

Allergies

Hypersensitivity reaction

What it is

Immune system overreaction to substances that are normally harmless to most people

How to identify

Itching rashes hives sneezing swelling redness or irritation appearing shortly after exposure to allergen

How to treat or manage

Remove allergen immediately, administer antihistamines, monitor symptoms, seek medical help if worsening

How to prevent

Identify known allergens, avoid repeated exposure, carry medications, maintain awareness

Notes

Mild reactions can worsen rapidly and may develop into severe emergencies if ignored

Evacuation: Depends on severity



Anaphylaxis

Anaphylactic shock

What it is

Severe life-threatening allergic reaction affecting airway, breathing, and cardiovascular system

How to identify

Difficulty breathing, throat swelling, hives, dizziness, fainting, rapid pulse, collapse

How to treat or manage

Administer epinephrine immediately, keep patient supine, call emergency services, evacuate urgently

How to prevent

Avoid known triggers, carry epinephrine auto-injector, educate about early warning signs

Notes

Delayed treatment dramatically increases risk of death, rapid response is critical

Evacuation: Rapid evac



Fever & Infection

Pyrexia

What it is

Elevated body temperature caused by infection, inflammation, or immune response

How to identify

Hot skin, chills, sweating, headache, weakness, lethargy, confusion, general malaise

How to treat or manage

Encourage rest, hydration, cooling measures, antipyretics if available, monitor symptoms closely

How to prevent

Maintain hygiene, safe food and water intake, ensure adequate rest

Notes

Persistent or very high fever requires prompt medical evaluation and monitoring

Evacuation: Depends on severity



Common Cold

URTI

What it is

Viral upper respiratory tract infection affecting nose and throat

How to identify

Runny nose, sneezing, sore throat, mild fever, fatigue, cough

How to treat or manage

Rest, fluids, symptomatic treatment, monitor for worsening

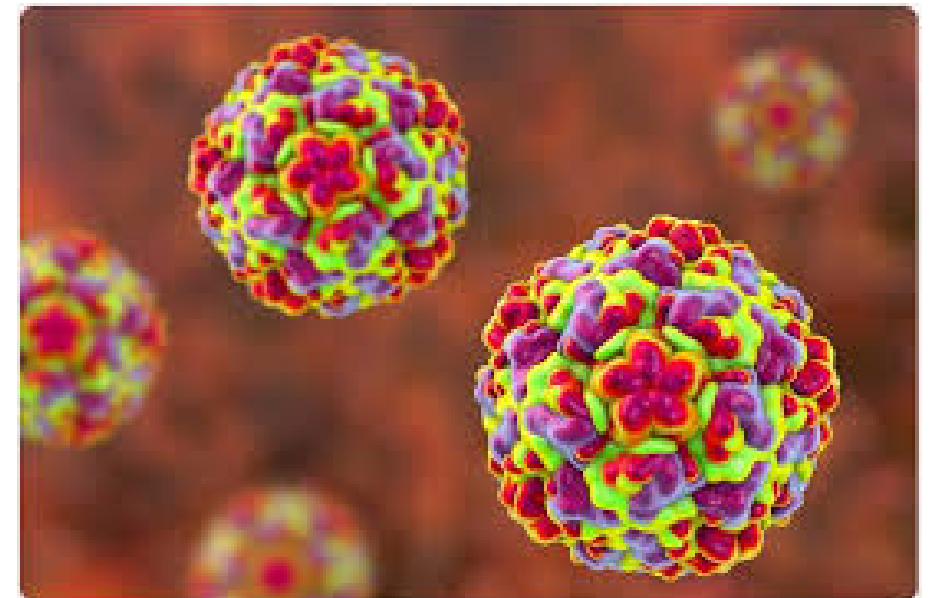
How to prevent

Hand hygiene, avoid close contact, cover mouth

Notes

Usually self-limiting, may develop secondary infection

Evacuation:



Dry Cough

Non-productive cough

What it is

Non-productive cough due to airway irritation or viral infection

How to identify

Persistent cough without mucus, throat irritation, mild discomfort

How to treat or manage

Hydration, throat soothing, rest, avoid irritants

How to prevent

Treat underlying cause, avoid smoke and allergens

Notes

Monitor for worsening or development of infection

Evacuation:



Wet cough

Productive cough

What it is

Cough producing mucus from lower airways

How to identify

Phlegm production, chest congestion, fatigue, noisy cough

How to treat or manage

Hydration, encourage expectoration, monitor for infection, medical care if needed

How to prevent

Early treatment of infection, respiratory hygiene

Notes

Changes in mucus color may indicate bacterial infection

Evacuation:



