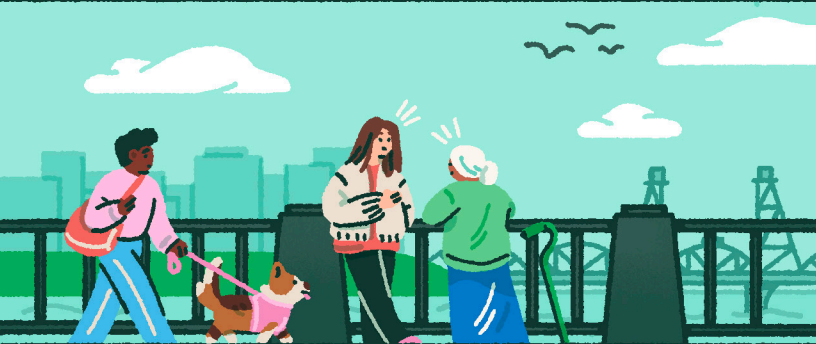
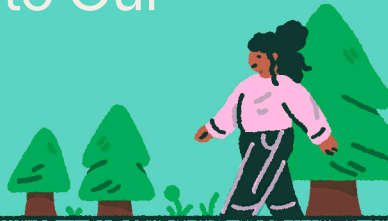


Every Day Heroes

Taking Our Health and Safety Into Our Own Hands



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Introduction

For several years, nonprofits Trash for Peace (TFP), Ground Score Association (GSA), and Portland Street Medicine (PSM) have committed to serving Portland's most vulnerable communities, while addressing interconnected issues of poverty, inadequate healthcare access, and environmental justice. Through a grant by the Oregon Health Authority (OHA), our three organizations collaborated with members of the latinx and unhoused community to leverage our expertise and resources to create this booklet. We hoped that by working together, we could share more resources and information that lead to healthier, stronger communities.

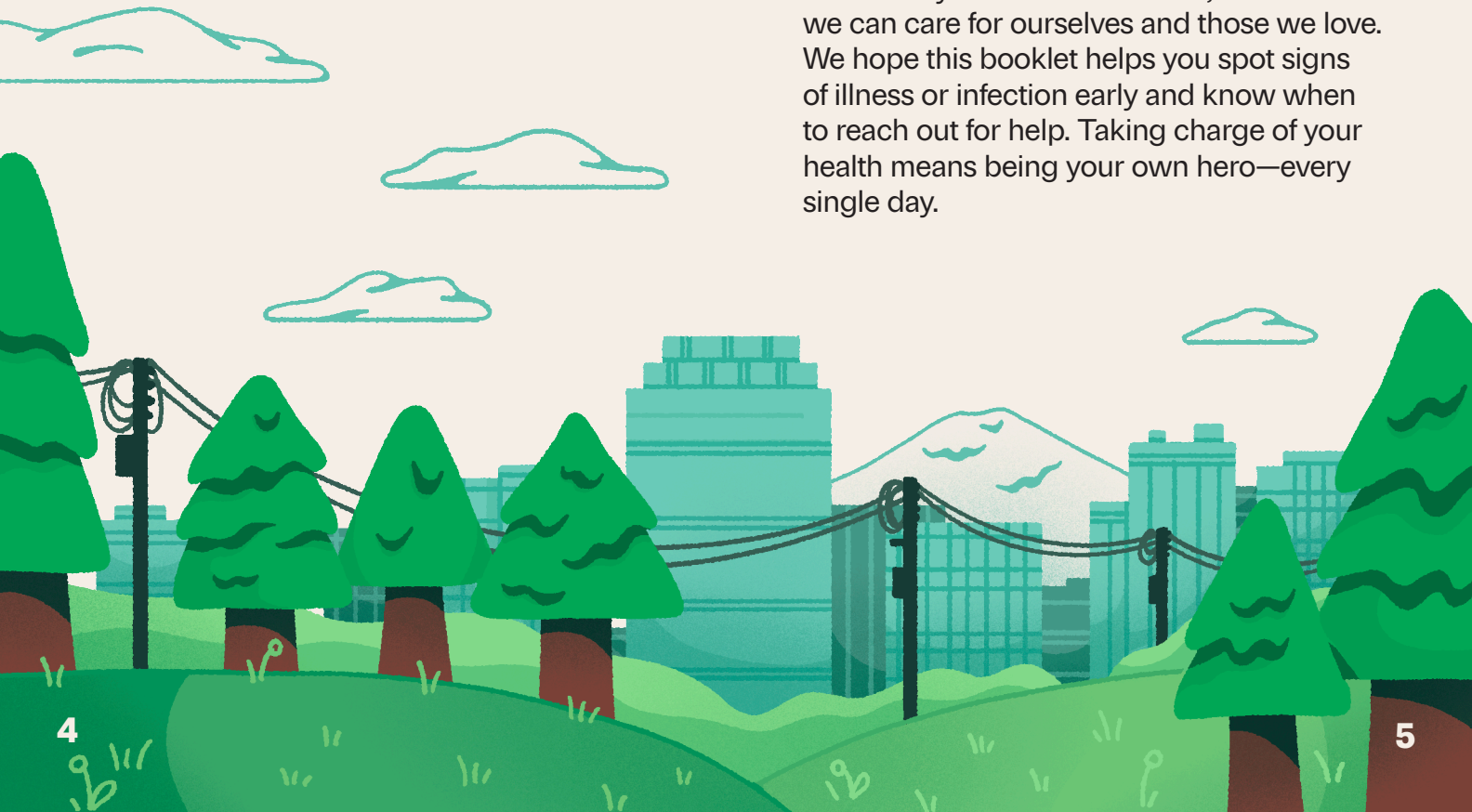
To do so, we invited community members to a series of listening sessions, collectively exploring ways to collectively address complex issues facing our communities, specifically around the topics of:

Emergency preparedness: how to train and be prepared for both natural and manmade emergencies

Communicable disease prevention: how to contain and prevent the spread of disease and infection

Climate adaption: actions we can take to adjust to the current and projected impacts of a changing climate

A well-informed community is a strong community. The more we learn, the better we can care for ourselves and those we love. We hope this booklet helps you spot signs of illness or infection early and know when to reach out for help. Taking charge of your health means being your own hero—every single day.



Medical Emergencies

Emergency preparedness is all about getting ready for emergencies, whether they come from nature (like bad weather) or human actions. Many of today's problems are worse because of human activity worldwide, especially with climate change. Being ready can keep you and others safe from dire consequences.



Opioid Overdose

An opioid overdose is when an individual takes in more opioids than the body can handle, and causes breathing to slow down, leading to a lack of oxygen in the brain. This can cause unconsciousness, and even death.

Signs and Symptoms

- Slow, shallow breathing
- Body is limp
- Unresponsive to yelling / physical stimulation
- Pulse is erratic / weak
- Turning pale/blue/gray
- Snoring or gurgling

What to do

- Check for a response: are they breathing?
- Start rescue breathing if not breathing (Go to **page 14**)
- Call 911
- Administer Narcan
- Check for breathing, pulse
- Resume rescue breathing if needed
- Administer a second dose of Narcan if no response after three minutes



(source: Opiate overdose treatment Naloxone Training Protocol, Oregon Health Authority)

Heart Attack

A heart attack happens when blood flow to the heart is blocked or reduced.

Signs and Symptoms

- Discomfort: pressure, squeezing, tightness in the center of your chest
- Pain in your arms (one or both), shoulder, back, neck, jaw, stomach
- Shortness of breath
- Cold sweat
- Rapid or irregular heartbeat
- Feeling unusually tired
- Lightheaded
- Nausea
- Vomiting
- Anxiety

What to do

- Call 911
- If you have access to an AED, have it ready nearby
- If you've been prescribed nitroglycerin, use this medication as directed



(source: American Heart Association)

Seizures

Seizures happen when abnormal electrical activity happens in the brain, leading to temporary involuntary changes in awareness, body movement and function.

Signs and Symptoms

- Loss of consciousness
- Uncontrolled movements (convulsions, muscle spasms, jerking)
- Staring
- Drooling
- Aura (unusual sensation or feeling, altered mental status / emotional state)

What to do

- If the seizure lasts longer than 5 minutes, or if injury occurs during seizure, call 911
- Monitor for loss of consciousness
- If a person stops breathing, check for pulse, call 911, begin CPR
- Monitor for repeat seizures (if repeating, call 911)



(sources: American Red Cross, Cleveland Clinic)

Stroke

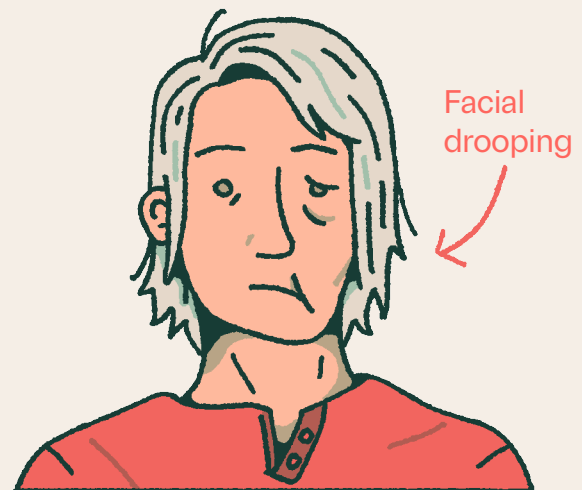
A stroke happens when blood flow to the brain is disrupted, either by blockage or a burst blood vessel. This leads to brain tissue being damaged, which can cause long-term disability or death.

Signs and Symptoms

- Sudden confusion, trouble speaking, trouble understanding speech
- Sudden numbness or weakness, especially on one side of body
- Facial drooping, difficulty smiling or moving mouth, particularly on one side.
- Sudden severe headache with no known cause
- Trouble seeing from one or both eyes
- Difficulty walking, dizziness, loss of balance

What to do

- **Call 911 immediately.** Every second matters during a stroke, and prompt treatment can significantly reduce damage to the brain.



(source: National Heart, Lung and Blood Institute)

Diabetic Emergencies

Hyperglycemia (high blood sugar)

Hyperglycemia is when there is an excessive amount of glucose in the blood stream. If left untreated, this can lead to more serious health complications.

Signs and Symptoms

- Warm, dry skin
- Rapid pulse and breathing
- Fruity, sweet breath
- Thirst
- Drowsiness

What to Do

- Call 911
- Drink water
- Take insulin
- Take a walk
- Monitor for loss of consciousness, difficulty breathing



(source: St. Johns Ambulance, UK, American Red Cross)

Hypoglycemia (low blood sugar)

Hypoglycemia occurs when your blood glucose levels drop too low, which can be life-threatening. This can be caused by skipping meals and over-exerting the body.

Signs and Symptoms

- Weakness, faintness, hunger
- Confusion, irrational, “intoxicated” behavior
- Sweating with cold, clammy skin
- Rapid pulse, palpitations
- Trembling
- Deteriorating responsiveness

What to do

- If available, use glucose gel or tablets
- Offer non-fizzy sugary drinks or candies, such as orange juice, milk, jelly beans, fruit rolls, or skittles.
- Encourage the person to test their blood sugar levels if able.
- Encourage the person to have a meal soon.
- Monitor for continuing symptoms. If symptoms persist / worsen, call 911.

