal.

Small Burns If the burn is less than a few inches wide , then Immediately pour clean cool water over the burn, then wash the area with soapy water and cover the burn with a clean bandage. Do not apply ice or burn cream during first-aid treatment. *Find medical treatment if the burn doesn't heal in about a week.*

Cuts and skinned places Normally, cuts and scrapes stop bleeding quickly. If your cut or skinned place hasn't stopped bleeding in about 5 minutes or if it is pulsating, then go to the nearest emergency room.

When the cut, scrape, or skinned place happens, wash with clean soapy water and put a clean bandage over it. A recent cut made by unclean metal or glass may require the person to have a tetanus shot in order to prevent tetanus from setting in. Tetanus can result in death, but is easy to prevent with the tetanus shot.

COUGH, COLDS, SORE THROAT, & FLU

Persistent cough with night sweats and/or fever and/or weight loss. If no problems breathing, not passing out, & able to eat and drink, go to the health department If passing out, unable to eat or drink then get to the hospital.

Cold/Cough/Sore Throat

Check for fever and take over-the-counter remedies if available. Take 1 or 2 Tylenol if you have a headache, which may accompany head stuffiness. If flu signs develop, then treat as flu. For sore throat look in your throat with a flashlight to see if you have white patches in the back of your mouth. If you have white patches, then get medical help since you may have strep throat. If your throat is sore & without white patches then gargle with warm and clean salted water about every 2 hours when you are awake.

Seasonal Flu or Swine Flu

- Fever with either sore throat or cough
- headache, tiredness, runny nose, chills, body aches, diarrhea, & vomiting

Not all people who catch the flu will have a fever or all of the symptoms listed.

If you begin to have trouble breathing, you faint, have serious pain or pressure in your chest or belly, almost non-stop vomiting (puking) or diarrhea (the runs), confusion (don't know where you are), or lack of urine (piss), then get to the hospital.

Hydration

Dehydration Prevention drink at least a gallon of water a day during hot months and when outside. If you are dizzy or become confused, then get medical help. Do not drink alcohol when dehydrated or working outside because it can make dehydration worse.



Diarrhea (the runs) if you've been sick with diarrhea for less than 3 days and have diarrhea no more than several times a day take over-the-counter medicine (peptobismol or lomotil). Drink water, limit greasy foods, milk products, and caffeine. If *the runs* last over 3 days or happen more than several times a day or if you are losing energy, get medical help. If there is blood in the diarrhea – go to the hospital.

Vomiting (puking) If less than 3 times in one day for no more than 1-2 days, then continue to drink clean water or soda and try to rest. If vomiting doesn't get better or gets worse, then get to the hospital.

Resources

Okaloosa Health Department - 221 N.E. Hospital Dr. Ft. Walton Beach

- Pregnancy Testing, Family Planning
- Dental Services (Medicaid children)
- Children's Immunizations
- Non-reproductive female screenings
- HIV/AIDS services
- STD testing & treatment

Mental Health- Bridgeway – Weekday –833-7500

Bridgeway Emergency Services Weekend or evening–Phone 833- 9200

Opportunity Health – A program of the Okaloosa County Health Department, 221 N.E. Hospital Dr. The Opportunity Health Clinic provides a primary care medical home for patients enrolled in the program for care. The Opportunity Health Clinic does not provide urgent care to patients who are not already established in the program. To make an appointment to assess client eligibility for enrollment- 833-9240.

Veterans Administration Clinics – Fort Walton Beach @ Eglin call 1-866-520-7359 for an appointment. There are psychiatric, and primary care clinics located @ Eglin.

Crestview Health Center –located @ 4100 S Ferdon Blvd # C5, Crestview. Call 682-1164 for an appointment with this income based health clinic. The initial visit, if the client has no income, costs around \$10.00.

Hope Clinic –A free health clinic in Destin for those meeting specific poverty level requirements. Hope Clinic is not a walk-in clinic. 837-8424 – appointments/more information.