Viral Flu

Influenza

What it is

Acute viral respiratory illness with systemic symptoms

How to identify

Fever, body aches, fatigue, cough, headache, chills

How to treat or manage

Rest, fluids, antipyretics, monitor for complications, medical care if severe

How to prevent

Vaccination, hygiene, avoid infected people

Notes

Can progress to severe illness in high-risk patients

Evacuation: Depends on severity



Wheezing

Bronchospasm

What it is

Narrowed airways causing whistling sound during breathing

How to identify

Audible wheeze, chest tightness, shortness of breath, coughing

How to treat or manage

Sit upright, administer bronchodilator, oxygen if available, monitor

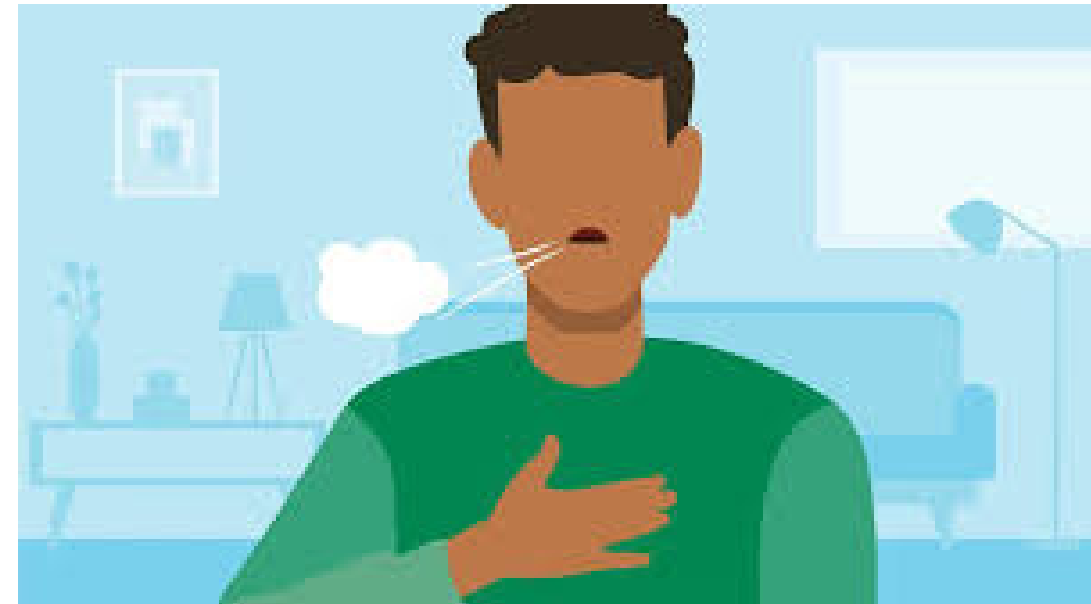
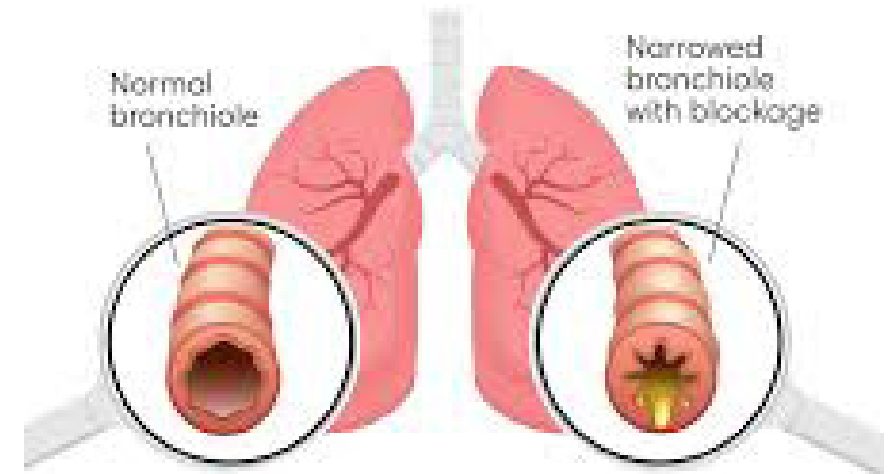
How to prevent

Avoid triggers, asthma management, medication adherence

Notes

May indicate asthma or acute respiratory distress

Evacuation:



Labored Breathing

Respiratory distress

What it is

Increased effort required to maintain adequate ventilation

How to identify

Rapid breathing, chest retractions, nasal flaring, fatigue, cyanosis

How to treat or manage

Rest, oxygen therapy if available, monitor vitals, evacuate if severe

How to prevent

Early illness recognition, pacing, avoid exertion

Notes

Always a warning sign, requires prompt attention

Evacuation:



Shortness of Breath

Dyspnea

What it is

Subjective sensation of insufficient air intake

How to identify

Rapid shallow breathing, anxiety, fatigue, chest discomfort

How to treat or manage

Stop activity, sit upright, administer oxygen if available, evacuate

How to prevent

Gradual exertion, medical screening, avoid overexertion

Notes

Can indicate underlying respiratory or cardiac problem

Evacuation:

Migraine

Migraine headache

What it is

Neurological headache disorder often triggered by stress, dehydration, hormonal changes, exertion

How to identify

Throbbing or pulsating headache, nausea, light and sound sensitivity, blurred vision, aura

How to treat or manage

Rest in dark quiet environment, give analgesics if appropriate, hydrate, avoid triggers

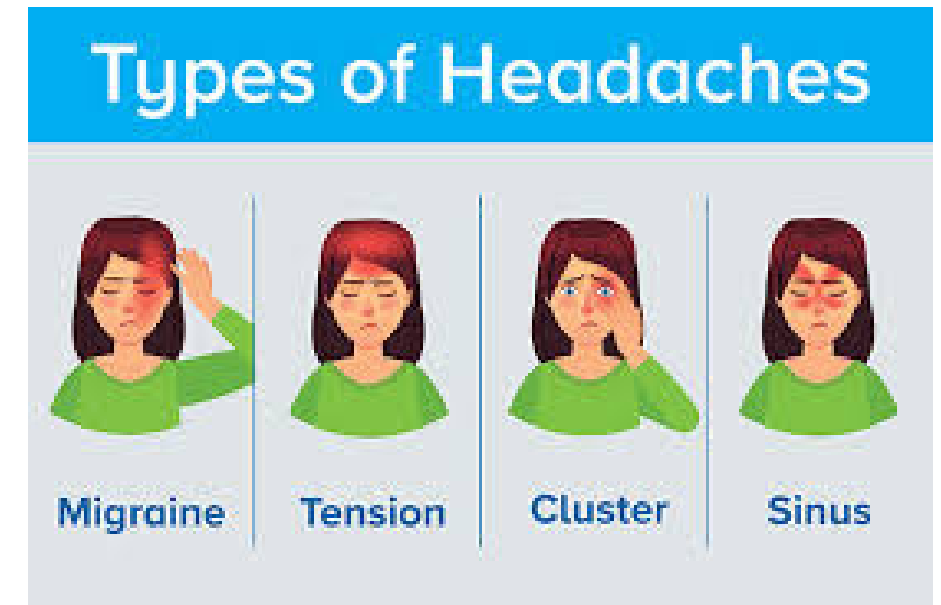
How to prevent

Identify and manage triggers, maintain hydration, sleep, stress control, nutrition

Notes

Symptoms may last several hours to days and interfere with normal activities

Evacuation: Depends on severity



Fatigue

Exhaustion

What it is

Physical or mental exhaustion due to prolonged activity, stress, or insufficient rest

How to identify

Low energy, poor coordination, slowed reaction times, reduced focus, mental or physical weakness

How to treat or manage

Stop activity, provide rest, hydration, nutrition, monitor for improvement, reduce workload

How to prevent

Pace activities, ensure sufficient sleep, maintain hydration, plan for recovery periods

Notes

Fatigue increases likelihood of errors, accidents, and slower recovery from injuries

Evacuation:



Overexertion

Physical overload

What it is

Excessive physical strain exceeding the body's current capacity causing stress or injury

How to identify

Rapid breathing, dizziness, nausea, cramps, weakness, potential fainting during or after activity

How to treat or manage

Stop exertion, rest, cool body, rehydrate, monitor for worsening symptoms, seek care if needed

How to prevent

Gradual training, proper pacing, workload planning, warm-up exercises, conditioning

Notes

May progress into heat-related illness or dehydration if not managed promptly

Evacuation: Rapid evac



Hypothermia

Cold exposure

What it is

Dangerous drop in core body temperature affecting organ function

How to identify

Shivering, confusion, slurred speech, drowsiness, slow breathing

How to treat or manage

Insulate, rewarm gradually, provide warm fluids, evacuate for medical care

How to prevent

Proper clothing, nutrition, weather awareness, gradual exposure

Notes

Handle gently, avoid rapid movement or alcohol

Evacuation: Rapid evac



Dehydration

Fluid depletion

What it is

Body fluid deficit from insufficient intake or excessive loss

How to identify

Thirst, dry mouth, dark urine, fatigue, dizziness, headache

How to treat or manage

Oral rehydration, rest, monitor urine output, replace electrolytes

How to prevent

Regular fluid intake, hydration monitoring, limit heat exposure

Notes

Increases risk of heat illness or altitude complications

Evacuation:



Heat Exhaustion

Heat stress

What it is

Heat illness caused by fluid and salt loss in hot environments

How to identify

Heavy sweating, weakness, headache, nausea, dizziness, rapid pulse

How to treat or manage

Move to shade, cool body, provide fluids, rest, monitor vitals

How to prevent

Hydration, rest, acclimatization, avoid extreme heat

Notes

Warning stage for heat stroke, early intervention important

Evacuation:



Heat Stroke

Hyperthermia

What it is

Severe life-threatening overheating with organ dysfunction

How to identify

Hot dry skin, confusion, collapse, altered mental state, rapid pulse

How to treat or manage

Rapid cooling, urgent evacuation, emergency medical care, monitor vitals

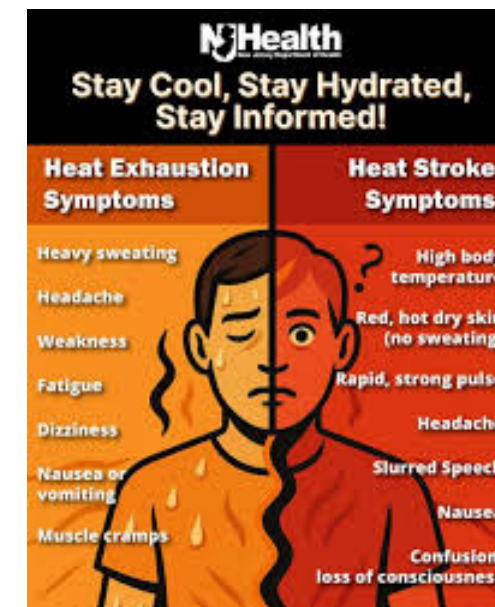
How to prevent

Avoid extreme heat, proper acclimatization, hydration

Notes

Delay in treatment can be fatal, medical emergency

Evacuation: Rapid evac



Frost Bite

Cold injury

What it is

Freezing injury causing tissue damage to skin and underlying structures

How to identify

Numb, pale, hard skin, loss of sensation, blistering

How to treat or manage

Gradual rewarming, protect affected area, avoid rubbing, monitor tissue

How to prevent

Proper cold protection, clothing, gloves, footwear

Notes

May cause permanent tissue damage, handle gently

Evacuation: Rapid evac



Diarrhoea

Gastroenteritis

What it is

Frequent loose watery bowel movements often with cramps

How to identify

Increased stool frequency, abdominal cramps, weakness, dehydration, urgency

How to treat or manage

Oral rehydration, rest, monitor hydration, treat infection if needed

How to prevent

Safe food and water, hygiene, handwashing

Notes

Major dehydration risk, monitor especially in children or elderly

Evacuation:

DIARRRHEA



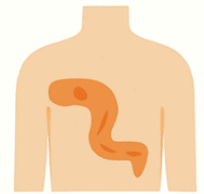
DEFINITION

Frequent loose, watery stools



CAUSES

- Infections
- Food intolerance
- Medications



SYMPTOMS



Abdominal cramps

Urgent need to use the toilet



Evacuation:





PACE
HOSPITALS

Risk factors of Constipation

Constipation tends to arise more frequently in the presence of risk factors like:

- Female gender
- Older age
- Low physical activity
- Low fibre diet
- Inadequate fluid intake
- Poor bowel habits
- Certain medications
- Medical conditions
- Psychological factors
- Low socioeconomic status
- Positive family history
- High work-related stress
- Irregular bowel habits



Food Poisoning

Foodborne illness

What it is

Illness from ingestion of contaminated food or water

How to identify

Vomiting, diarrhea, abdominal cramps, nausea, sometimes fever

How to treat or manage

Hydration, rest, monitor symptoms, seek medical care if severe

How to prevent

Food hygiene, proper storage, cooking, avoid spoiled items

Notes

Can progress rapidly, risk of dehydration or systemic infection

Evacuation:



Nausea and Vomiting

Emesis

What it is

Stomach irritation causing the urge to vomit or actual vomiting

How to identify

Queasiness, vomiting, weakness, sweating, loss of appetite

How to treat or manage

Provide small sips of fluids, rest upright, avoid solid foods temporarily

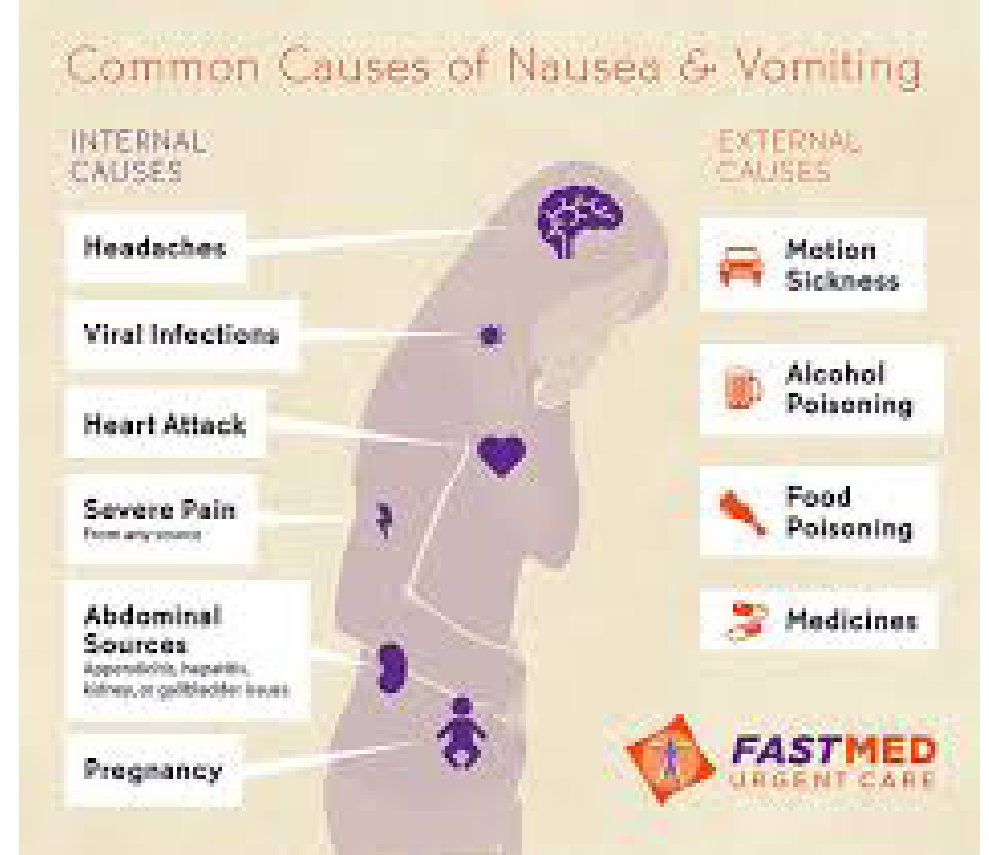
How to prevent

Avoid spoiled food, dehydration, overexertion, known triggers

Notes

Monitor for dehydration or signs of more serious underlying illness

Evacuation: Depends on severity



Motion Sickness

Travel sickness

What it is

Sensory mismatch between visual input and inner ear balance during movement

How to identify

Nausea, dizziness, sweating, headache, pallor, fatigue

How to treat or manage

Stop motion, rest, fresh air, antiemetics if available, seated forward

How to prevent

Forward-facing seating, acclimatization, hydration, gradual exposure

Notes

Common during transport in vehicles, boats, planes

Evacuation:



Worms

Helminth infection

What it is

Intestinal parasitic infection affecting digestion and nutrition

How to identify

Weight loss, anemia, abdominal discomfort, itching, diarrhea, fatigue

How to treat or manage

Antiparasitic medication, hydration, medical treatment, monitor recovery

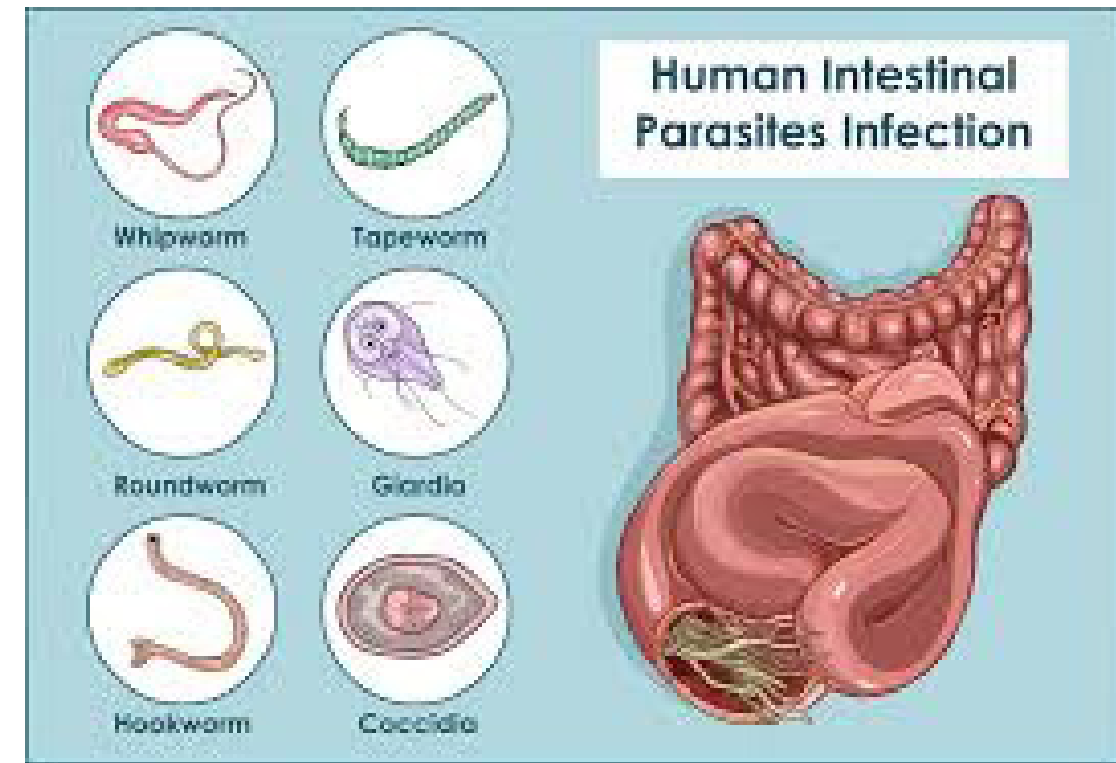
How to prevent

Sanitation, hygiene, proper food and water handling

Notes

Requires medication for clearance, hygiene critical to prevent reinfection

Evacuation: Depends on severity



Tapeworms

Cestode infection

What it is

Intestinal parasitic infection from contaminated food causing systemic symptoms

How to identify

Abdominal pain, nausea, diarrhea, weight loss, passing worm segments

How to treat or manage

Antiparasitic medication under medical supervision, hydration, nutrition

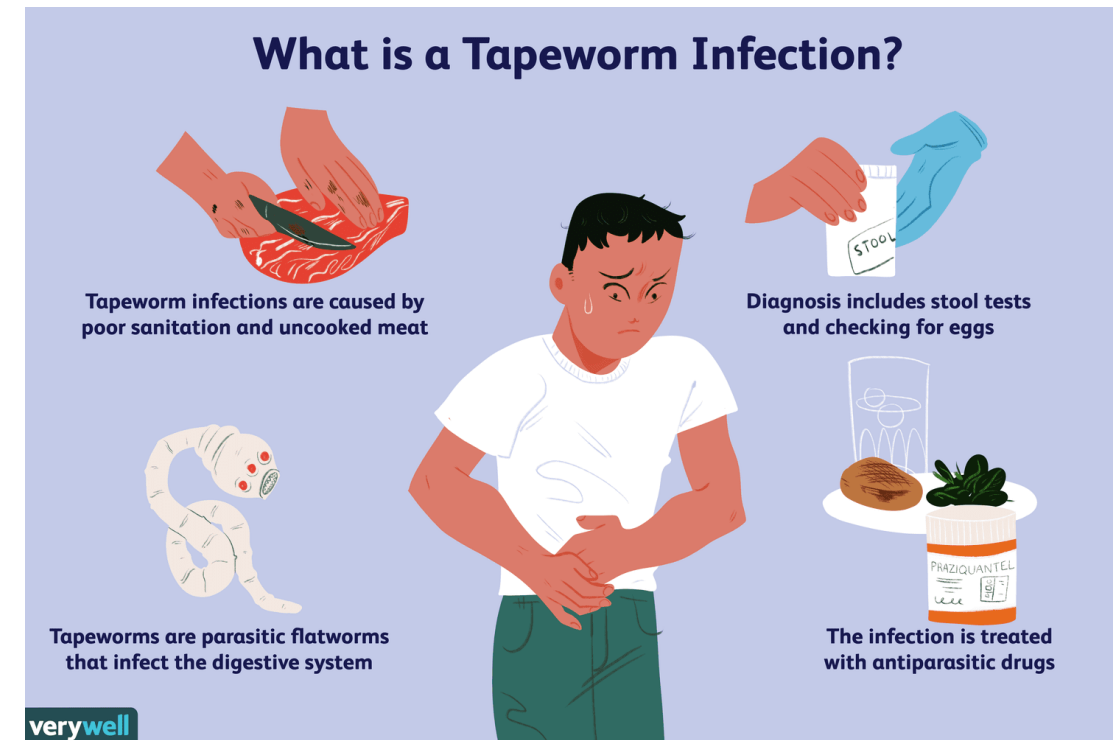
How to prevent

Proper cooking, hygiene, avoid raw or contaminated food

Notes

Long-term infection may cause malnutrition, requires medical treatment

Evacuation: Depends on severity



Cuts abrasions & bruises

Minor trauma

What it is

Minor injuries involving skin damage or soft tissue impact from falls, objects, or trauma