(source: St. Johns Ambulance, UK, American Red Cross)

CPR

How to perform CPR if an individual is not breathing and has no pulse.

What to do

- Call 911
- Check for injuries or anything that may be obstructing the individual's breathing (check nose and mouth areas)
- Begin chest compressions and rescue breathing



Chest Compressions

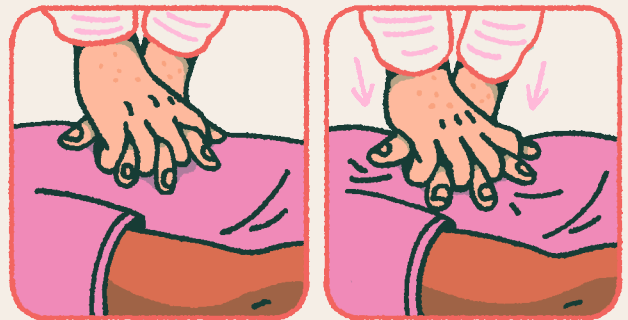
- 1** Two hands centered on chest



- 2** Your shoulders should be directly above your hands, elbows locked



- 3** Compressions should be about 2 inches deep



- 4** Give 30 compressions at a rate of 100-120 compressions per minute (at pace of songs like "Hot To Go" or "Staying Alive")



CPR

Rescue Breathing

- 1** Make sure there are no items (choking hazards) inside their mouth



- 2** Open their airway by lifting the chin



- 3** Pinch the nose



- 4** Give one breath, checking to see their chest rises with the breath



- 5** Adjust chin to open airway if needed



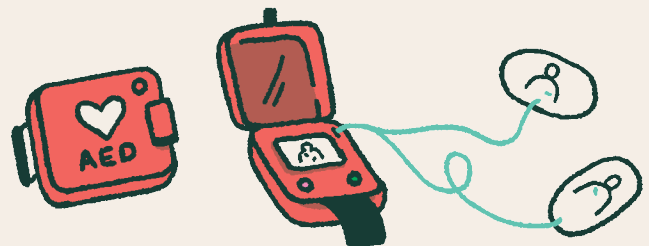
- 6** Give a second breath, checking to see the chest rises with the breath



- 7** Resume compressions



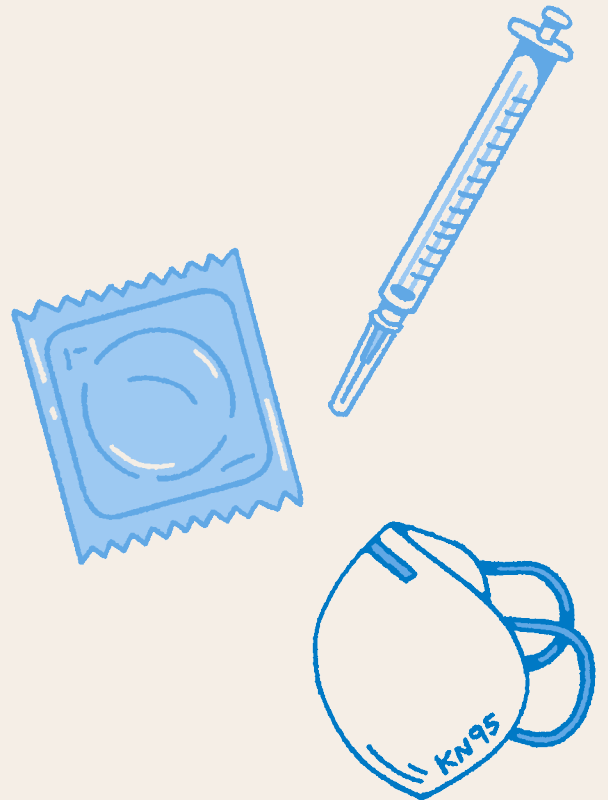
- 8** If an AED is available, use the AED



- 9** Continue 30 compressions / 2 rescue breaths until revival or directed otherwise

Communicable Diseases

Communicable disease prevention means keeping diseases that pass from person to person from spreading. We do this by controlling and stopping them. We can prevent many illnesses with basic steps like proper handwashing. Over the years, science has given us tools like vaccines to protect us and even wipe out some diseases. Understanding common sicknesses and knowing when to find medical care is crucial and can be a lifesaver.

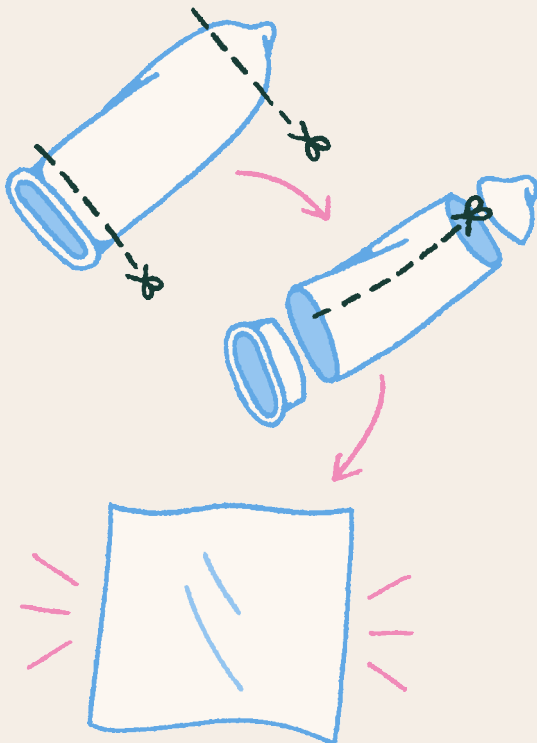


Sexually Transmitted Infections

Sexually transmitted diseases/infections (STDs/STIs) are infections spread mainly by contact with genitals or bodily fluids. They are caused by bacteria, viruses, or parasites. Anyone who is sexually active can get an STD/STI.

Some cases have no symptoms. When symptoms do occur, they can vary depending on the type of infection.

How to make a dental dam from a condom:



Chlamydia

Chlamydia is a common STI caused by bacteria.

Chlamydia is spread during sexual contact, even when there are no symptoms present. Symptoms are often mild, and often diagnosed during routine screening.

Signs and Symptoms

- Painful urination
- Discharge from the penis or vagina
- Pain during vaginal sex
- Bleeding between periods or after sex
- Testicular pain
- Rectal pain, sometimes with discharge or bleeding
- Sore throat
- Eye infection (known as conjunctivitis) causing red, irritated eyes

Prevention and Care

- Condoms/barriers can help prevent spread
- Chlamydia can be treated with antibiotics, typically clearing up within 2 weeks
- Chlamydia can be passed back and forth, so avoid sexual contact until all exposed partners have completed treatment



Human Papillomavirus

Human Papillomavirus (HPV) is a very common STI caused by a viral infection, spread through skin-to-skin contact. There are over 100 different strains of the virus.

Though the body can usually clear the virus on its own, some strains can cause warts, while other strains can lead to cancers of the cervix, anus, penis, vagina, vulva, and back of the throat.

Many people with HPV don't develop any symptoms, but can still pass the virus on to others through sexual contact.

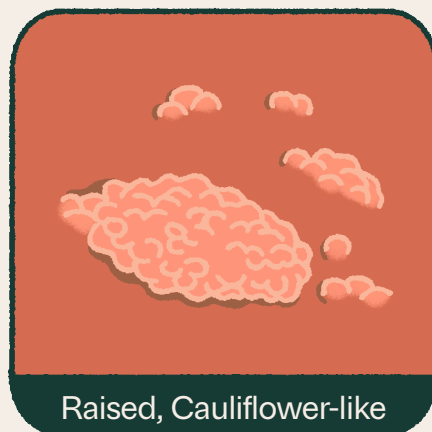
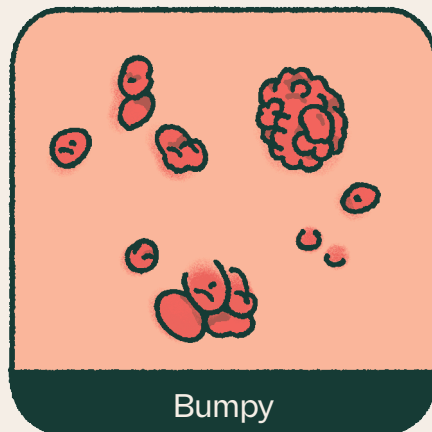
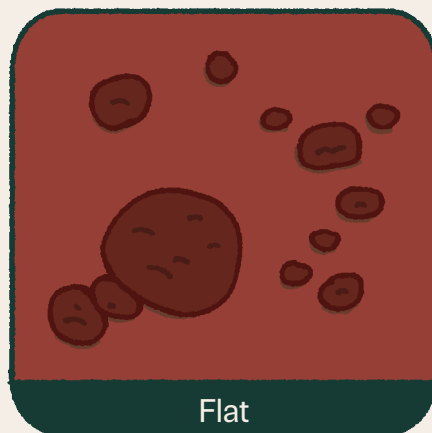
Signs and Symptoms

- Genital warts can appear flat, as bumps, or raised with a cauliflower-like appearance. They typically aren't painful, but can be itchy
- Signs of cervical cancer can include:
 - Unexpected vaginal bleeding (such as bleeding between periods or after menopause)
 - Unusually heavy/prolonged menstrual bleeding
 - Unusual vaginal discharge (watery, bloody, and may have an odor)
 - Pain during intercourse

Prevention and Care

- Condoms/barriers can help prevent spread
- The HPV vaccine can help protect against the strains most likely to cause genital warts or cervical cancer
- Pap smears to test for HPV and monitor for pre-cancer

Genital warts can appear:



Genital Herpes

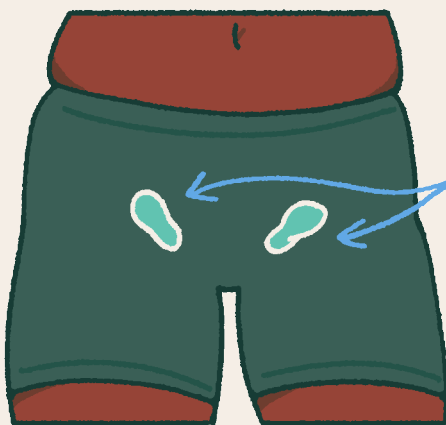
Genital herpes is a common STI caused by the Herpes Simplex Virus (HSV). Some people have mild or no symptoms, but it can also cause sores around the genitals, anus, and/or mouth.

It spreads through skin to skin contact, even when sores/symptoms are not present.

Symptoms often appear during the first outbreak of genital herpes, and then appear again during recurring outbreaks.