How to identify

Pain, bleeding, swelling, tenderness, bruising, redness, slight functional limitation

How to treat or manage

Clean wound, control bleeding, dress appropriately, apply pressure, monitor healing

How to prevent

Protective clothing, situational awareness, careful movement, hazard prevention

Notes

Watch closely for infection, delayed healing, or worsening of symptoms

Evacuation: Depends on severity



Bleeding & Shock

Hemorrhagic shock

What it is

Significant blood loss causing reduced tissue perfusion and oxygen delivery to organs

How to identify

Pale, clammy skin, fast pulse, confusion, weakness, dizziness, fainting, cold extremities

How to treat or manage

Control bleeding, treat for shock, keep patient warm, elevate legs, evacuate urgently

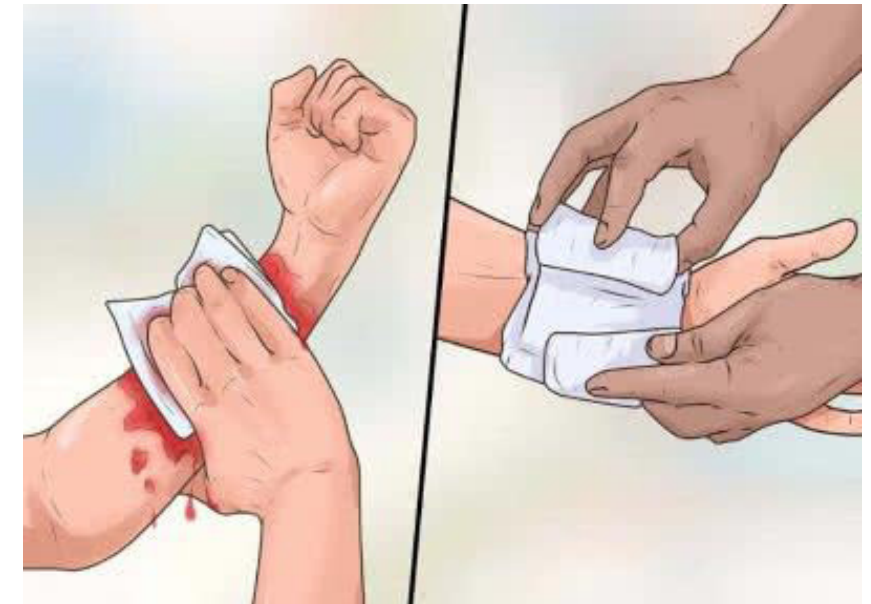
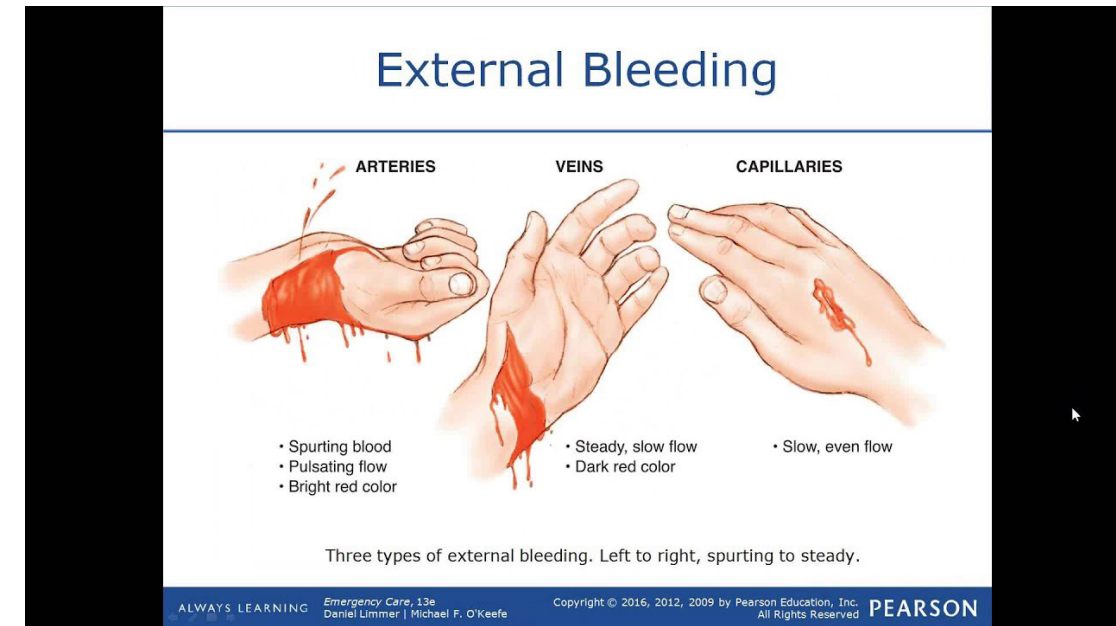
How to prevent

Injury prevention, protective equipment, careful handling of sharp objects, risk management

Notes

Life-threatening condition requiring immediate action, continuous monitoring essential

Evacuation: Rapid evac



Blisters

Friction blister

What it is

Fluid-filled skin injury caused by friction, heat, pressure, or prolonged activity

How to identify

Painful raised area filled with clear or blood-tinged fluid, redness around skin

How to treat or manage

Protect blister, pad area, drain only if necessary, avoid further friction, monitor for infection

How to prevent

Proper footwear, moisture control, gradual activity, protective padding

Notes

Open blisters increase risk of infection and delayed healing if untreated

Evacuation:



Splinter

Foreign body injury

What it is

Small foreign object embedded under the skin surface

How to identify

Localized pain, redness, swelling, minor bleeding, tenderness, visible foreign material

How to treat or manage

Remove carefully with sterile tools, clean area, disinfect, cover with dressing

How to prevent

Gloves, careful handling of wood, metal, plants, or debris

Notes

Retained splinters may cause infection or delayed healing if not removed

Evacuation:



Rashes

Dermatitis

What it is

Skin inflammation caused by allergy, infection, irritation, heat, or chemicals

How to identify

Red, itchy, irritated patches, swelling, scaling, burning, or fluid-filled lesions

How to treat or manage

Identify cause, remove irritant, soothe skin, apply topical treatment if needed, monitor

How to prevent

Avoid allergens, irritants, maintain skin hygiene, wear protective clothing

Notes

May indicate systemic allergic reaction, infection, or underlying medical condition

Evacuation:



Muscle Spasms

Cramp, Charley horse

What it is

Sudden involuntary contraction of one or more muscles causing pain and tightness

How to identify

Sharp localized pain, muscle hardness, visible twitching, reduced range of motion, sudden onset

How to treat or manage

Gently stretch affected muscle, massage, hydrate, replace electrolytes, rest, apply heat if needed

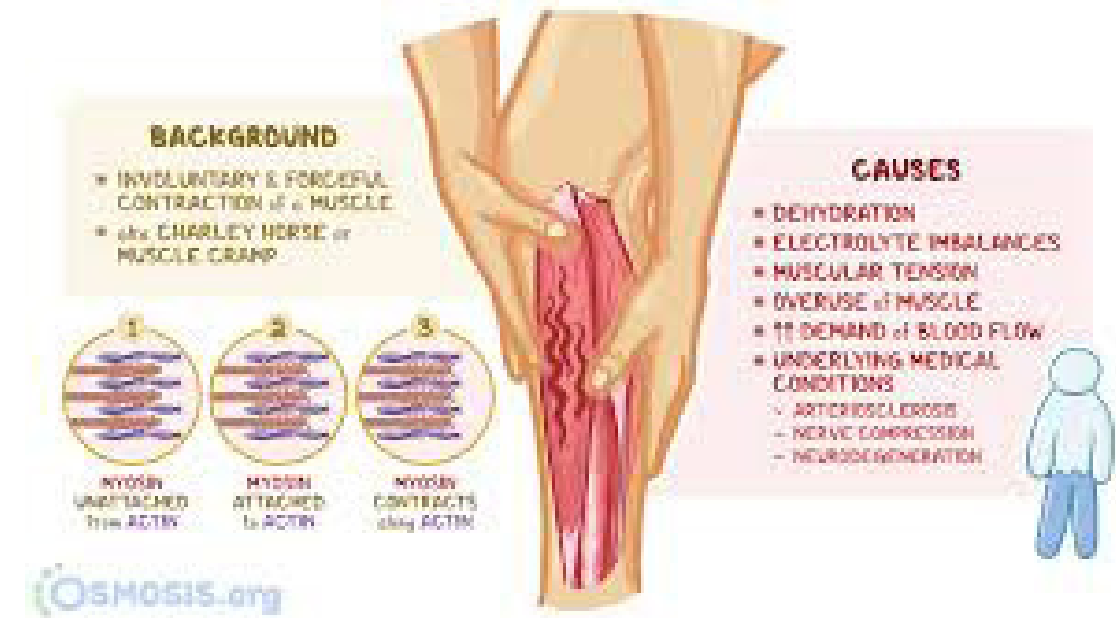
How to prevent

Proper hydration, balanced electrolytes, adequate warm-up, avoid overexertion

Notes

Can occur during exercise, heat, or dehydration; usually resolves quickly but may recur

Evacuation: Depends on severity



Sprains

Ligament sprain

What it is

Ligament injury from overstretching or twisting a joint

How to identify

Swelling, bruising, pain, limited joint movement, tenderness, instability

How to treat or manage

Apply rest, ice, compression, elevation, immobilize, support joint, monitor recovery

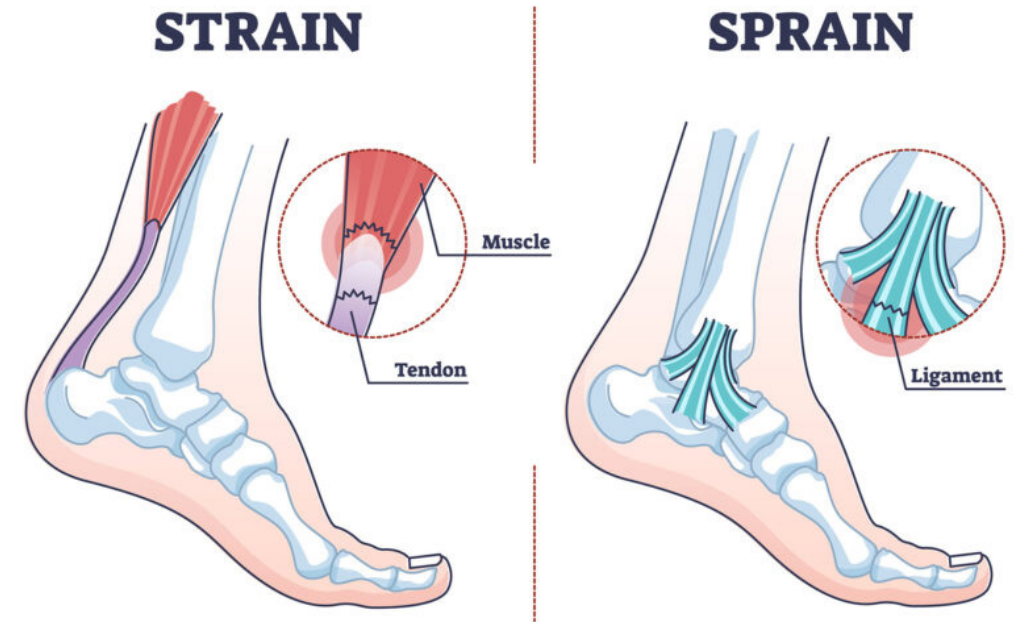
How to prevent

Proper footwear, warm-up exercises, careful movement, avoid sudden twists

Notes

Early return to activity increases risk of chronic instability or reinjury

Evacuation: Depends on severity



Muscle Cramps

Muscle spasm

What it is

Sudden involuntary painful contraction of muscle fibers

How to identify

Intense localized muscle pain, tightening, hardness, limited movement, tenderness

How to treat or manage

Gently stretch affected muscle, hydrate, replace electrolytes, rest, massage if appropriate

How to prevent

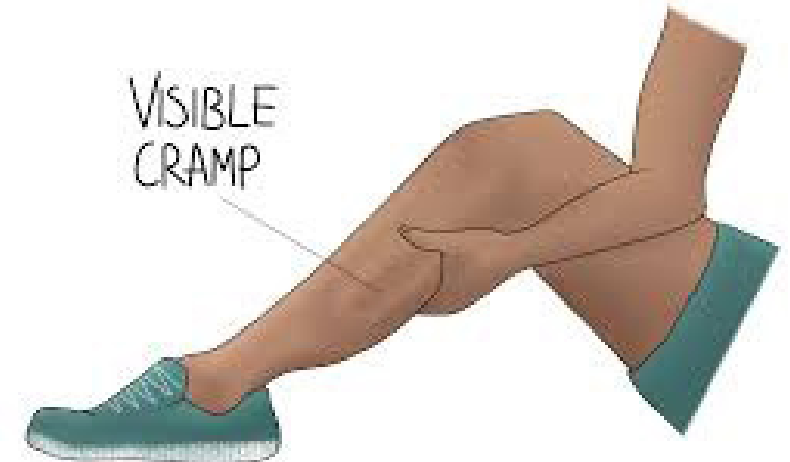
Maintain hydration, proper conditioning, pacing, electrolyte intake

Notes

Common during heat, exertion, dehydration, or electrolyte imbalance

Evacuation: Depends on severity

Risk factors of muscle cramps



Muscle Tear & Ligament Tea

Strain, rupture

What it is

Partial or complete rupture of muscle or ligament fibers causing functional impairment

How to identify

Sudden sharp pain, swelling, weakness, loss of range of motion, bruising

How to treat or manage

Immobilize affected area, apply ice, rest, evacuate for medical assessment, avoid movement

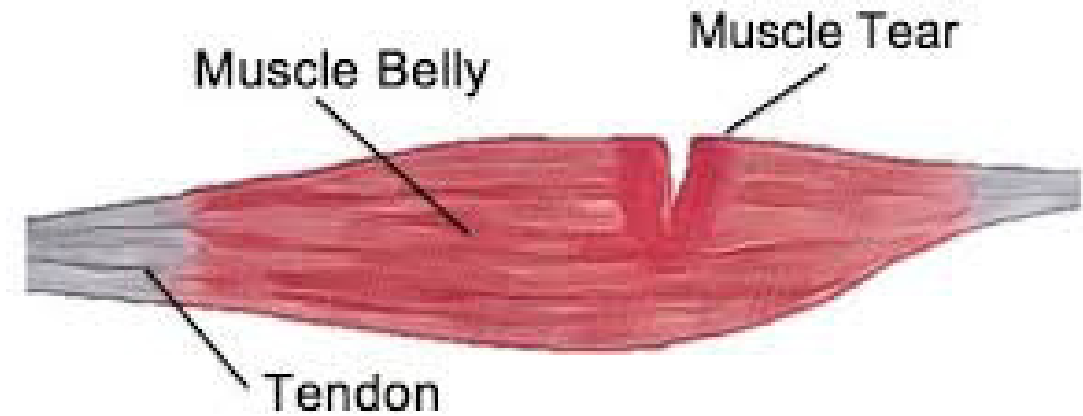
How to prevent

Adequate warm-up, conditioning, proper technique, protective gear

Notes

Often requires medical imaging, rest, and sometimes rehabilitation

Evacuation: Depends on severity



Dislocation

Joint dislocation

What it is

Bone displaced from its normal joint alignment causing pain and dysfunction

How to identify

Visible deformity, severe pain, swelling, loss of normal movement, tenderness

How to treat or manage

Immobilize joint, avoid movement, support limb, evacuate for medical care

How to prevent

Proper technique, protective measures, avoid high-risk activities

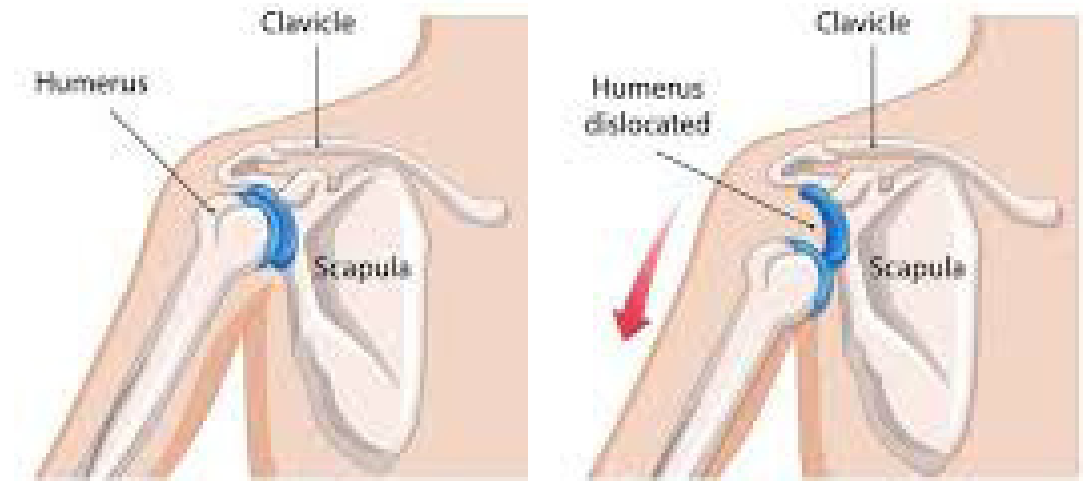
Notes

Do not attempt to reduce in the field, serious complications possible

Evacuation: Rapid evac

Shoulder Dislocation

When the head of the upper arm bone pops out of the shoulder socket.