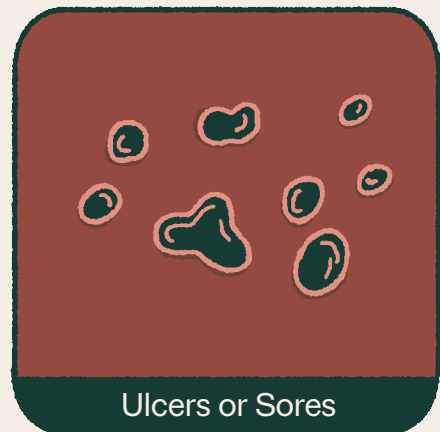
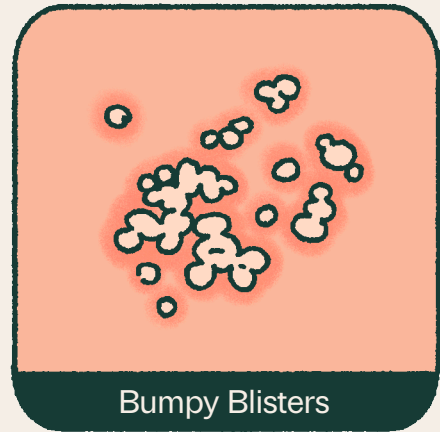
Signs and Symptoms

- Pain and itching around the genitals
- Small bumps or blisters around the genitals, anus, or mouth
- Painful ulcers that form and scab over when the blisters rupture
- Pain when urinating
- Discharge from the penis or vagina
- Swollen lymph nodes in the groin
- Flu-like symptoms during first outbreak



Swollen Lymph Nodes

Herpes outbreaks can look like:



Prevention and Care

- Condoms/barriers can help prevent spread
- There is no cure, but medicine can ease symptoms during an outbreak & lower the chance of spreading HSV to others

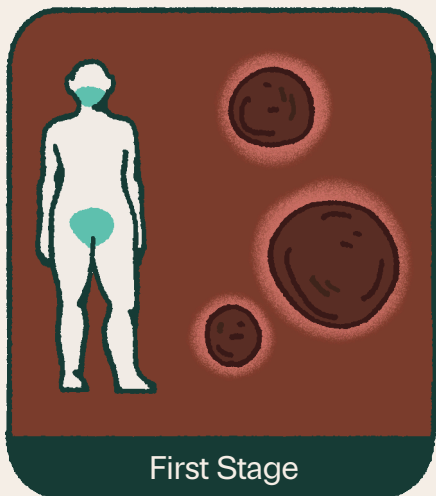
Syphilis

Syphilis is an STI caused by bacteria. It's spread through sexual contact. Pregnant people can also pass the infection to the fetus during pregnancy and childbirth. This is called 'congenital syphilis'

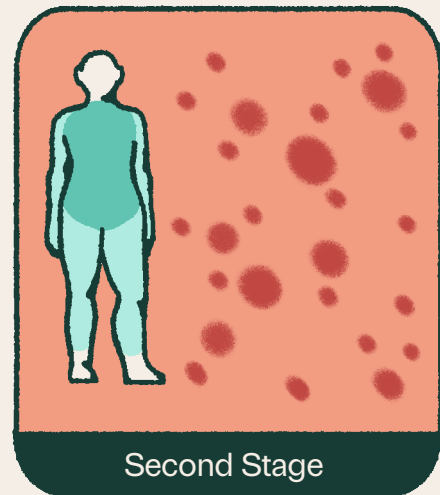
Syphilis symptoms develop in stages. Without treatment the infection can stay in the body for years, eventually causing organ damage. Congenital syphilis can lead to stillbirth, infant death, and serious birth defects.

Signs and Symptoms

- First stage: Sores develop on the genitals, rectum, or mouth. These sores can be painless, small, or somewhere that's not visible



- Second stage: A rash may appear on the chest, stomach, pelvis, or back. Often the rash is rough, red/reddish-brown, not itchy, and may be faint. Eventually the rash can spread to the limbs. There may also be wart-like sores, hair loss, flu-like symptoms, or weight loss



- Third stage: After the initial two stages, there can be no symptoms for years; But untreated syphilis can eventually cause damage to the eyes, brain, nerves, heart, liver, bones, and joints

Prevention and Care

- Condoms/barriers can help prevent spread
- Early-stage syphilis can be treated with antibiotics
- Pregnant people should be tested for syphilis throughout their pregnancy.

HIV/AIDS

Human Immunodeficiency Virus, known as HIV, is a virus that damages the immune system so the body is less able to fight off other diseases and infections.

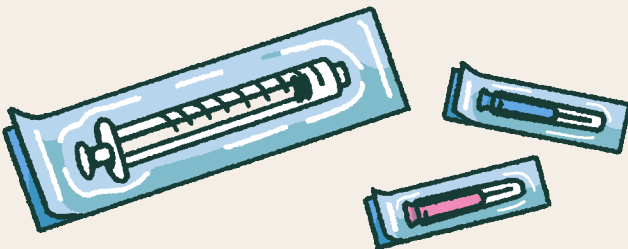
HIV is spread through blood or fluid exchange, typically during sex or when sharing needles.

If left untreated, HIV can eventually weaken the immune system enough to become Acquired Immunodeficiency Syndrome, known as AIDS. AIDS is a chronic condition that takes years of untreated HIV to develop.

The amount of virus in the bloodstream is called the viral load. The higher the viral load, the easier the virus is transmitted to others. The viral load is highest when HIV is first contracted.

Antiviral medication can keep the viral load so low that HIV is undetectable. When the viral load is undetectable, the chance of passing the virus on during sex or childbirth is extremely low.

There is no cure for HIV/AIDS, but when managed with antiviral medication, those who are HIV-positive can lead long and healthy lives.



(source: Mayo Clinic, HIV.gov)

Signs and Symptoms

- Flu-like symptoms 2-4 weeks after exposure, such as: fever, headache, sore throat, muscle aches & joint pain
- Swollen lymph nodes
- Night sweats
- Mouth ulcers
- Rash
- Diarrhea
- Weight loss
- HIV can also be symptomless in the early stages

Prevention and Care

- Condoms/barriers can help prevent spread
- Use clean needles
- Know your status: test regularly if possible and test if you may have been exposed
- Pre-exposure prophylaxis medication, known as PrEP, can be taken before exposure to prevent contracting HIV
- Post-exposure prophylaxis medication, known as PeP, can be taken within 72 hours of exposure to prevent the virus from taking hold



(source: Mayo Clinic, HIV.gov)

Gonorrhea

Gonorrhea is an STI caused by bacteria. It can affect the urethra, rectum, reproductive tract, mouth, throat, or eyes.

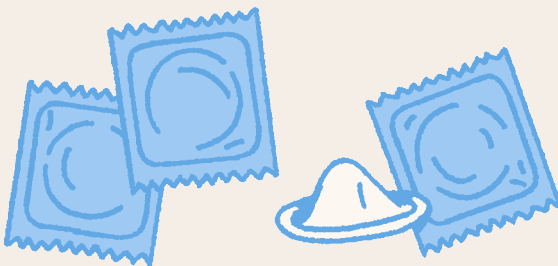
Gonorrhea is spread through sexual contact. It can also be spread to babies during childbirth. In babies, the eyes are most commonly affected.

Signs and Symptoms

- Painful urination
- Discharge from the penis, vagina
- Testicular pain or swelling
- Bleeding between periods or after sex
- Pelvic pain
- Pain in the lower belly
- Sore throat
- Eye pain and discharge from eyes
- Itching, discharge, or bleeding from the rectum
- Painful, warm, red, or swollen joints

Prevention and Care

- Condoms/barriers can help prevent spread
- Gonorrhea can be treated with antibiotics, but will remain contagious for up to 7 days after treatment
- Avoid sexual contact with all exposed partners until they have completed treatment



(source: Mayo Clinic)

Respiratory Infections

Respiratory infections affect the respiratory system: the nose, mouth, throat, lungs, and airways.

Pneumonia

Pneumonia is an infection that causes inflammation of the lung's air sacs, causing them to fill with fluid. It can be caused by bacteria, viruses, or fungi.

Pneumonia can be very serious, especially for young children, those who are older than 65, or who are immunocompromised.

Signs and Symptoms

- Chest pain with breathing or coughing
- Shortness of breath
- Fatigue
- Fever, sweating, and chills
- Nausea, vomiting, or diarrhea
- Those who are immunocompromised or over 65 years old may experience confusion, changes in mental awareness, or lower than normal body temperature

What to do

- Wear a mask
- Wash your hands thoroughly and frequently
- Seek medical help if you have difficulty breathing, chest pain, a persistent fever of 102 F (39 C) or higher, a persistent cough/persistently coughing up phlegm

(source: Mayo Clinic)

Influenza

The flu is a viral infection that spreads through the air and on surfaces. It typically spreads the most during the fall and winter.

While it can feel similar to the common cold, the flu usually comes on faster and stronger.

Signs and Symptoms

- Sore throat
- Runny or stuffy nose
- Cough
- Fever
- Headache
- Muscle aches, sweating, and chills
- Fatigue

What to do

- Annual flu vaccine in the fall
- Wear a mask
- Wash your hands thoroughly and frequently
- Seek medical help if you have shortness of breath, chest pain, dizziness, severe weakness, seizures, or confusion
- In children, emergency symptoms can also include fast breathing, gray/blue lips or nail beds, dehydration, or symptoms that go away and then come back worse



(source: Mayo Clinic)

COVID-19

COVID-19 is a viral infection that spreads mainly through the air. Some COVID-19 infections cause mild symptoms, while others are more severe.

While it can feel similar to the flu, COVID-19 can cause more severe complications, remains contagious for longer, and spreads year-round. COVID-19 can also cause ongoing symptoms for months to years after infection, also known as Long Covid.

Signs and Symptoms

- Sore throat
- Runny or stuffy nose
- Loss of taste/smell
- Dry cough
- Fever
- Muscle aches, sweating, and chills
- Fatigue
- Nausea, vomiting, or diarrhea

What to do

- Vaccination every 6-12 months
- Wear a mask
- Wash your hands thoroughly and frequently
- Seek medical help if you have difficulty breathing, constant chest pressure/pain, gray or blue skin/lips/nail beds, confusion, or trouble staying awake



(source: Mayo Clinic)

Measles

Measles is a viral infection that was once a common childhood illness. It spreads through the air and on surfaces, and is very infectious.

Measles can be serious and potentially deadly, especially for children under 5 and those who are immunocompromised. Measles can be prevented with vaccination.

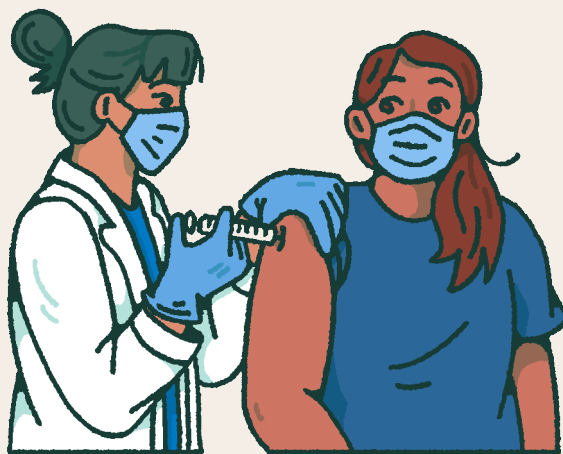
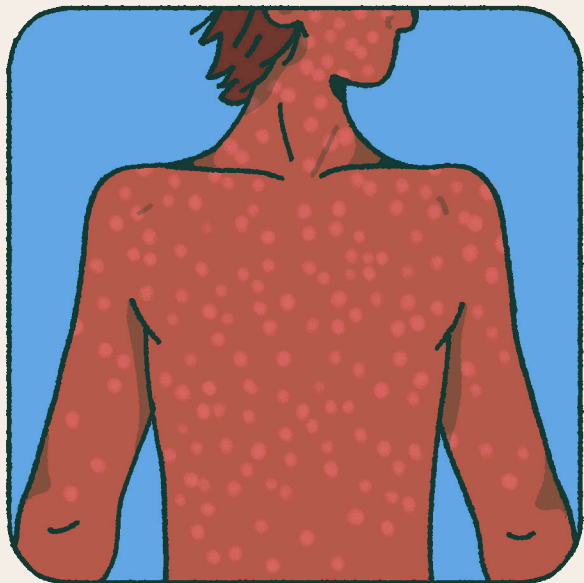
Signs and Symptoms

- Fever as high as 105 F (40.6 C)
- Dry cough
- Runny nose
- Red, watery eyes
- Tiny white spots inside mouth
- Blotchy and/or bumpy rash that starts at the face or neck and spreads to the chest, arms, and legs



What to do

- Vaccination can prevent measles
- Wear a mask
- Seek medical help if you have been exposed to measles, or if you have a blotchy rash that starts at the face/neck and spreads



Soft Tissue Infections

If left untreated, skin and soft tissue infections can lead to a number of complications.

Cellulitis

Cellulitis is a spreading skin infection caused by bacteria that enters through broken skin. It usually affects the lower part of the body.

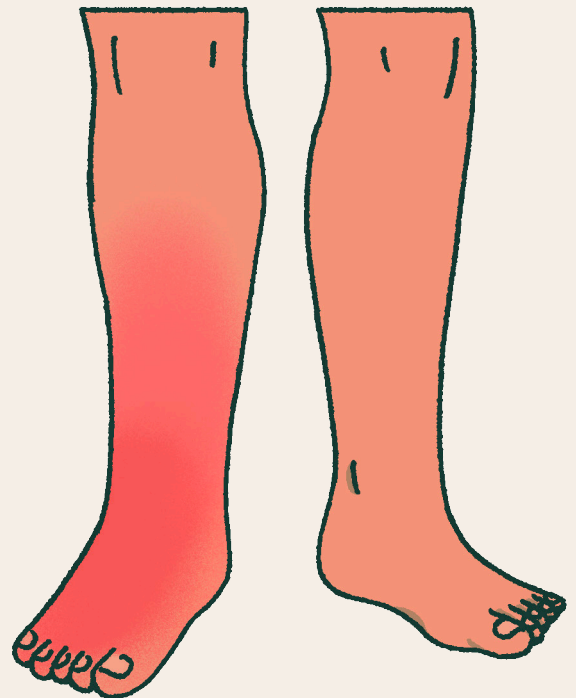
It can often be cleared up with antibiotics in earlier stages, but can become very serious if it spreads to deeper tissue.

Signs and Symptoms

- Spreading rash
- Swollen, painful/tender, and warm skin
- Fever
- Chills
- Spots, blisters, or dimpling on the skin

What to do

- Covering up any open wounds or broken skin, washing skin, and wearing footwear and gloves if necessary can help prevent cellulitis
- Wash your hands thoroughly and frequently, especially before and after treating the wound
- Do not share needles
- If possible, use clean needles
- Cellulitis can spread rapidly: seek medical help if you have a swollen rash or a rash that's spreading, with or without a fever



(source: Mayo Clinic)

(source: Mayo Clinic)

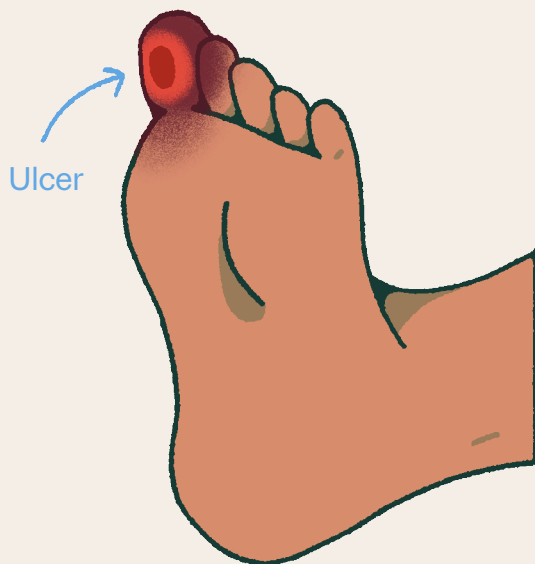
Gangrene

Gangrene is when a serious infection or lack of blood flow causes the death of body tissue. It can occur anywhere, but usually affects the toes and fingers.

Conditions that affect blood vessels or blood flow, like diabetes, can create a higher risk for gangrene.

Signs and Symptoms

- Skin color changing to a range of pale gray, purple, black, bronze, or red
- Swelling
- Blisters/Ulcers
- Sudden, intense pain followed by numbness
- Foul smelling discharge leaking from sore
- Thin, shiny skin, sometimes hairless
- Skin that feels cool/cold to the touch



(source: Mayo Clinic)

What to do

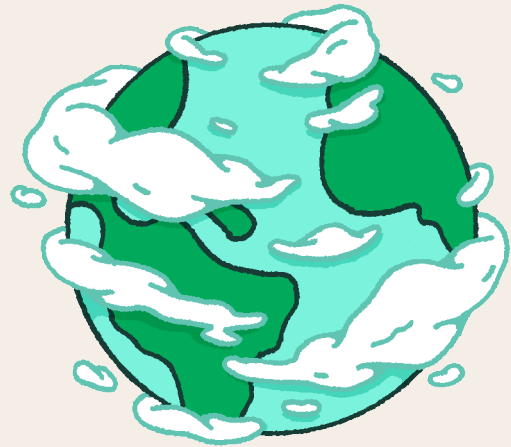
- Gangrene needs to be treated as soon as possible with antibiotics, oxygen therapy, or surgery
- Wash your hands thoroughly and frequently, especially before and after treating the wound.



(source: Mayo Clinic)

Climate Adaptation

Climate Adaptation is all about taking actions now to reduce the damage that climate change is currently causing to our environment and to us, and to also lessen the problems it's expected to cause in the future. Climate change is leading to extreme weather like severe heat and cold, and a way to adapt to this is by taking common-sense steps: staying hydrated during the heat and having ways to stay warm in the extreme cold. This helps people avoid getting sick or developing serious medical issues as a result of the weather.



Hot Weather

When it comes to hot weather and extreme heat events, one of the most common ailments that can develop is heat exhaustion, which is an early stage symptom of heat stroke. **One of the most important things during hot weather and extreme heat events is to stay hydrated.**

Heat Exhaustion

When the body is exposed to extreme heat, it usually cools down by sweating. If it's too hot, sweating doesn't cool the body down enough and the body's temperature can rise too much, causing heat exhaustion. If heat exhaustion is left untreated it can lead to heat stroke.



(source: Mayo Clinic)

Signs and Symptoms

- Cool, moist skin with goose bumps when in the heat
- Heavy sweating
- Faintness or dizziness
- Fatigue
- Weak, rapid pulse
- Low blood pressure upon standing
- Muscle cramps
- Nausea
- Headache



What to do

- Stop all activity and rest
- Move to a cooler place
- Go inside an air-conditioned place if you can, or seek shade
- **Drink cool water** or a sports drink



(source: Mayo Clinic)

Heat Stroke

Heatstroke is caused by prolonged exposure to **high temperatures**. Too much physical activity during high temperatures, too much clothing, alcohol use, and dehydration can also play a role.

Signs and Symptoms

- A core body temperature of **104 degrees F / 40 C** or higher
- Confusion/delirium
- Slurred speech
- Agitation
- Seizures
- Loss of consciousness
- Nausea/vomiting
- Flushed skin/changes in skin color
- Rapid, shallow breathing
- Rapid heart rate
- Headache

What to do

- If you believe someone has heat stroke **call 911** immediately
- **Try to cool the person down.** Methods for this can include:
 - Move them somewhere cooler and/or in front of a fan
 - Offer them cool water or a sports drink
 - Wet towels with cool water and place on their body



(source: Mayo Clinic)

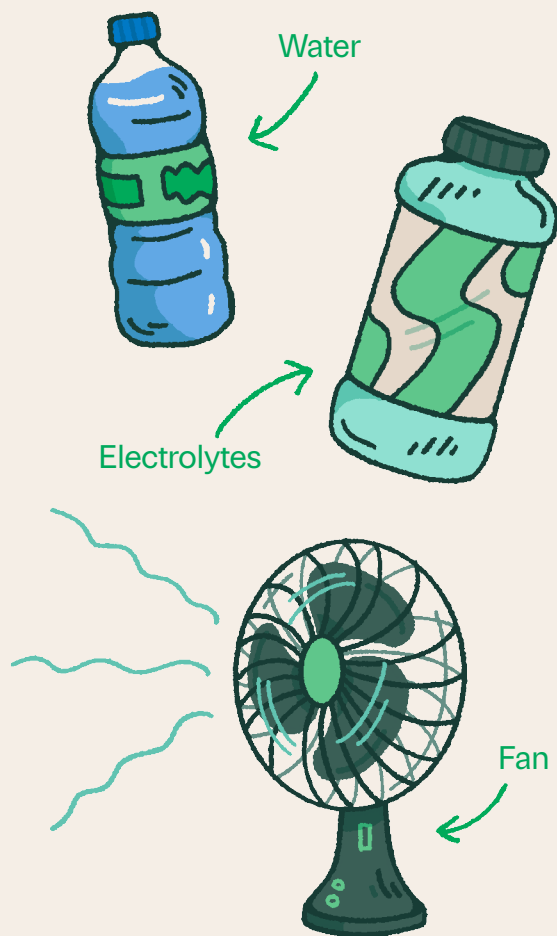
211 Information

You can call **211** to learn if shelters are open during extreme weather events, and get a free ride to shelter. Pets are allowed.

You can also visit multco.us/hot for updated shelter information and tips.

In case of a hot weather event it is useful to:

- Have a source of clean water
- Have a source of electrolytes
- Have a portable water bottle
- Wear light layers of clothing
- Have a source of shade or a fan
- Have a source of ice, if possible



(source: Mayo Clinic)

Cold Weather

During cold weather and extreme cold events, the most common cause of medical complications is an inability to stay warm. In extreme cases this can cause hypothermia. This is a dangerous drop in an individual's core temperature, which becomes a medical emergency due to the risk of death from organ failure.

Hypothermia

If it's too cold, the body loses heat quicker than it can create heat, which causes a dangerously low body temperature. It becomes hypothermia when the core body temperature drops below 95 degrees F (35 C).

Hypothermia can cause the heart and other organs to stop functioning properly, and can eventually cause them to fail.

Hypothermia is a medical emergency. Treatment includes warming the body's temperature back up to normal.



(source: Mayo Clinic)

Signs and Symptoms

- Shivering
- Slow, shallow breathing
- Slurred or mumbling speech
- Weak pulse
- Clumsiness
- Confusion/memory loss
- Fatigue
- Loss of consciousness
- In infants, watch for bright red, cold skin



(source: Mayo Clinic)

What to do

- **Call 911** immediately if you suspect someone has hypothermia
- Be gentle with someone who has hypothermia; sudden movement can trigger cardiac arrest
- **Try to warm them up** to raise their core temperature. Methods for this can include:
 - Move them out from the cold
 - Remove any wet clothing
 - Cover the entire body with blankets, leaving only the face exposed
 - Give them a warm, non-caffeinated, non-alcoholic drink
 - Begin **CPR** if their breathing stops (Go to **page 14**)



(source: Mayo Clinic)

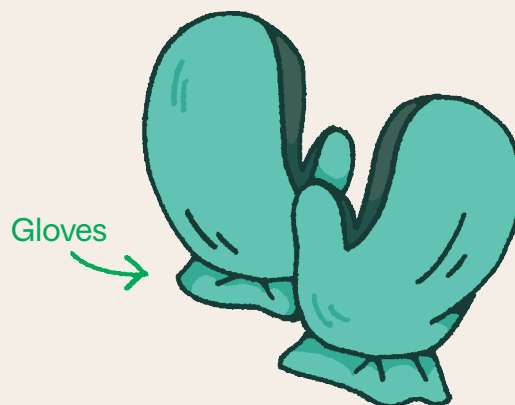
211 Information

You can call **211** to learn if shelters are open during extreme weather events, and get a free ride to shelter. Pets are allowed.

You can also visit multco.us/cold for updated shelter information and tips.

In case of extreme cold weather events it is useful to:

- Have warm blankets
- Have warm gloves
- Handwarmers if possible
- A heat source
- A stove to cook
- Dry clothing and possibly thermals
- Dry warm socks



(source: Mayo Clinic)

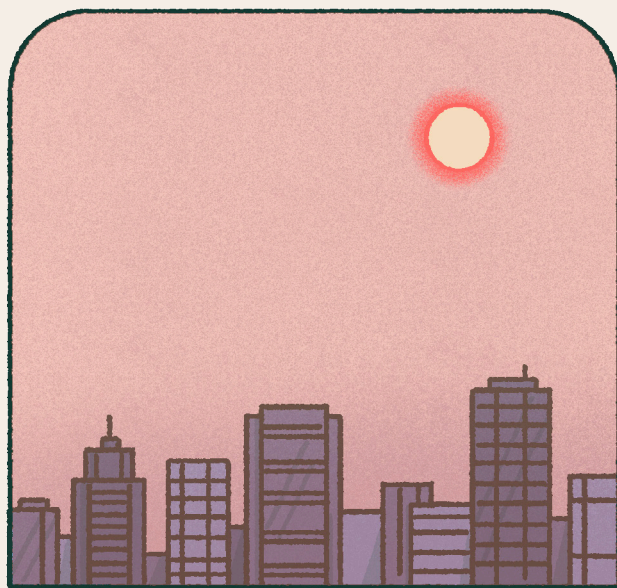
Wildfire Smoke

As climate change creates hotter & drier weather, wildfires are becoming more common. The wildfires create smoke that can hang in the air for days or weeks.

Wildfire smoke can be dangerous to breathe in for long periods of time, and can cause damage to the lungs, airway, and heart.

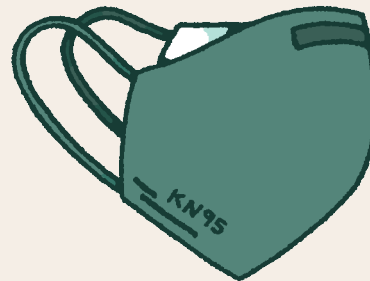
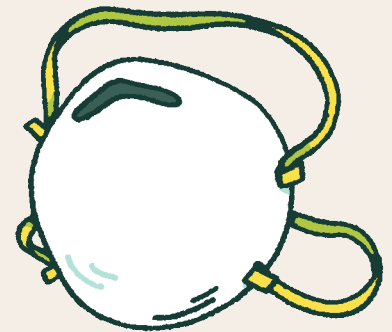
Signs and Symptoms

- Dry or watery eyes
- Persistent cough or wheeze
- Scratchy throat
- Irritated sinuses
- Headache
- Irregular heartbeat
- Chest pain
- Fatigue



What to do

- Wear a well-fitting N95 mask to filter the smoke
- Stay hydrated
- If possible, spend less time outdoors
- Limit vigorous activity to reduce the amount of smoke inhaled
- **Seek medical help** if you have shortness of breath or dizziness/confusion



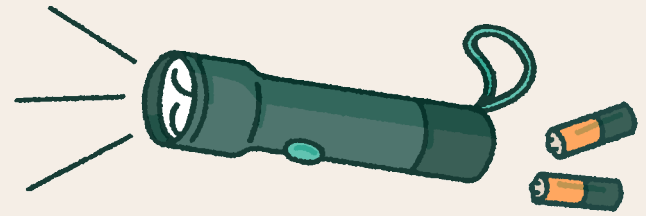
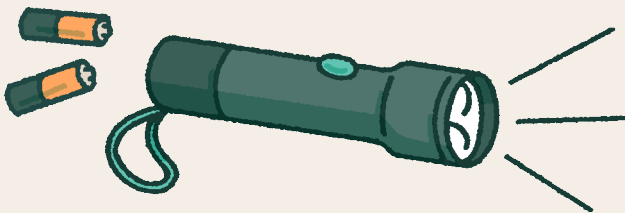
Emergency Preparedness

Emergency preparedness is focused on training and being ready for emergencies whether those are natural or even human caused in origin. Climate change, and extreme weather events causing emergencies, are suggested to be exacerbated by the industrial activity of mankind that has occurred worldwide.

Climate emergencies are not the only emergencies that an individual can be prepared for and being prepared can prevent dire consequences from developing as a result. Being prepared for an emergency can save not only someone else's life but also your own.

In case of an emergency, it is helpful to have:

- A flashlight and batteries
- Pet food
- Medicines
- A first aid kit, basic or more expansive
- Food
- A phone and charger
- Propane



- En caso de una emergencia es útil tener:**
- Una linterna y baterías
 - Alimento para mascotas
 - Medicamentos
 - Un botiquín de primeros auxilios, básico o más completo
 - Alimentos
 - Un teléfono y cargador
 - Propano

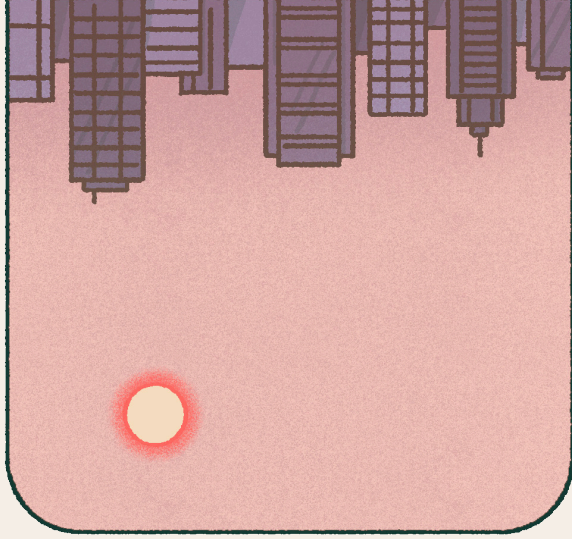
La preparación para emergencias se enfoca en la capacitación y la disposición para actuar ante emergencias, ya sean de origen natural o humano. Se sugiere que el cambio climático y los eventos meteorológicos extremos se han visto agravados por la actividad industrial humana a nivel mundial. Las emergencias climáticas no son las únicas para las que una persona puede prepararse, y estar preparado puede prevenir consecuencias graves. Prepararse para una emergencia puede salvar no solo la vida de otra persona, sino también la suya.

Preparación para Emergencias

Incendios Forestales

A medida que el cambio climático genera un clima más cálido y seco, los incendios forestales se vuelven más comunes. Estos incendios producen humo que puede permanecer en el aire durante días o semanas.

El humo de los incendios forestales puede ser peligroso de inhalar por períodos prolongados, causando posibles daños en el tejido pulmonar, el sistema respiratorio o el sistema cardiovascular.



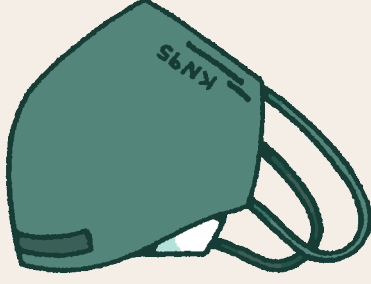
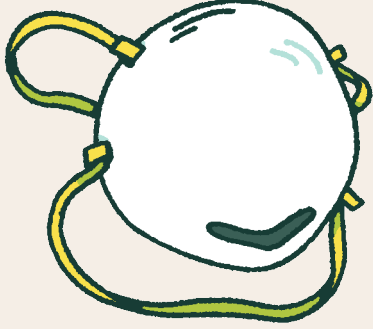
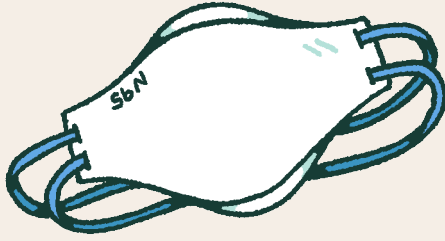
Signos y Síntomas

- Ojos secos o llorosos
- Tos o silbido persistente
- Garganta irritada
- Senos paranasales irritados
- Dolor de cabeza
- Latidos cardíacos irregulares
- Dolor en el pecho
- Fatiga

(Fuente: centraloregonfire.org)

Qué Hacer

- Use una mascarilla N95 bien ajustada para filtrar el humo
- Manténgase hidratado
- Si es posible, reduzca el tiempo al aire libre
- Limite la actividad física intensa para disminuir la cantidad de humo inhalado
- Busque atención médica si tiene dificultad para respirar, mareo o confusión



(Fuente: centraloregonfire.org)

Hipotermia

Síntomas

- Temblores
- Confusión
- Piel fría y roja en bebés



Acción

- Llamar 911
- Abrigarse a la persona



(Fuente: Clínica Mayo)

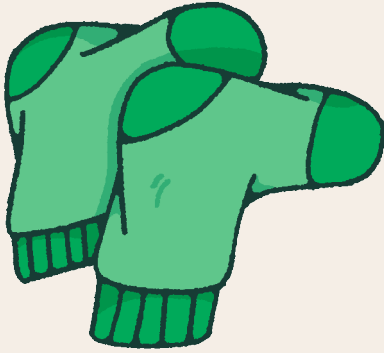
Información 211

Puede llamar al 211 para saber si los refugios están abiertos durante eventos de clima extremo y obtener transporte gratuito hacia el refugio. Se permiten mascotas.

También puede visitar multico.us/cold para obtener información actualizada sobre refugios y consejos.

En caso de frío extremo es útil:

- Tener mantas calientes
- Tener guantes abrigadores
- Calentadores de manos, si es posible
- Una fuente de calor
- Una estufa para cocinar
- Ropa seca y, si es posible, térmica
- Calcetines secos y abrigados



Agotamiento por Calor

Síntomas

- Sudoración excesiva
- Mareos
- Debilidad
- Calambres



Acción

- Descanso
- Lugar fresco
- Hidratación



(Fuente: Mayo Clinic)

Golpe de Calor (Insolación)

Síntomas

- Temperatura >40°C
- Confusión
- Piel roja

Acción

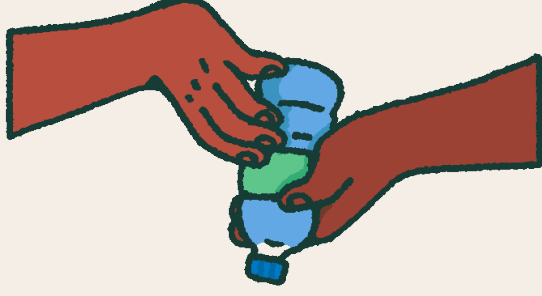
- Llamar 911
- Enfriar a la persona

Información 211

Puede llamar al 211 para saber si los refugios están abiertos durante eventos de clima extremo y obtener transporte gratuito hacia el refugio. Se permiten mascotas. También puede visitar multico.us/hot para obtener información actualizada sobre refugios y consejos.

En caso de una ola de calor es útil:

- Tener una fuente de agua limpia
- Tener una fuente de electrolitos
- Contar con una botella de agua portátil
- Usar ropa ligera en capas
- Tener una fuente de sombra o un ventilador
- Contar con una fuente de hielo, si es posible



(Fuente: Mayo Clinic)

Crisis Climática



La adaptación climática consiste en tomar medidas ahora para reducir el daño que el cambio climático está causando actualmente a nuestro medio ambiente y a nosotros mismos, así como para mitigar los problemas que se prevé que cause en el futuro. Estas medidas de adaptación pueden ser sencillas, como que todos practiquen el reciclaje y la gestión adecuada de residuos para reducir su impacto personal en el clima. O pueden ser esfuerzos grandes inversiones y desarrollar tecnologías de energía limpia. El cambio climático está provocando fenómenos meteorológicos extremos, como calor y frío intensos, y una forma de adaptarse es adoptar medidas de sentido común: mantenerse hidratado durante el calor y tener maneras de abrigarse en el frío extremo. Esto ayuda a las personas a evitar enfermedades o desarrollar problemas médicos graves como consecuencia del clima.

Heridas infectadas

Afectan piel, músculos y tejidos subcutáneos. Si no se tratan, pueden generar complicaciones graves.

Puntos clave

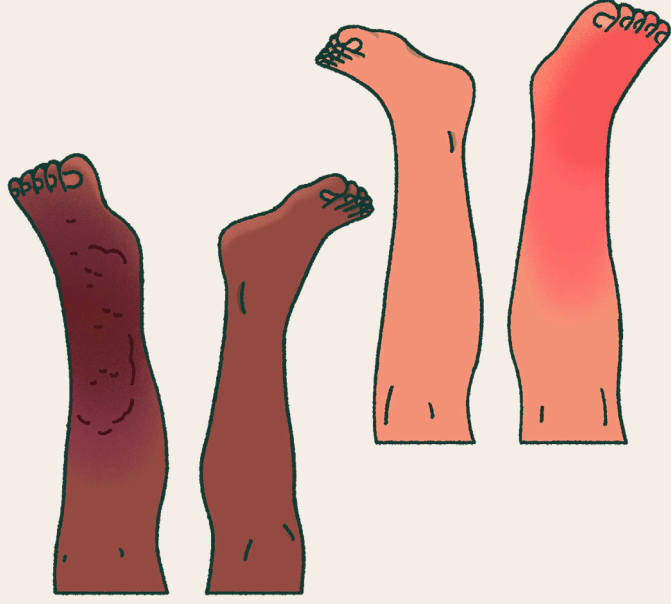
- Mayor riesgo si hay heridas abiertas o mala circulación.
- Tratamiento temprano es clave.

Celulitis

Infección bacteriana en piel, frecuente en piernas, que puede extenderse rápidamente.

Puntos clave

- Síntomas: hinchazón, calor, dolor, fiebre.
- Tratamiento con antibióticos.



(Fuente: Clínica Mayo)

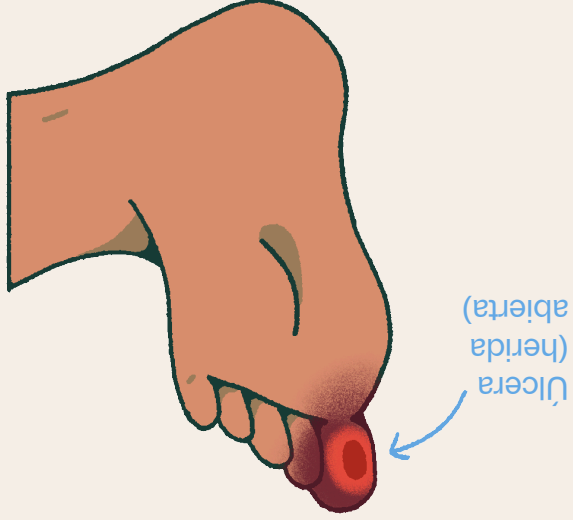
30

Gangrena

Muerte de heridas infectadas por falta de flujo sanguíneo o infección grave.

Puntos clave

- Síntomas: cambio de color de piel, dolor intenso, mal olor.
- Requiere atención médica urgente.



Úlcera
(herida
abierta)



(Fuente: Clínica Mayo)

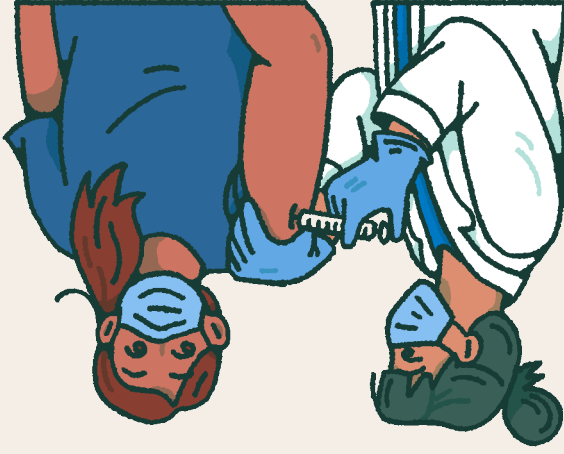
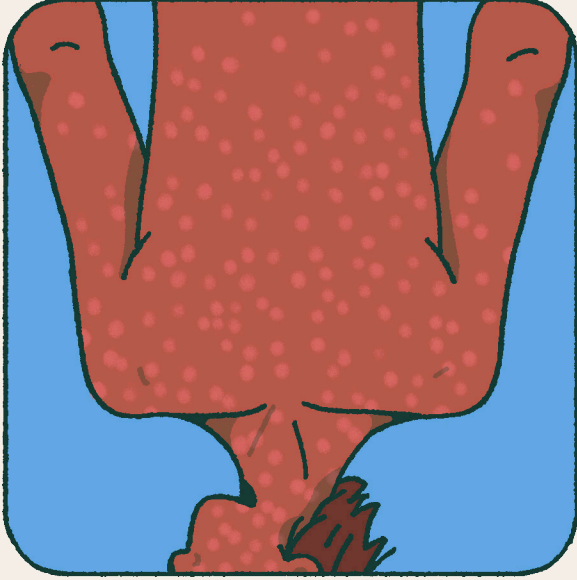
31

Sarampión

Enfermedad viral altamente contagiosa; prevenible con vacuna.

Puntos clave

- Síntomas iniciales: fiebre alta, tos seca, congestión nasal, ojos rojos.
- Mayor riesgo en niños pequeños y personas inmunodeprimidas.



(Fuente: Clínica Mayo)

COVID-19

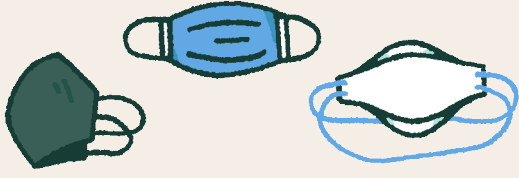
El COVID-19 es una infección viral que se propaga principalmente por el aire. Algunas infecciones de COVID-19 causan síntomas leves, mientras que otras son más graves. Aunque puede parecerse a la gripe, el COVID-19 puede causar complicaciones más severas, permanece contagioso por más tiempo y se propaga durante todo el año. El COVID-19 también puede causar síntomas persistentes durante meses o incluso años después de la infección, lo que se conoce como Covid prolongado.

Signos y síntomas

- Dolor de garganta
- Nariz congestionada o escurrimiento nasal
- Pérdida del gusto/olfato
- Tos seca
- Fiebre
- Dolores musculares, sudoración y escalofríos
- Fatiga
- Náuseas, vómito o diarrea

Qué hacer

- Una vacuna contra el Covid cada 6 a 12 meses puede limitar complicaciones graves
- Use mascarilla para protegerse y limitar la propagación
- Busque atención médica si tiene dificultad para respirar, dolor o presión constante en el pecho, piel/labios/uñas de color gris o azul, confusión o dificultad para mantenerse despierto



(Fuente: Clínica Mayo)

Infecciones Respiratorias

Enfermedades que afectan vías respiratorias y pulmones, propagadas generalmente por el aire o contacto cercano.

Puntos clave

- Pueden ir de leves a graves.
- Prevención: vacunación, higiene, evitar contacto con personas enfermas.

Influenza (Gripe)

Infección viral estacional que afecta nariz, garganta y pulmones.

Puntos clave

- Aparece de forma repentina.
- Síntomas: fiebre, tos, dolores musculares, fatiga extrema.
- Recuperación usual en casa.



(Fuente: Clínica Mayo)

Neumonía

Infección que inflama los sacos de aire en los pulmones, causada por bacterias, virus u hongos.

Puntos clave

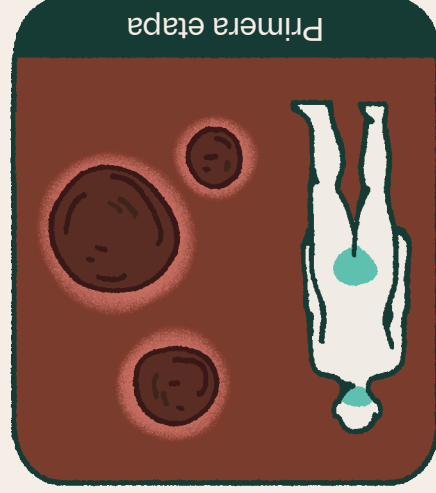
- Síntomas: tos con flema, fiebre, dolor en pecho, dificultad respiratoria.
- Mayor riesgo en adultos mayores e inmunocomprometidos.



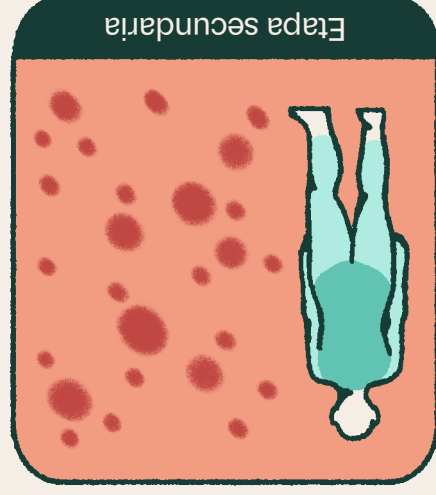
(Fuente: Clínica Mayo)

ETS bacteriana con etapas progresivas. Si no se trata, puede causar daños graves a órganos y sistema nervioso.

- **Puntos clave**
- Primera etapa: llaga indolora.
- Etapa secundaria: sarpullido, fiebre, ganglios inflamados.
- Etapa latente y final: daños cerebrales, cardíacos, nerviosos.



Primera etapa

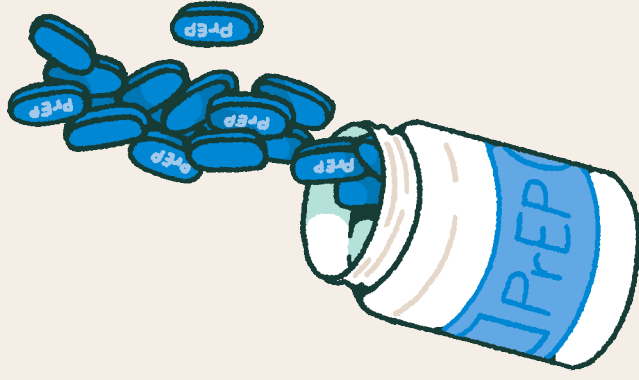
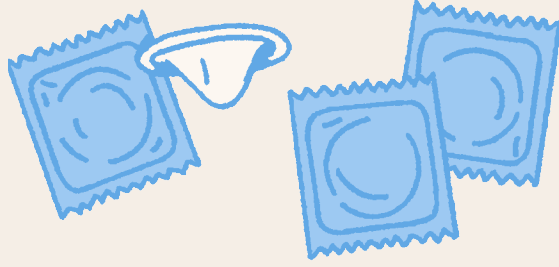
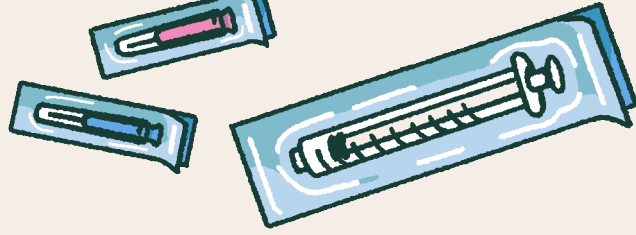


Etapa secundaria

(Fuente: Clínica Mayo)

Virus que debilita el sistema inmune; si no se trata, avanza a SIDA. No tiene cura, pero los antivirales controlan la enfermedad.

- **Puntos clave**
- Transmisión: sexo sin protección, sangre, madre a hijo.
- Síntomas iniciales: fiebre, dolor de cabeza, sarpullido, ganglios inflamados, sudores nocturnos.
- Mayor riesgo de contagio en fase inicial por alta carga viral.



(Fuente: Clínica Mayo)

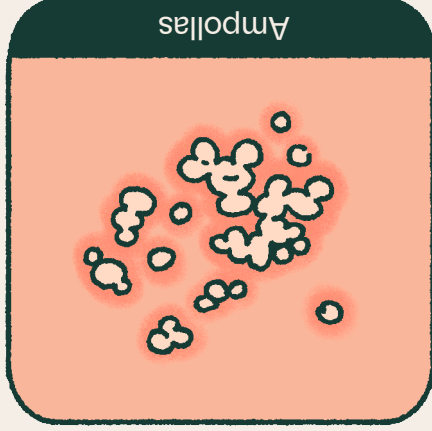
Herpes Genital

Causado por el virus del herpes simple. Se transmite por contacto piel con piel durante el sexo. No tiene cura; los brotes pueden repetirse.

Puntos clave

- Síntomas: dolor, picazón, llagas, ampollas, fiebre, dolores corporales.
- Período de incubación: 2–12 días.
- Medicamentos alivian síntomas y reducen contagio.

Los brotes de herpes pueden verse como:



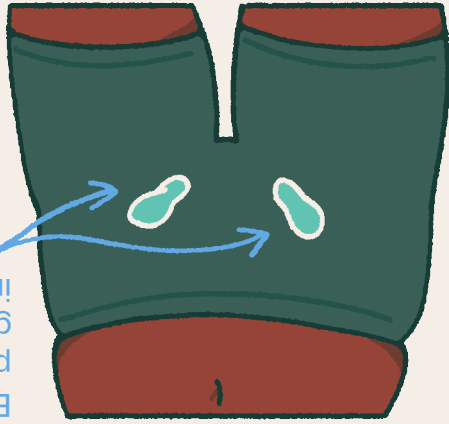
Ampollas



Lagas

(Fuente: Clínica Mayo)

El herpes puede causar ganglios inflamados



Clamidia

ETS bacteriana muy común transmitida por sexo oral, vaginal o anal. Puede infectar genitales, ojos, garganta o recto.

Puntos clave

- Muchas veces asintomática.
- Síntomas: dolor al orinar, secreción genital, dolor durante el sexo, sangrado vaginal.
- Tratamiento con antibióticos.

Gonorrea

Causada por bacterias; puede infectar genitales, garganta, recto y ojos. Se transmite por relaciones sexuales o durante el parto.

Puntos clave

- Síntomas hombres: dolor al orinar, secreción tipo flema, inflamación testicular.
- Síntomas mujeres: aumento de flujo, sangrado entre periodos, dolor abdominal/pélvico.
- Tratamiento antibiótico.

(Fuente: Clínica Mayo)

Enfermedades de Transmisión Sexual

Infecciones que se transmiten principalmente por contacto sexual o contacto piel con piel. Muchas veces no presentan síntomas, pero pueden causar complicaciones graves si no se tratan. Pueden ser causadas por virus, bacterias o parásitos.

Puntos clave

- Pueden ser asintomáticas.
- Prevención: uso de condones y vacunas (cuando existen).
- Tratamiento depende de la causa (antibióticos, antivirales).
- No todas tienen cura (ej. VIH, herpes).

Virus del Papiloma Humano (VPH)

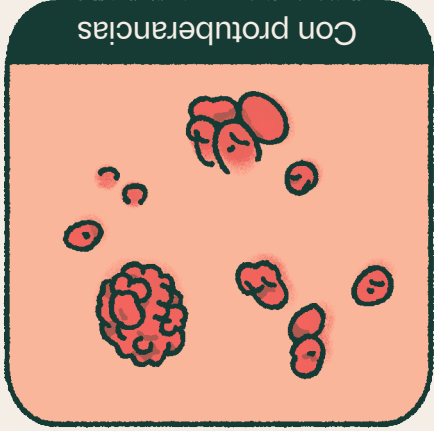
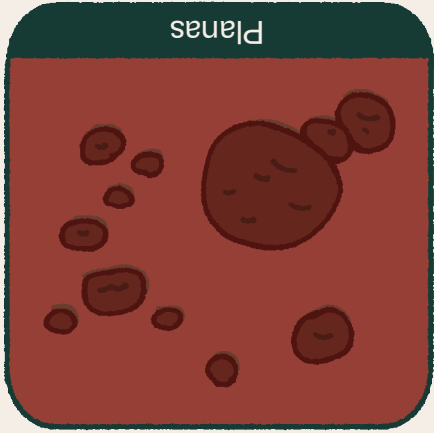
Virus común con más de 100 tipos; algunos causan verrugas y otros cáncer (cuello uterino, ano, pene, garganta, etc.). Se transmite por contacto sexual o piel con piel. Existe vacuna preventiva.

Puntos clave

- Mayoría de casos no causan cáncer.
- Puede ser asintomático.
- Síntomas: verrugas genitales o en piel alrededor.
- Vacunación recomendada.

(Fuente: Clínica Mayo)

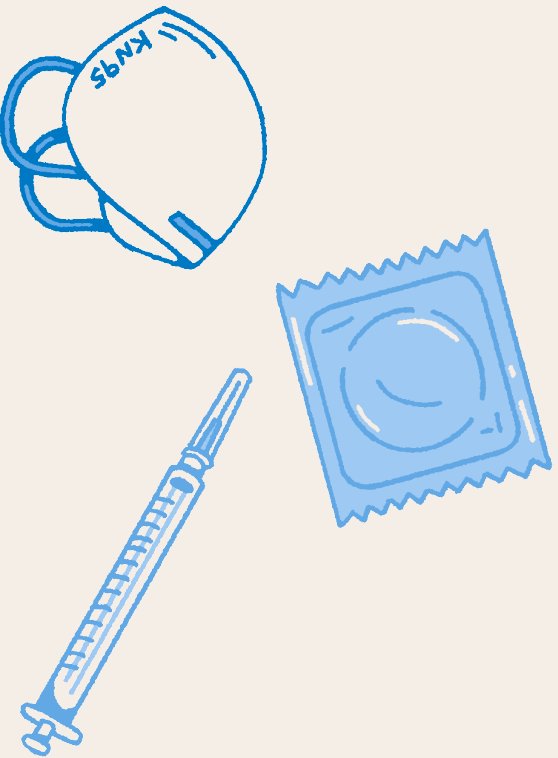
Las verrugas genitales causadas por el VPH pueden verse:



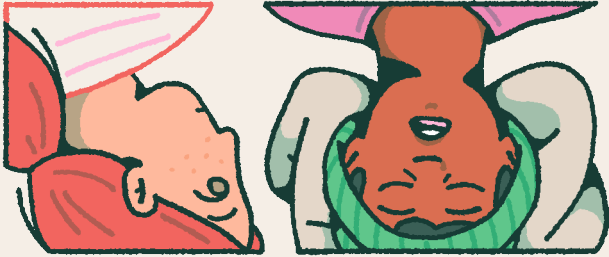
(Fuente: Clínica Mayo)

Enfermedades Transmisibles

La prevención de enfermedades transmisibles significa evitar la propagación de enfermedades que se transmiten de persona a persona. Esto se logra controlándolas y deteniéndolas. Podemos prevenir muchas enfermedades con medidas básicas como el correcto lavado de manos. A lo largo de los años, la ciencia nos ha proporcionado herramientas como las vacunas para protegernos e incluso erradicar algunas enfermedades. Comprender las enfermedades comunes y saber cuándo buscar atención médica es crucial y puede salvarnos la vida.



1 Asegúrate de que no haya objetos en la boca (riesgos de atragantamiento)



2 Abre las vías respiratorias levantando el mentón



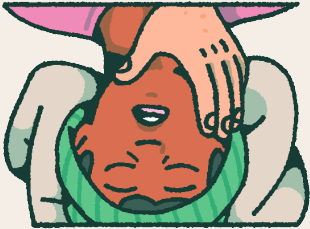
3 Pellizca la nariz



4 Da una respiración, asegurándote de que el pecho se eleve



5 Ajusta el mentón para abrir mejor la vía si es necesario



6 Da una segunda respiración, revisando que el pecho se eleve



7 Reanuda las compresiones torácicas



8 Si hay un DEA (Desfibrilador Externo Automático) disponible, úsalo



9 Continúa con el ciclo de 30 compresiones y 2 respiraciones hasta que la persona se recupere o recibas otras instrucciones

Resucitación Cardiopulmonar

Como realizar Resucitación Cardiopulmonar si una persona no respira y no tiene pulso.

Qué Hacer

- Llama al 911
- Revisa si hay lesiones o si algo está obstruyendo la respiración de la persona (verifica la nariz y la boca)
- Comienza con compresiones torácicas y respiración de rescate

Compresiones Torácicas



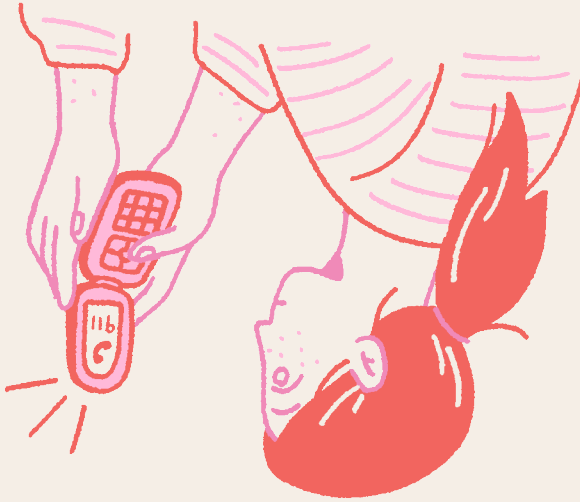
1 Coloca ambas manos en el centro del pecho

2 Tus hombros deben estar directamente sobre tus manos, con los codos rectos



3 Las compresiones deben tener una profundidad de aproximadamente 5 cm (2 pulgadas)

4 Realiza 30 compresiones a un ritmo de 100-120 compresiones por minuto (al ritmo de canciones como "Hot To Go" o "Staying Alive")



Emergencias Diabéticas

Hiperglucemia (Nivel alto de azúcar en la sangre)

La hiperglucemia ocurre cuando hay una cantidad excesiva de glucosa en el torrente sanguíneo. Si no se trata, puede provocar complicaciones de salud más graves.

Signos y Síntomas

- Piel cálida y seca
- Pulso y respiración acelerados
- Aliento afrutado o dulce
- Sed
- Somnolencia

Qué Hacer

- Llame al 911
- Ofrezca líquidos
- Vigile si hay pérdida de conciencia o dificultad para respirar



(Fuente: St. John Ambulance, Reino Unido;
Cruz Roja Americana)

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Hipoglucemia (Nivel bajo de azúcar en la sangre)

La hipoglucemia ocurre cuando los niveles de glucosa en la sangre bajan demasiado, lo cual puede poner en riesgo la vida. Puede ser causada por saltarse comidas o sobreesfuerzo físico.

Signos y Síntomas

- Debilidad, mareo, hambre
- Confusión, comportamiento anormal o como si estuviera "intoxicado"
- Sudor con piel fría y húmeda
- Pulso rápido, palpitaciones
- Temblores
- Disminución del estado de alerta o respuesta

Qué Hacer

- Si está disponible, usa gel o tabletas de glucosa
- Ofrece bebidas azucaradas sin gas o dulces, como jugo de naranja, leche, gomitas, rollitos de fruta o Skittles
- Anima a la persona a medirse el nivel de azúcar en la sangre, si puede
- Anima a la persona a comer una comida pronto
- Monitorea si los síntomas continúan. Si persisten o empeoran, llama al 911

(Fuente: St. John Ambulance, Reino Unido;
Cruz Roja Americana)

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Las convulsiones ocurren cuando hay una actividad eléctrica anormal en el cerebro, lo que provoca cambios temporales e involuntarios en la conciencia, el movimiento corporal y el funcionamiento general.

Signos y Síntomas

- Pérdida de conciencia
- Movimientos incontrolables (convulsiones, espasmos musculares, temblores)
- Mirada fija
- Babeo
- Aura (sensación o emoción inusual, alteración del estado mental o emocional)

Qué Hacer

- Si la convulsión dura más de 5 minutos o si ocurre una lesión durante la convulsión, llama al 911
- Monitorea si hay pérdida de conciencia
- Si la persona deja de respirar, verifica el pulso, llama al 911 y comienza RCP (page 18)
- Vigila si hay convulsiones repetidas (si se repiten, llama al 911)



(Fuentes: Cruz Roja Americana, Clínica Cleveland)

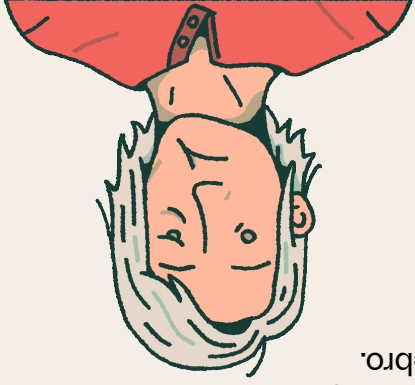
Un derrame cerebral ocurre cuando se interrumpe el flujo de sangre al cerebro, ya sea por una obstrucción o por la ruptura de un vaso sanguíneo. Esto daña el tejido cerebral y puede causar discapacidad a largo plazo o incluso la muerte.

Signos y Síntomas

- Confusión repentina, dificultad para hablar o para entender el habla
- Entumecimiento o debilidad repentina, especialmente en un lado del cuerpo
- Caída de un lado del rostro, dificultad para sonreír o mover la boca, particularmente en un lado
- Dolor de cabeza repentino e intenso sin causa conocida
- Problemas para ver con uno o ambos ojos
- Dificultad para caminar, mareo, pérdida del equilibrio

Qué Hacer

- Llama al 911 de inmediato. Cada segundo cuenta durante un derrame cerebral, y un tratamiento rápido puede reducir significativamente el daño al cerebro.



(Fuente: Instituto Nacional del Corazón, los Pulmones y la Sangre)

Sobredosis de

Opioides

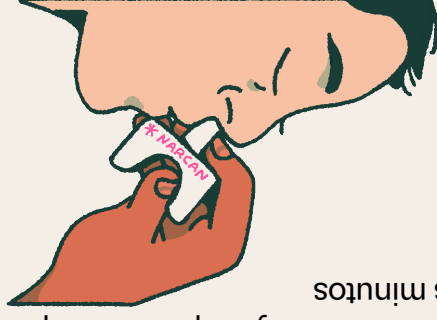
Una sobredosis de opioides ocurre cuando una persona consume más opioides de los que su cuerpo puede tolerar, lo que provoca una desaceleración de la respiración y una falta de oxígeno en el cerebro. Esto puede causar pérdida del conocimiento e incluso la muerte.

Signos y Síntomas

- Respiración lenta y superficial
- Cuerpo flácido
- No responde a gritos o estimulación física
- Pulso irregular o débil
- Piel pálida, azulada
- Ronquidos

Qué Hacer

- Verifica si responde: ¿está respirando? Inicia respiración de rescate si no está respirando
- Llama al 911
- Administra Narcan (naloxona)
- Verifica la respiración y el pulso
- Continúa la respiración de rescate si es necesario
- Administra una segunda dosis de Narcan si no hay respuesta después de tres minutos



(source: Fuente: Protocolo de Capacitación en Naloxona para el Tratamiento de Sobredosis de Opiáceos, Autoridad de Salud de Oregón)

Ataque al

Corazón

Un ataque al corazón ocurre cuando el flujo de sangre hacia el corazón se bloquea o se reduce.

Signos y Síntomas

- Molestia en el pecho: presión, opresión, sensación de apretón en el centro del pecho, dolor
- Dolor en los brazos (uno o ambos), hombros, espalda, cuello, mandíbula o estómago
- Dificultad para respirar
- Sudor frío
- Latidos del corazón rápidos o irregulares
- Sensación de cansancio inusual
- Mareo
- Náuseas
- Vómito
- Ansiedad

Qué Hacer

- Llama al 911
- Si tienes acceso a un DEA (Desfibrilador Externo Automático), tenlo listo cerca
- Si tienes recetado nitroglicerina, útiliza el medicamento según las indicaciones



(Fuente: Asociación Americana del Corazón)

Emergencias Médicas

La preparación para emergencias consiste en estar listo para las emergencias, ya sean naturales (como malas condiciones climáticas) o causadas por la acción humana. Muchos de los problemas actuales se agravan debido a la actividad humana en todo el mundo, especialmente con el cambio climático. Estar preparado puede protegerte a ti y a los demás de consecuencias nefastas.



Introducción

Durante varios años, las organizaciones sin fines de lucro Trash for Peace (TFP), Ground Score Association (GSA) y Portland Street Medicine (PSM) se han comprometido a servir a las comunidades más vulnerables de Portland, a la vez que abordan problemas interconectados como la pobreza, el acceso inadecuado a la atención médica y la justicia ambiental. Gracias a una subvención de la Autoridad de Salud de Oregón (OHA), nuestras tres organizaciones colaboraron con miembros de la comunidad latina y sin hogar para aprovechar nuestra experiencia y recursos en la creación de este folleto. Esperamos que, trabajando juntos, podamos compartir más recursos e información que conduzcan a comunidades más saludables y fuertes.

Para ello, invitamos a los miembros de la comunidad a una serie de sesiones de escucha, donde exploramos colectivamente maneras de abordar conjuntamente los problemas complejos que enfrentan nuestras comunidades, específicamente en torno a los siguientes temas:

Preparación para emergencias: cómo capacitarse y estar preparado para emergencias tanto naturales como provocadas por el hombre;

Prevención de enfermedades transmisibles: cómo contener y prevenir la propagación de enfermedades e infecciones;

Adaptación climática: medidas que podemos tomar para adaptarnos a los impactos actuales y previstos de un clima cambiante.

Una comunidad bien informada es una comunidad fuerte. Cuanto más aprendemos, mejor podemos cuidarnos a nosotros mismos y a las personas que amamos. Esperamos que este folleto te ayude a identificar señales tempranas de enfermedad o infección y a saber cuándo pedir ayuda. Cuidar de tu salud significa ser tu propio héroe, cada día.



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Héroes de Todos los Días

Tomando nuestra
salud y seguridad
en nuestras propias
manos