Normal Anatomy

Dislocation



Trauma

Injury, physical trauma

What it is

Physical injury caused by external force, impact, or accident

How to identify

Pain, bleeding, deformity, altered consciousness, swelling, or impaired function

How to treat or manage

Assess ABCs, stabilize injuries, control bleeding, evacuate for care

How to prevent

Risk assessment, safety procedures, situational awareness, protective gear

Notes

Continuous reassessment and monitoring is critical to prevent deterioration

Evacuation: Depends on severity



Slipped Disc

Herniated disc

What it is

Herniated spinal disc compressing nearby nerves causing pain or dysfunction

How to identify

Back pain radiating to limbs, numbness, tingling, weakness, restricted mobility

How to treat or manage

Limit movement, provide rest, immobilize if necessary, evacuate for assessment

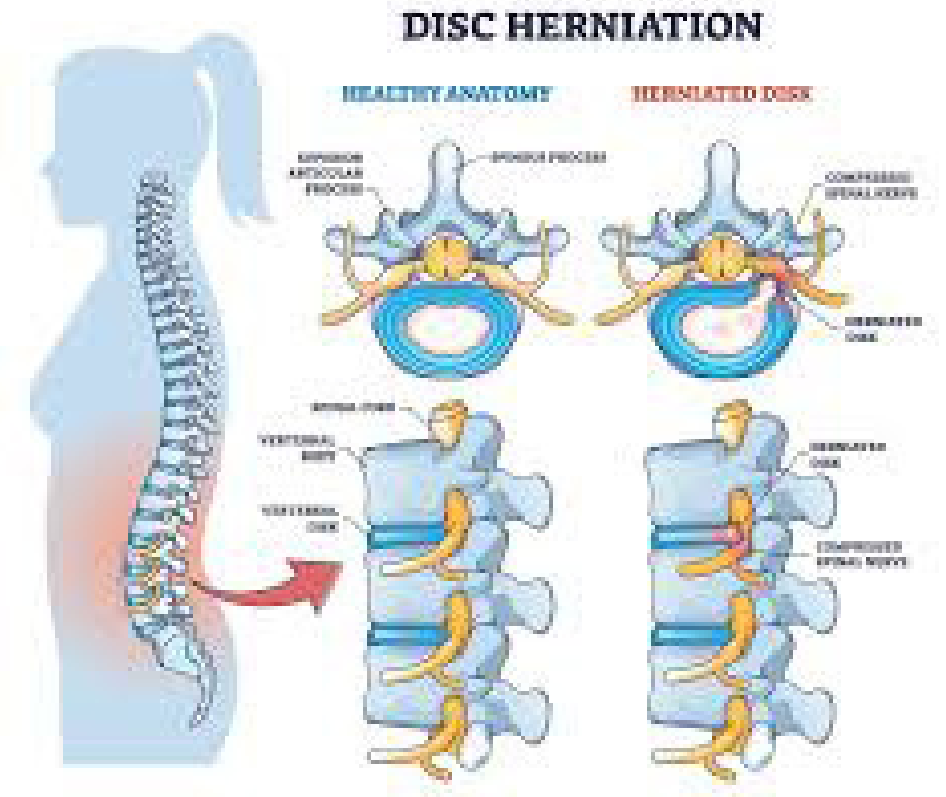
How to prevent

Proper lifting techniques, core strengthening, ergonomics

Notes

Sudden movements may worsen injury, long-term rehabilitation may be required

Evacuation: Rapid evac



Concussion

Mild TBI

What it is

Mild traumatic brain injury caused by head impact or rapid acceleration

How to identify

Headache, confusion, dizziness, nausea, vomiting, memory disturbance, irritability

How to treat or manage

Rest, monitor symptoms, avoid exertion, evacuate if worsening, seek medical evaluation

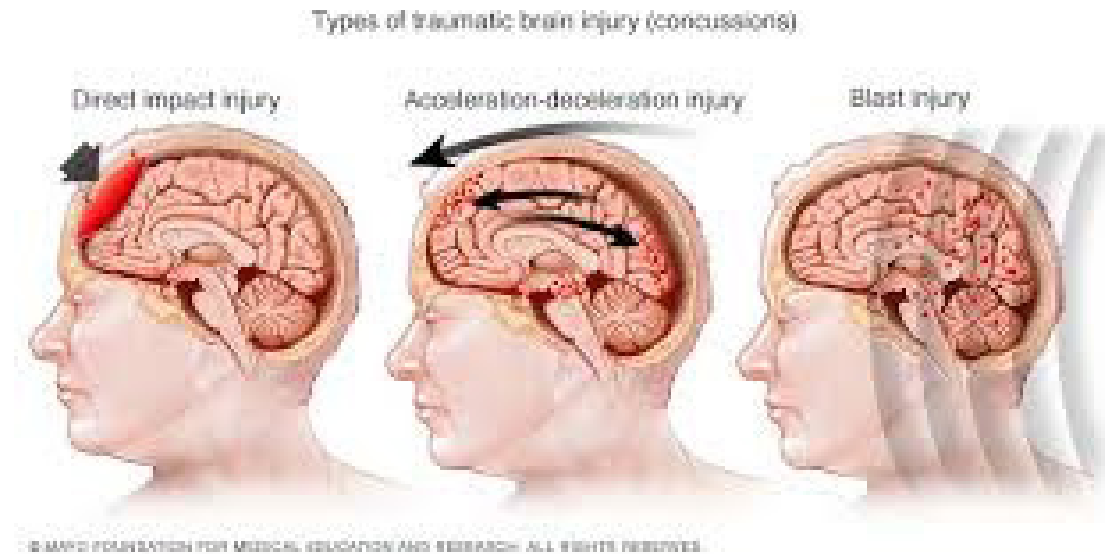
How to prevent

Helmet use, safety practices, impact prevention

Notes

No return to activity same day, monitor closely for deterioration

Evacuation: Rapid evac



Fracture

Broken bone

What it is

Break or crack in bone structure leading to pain and immobility

How to identify

Severe pain, swelling, deformity, inability to move limb, tenderness

How to treat or manage

Immobilize area, apply splint, control pain, evacuate for medical assessment

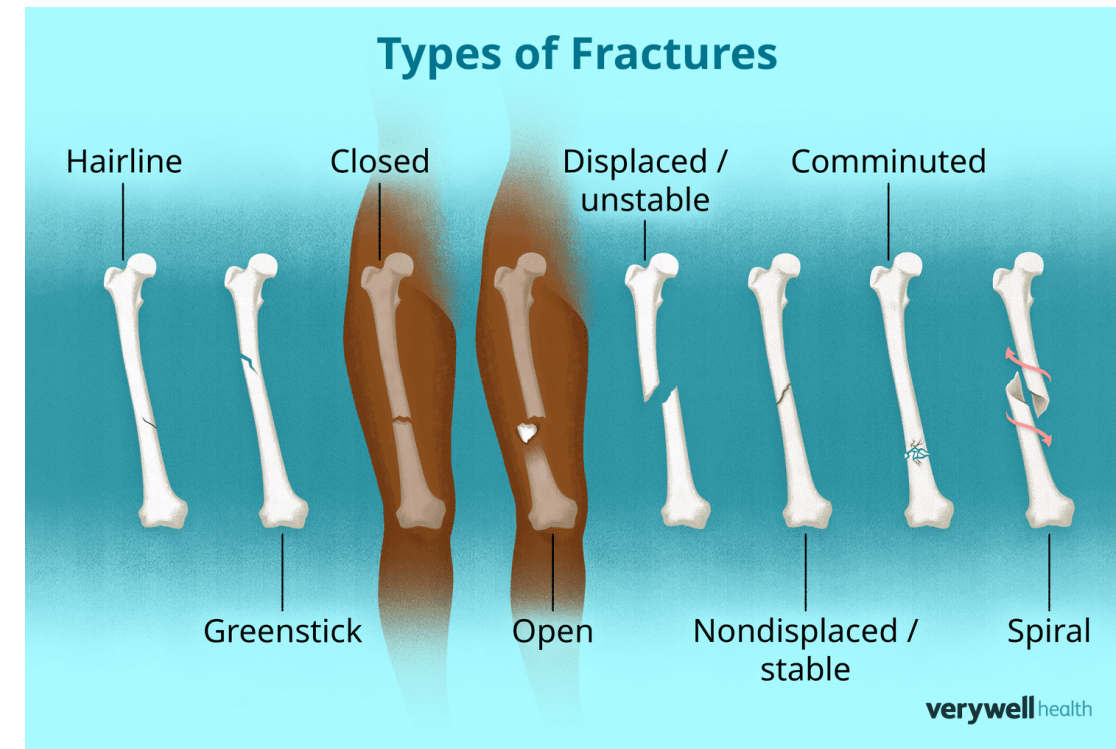
How to prevent

Injury prevention, protective equipment, safe handling

Notes

Treat suspected fractures as confirmed, monitor circulation and sensation

Evacuation: Rapid evac



Spinal Injury

Vertebral injury

What it is

Damage to spine or spinal cord potentially causing paralysis

How to identify

Neck or back pain, weakness, numbness, loss of sensation, paralysis

How to treat or manage

Immobilize spine, avoid movement, monitor ABCs, evacuate immediately

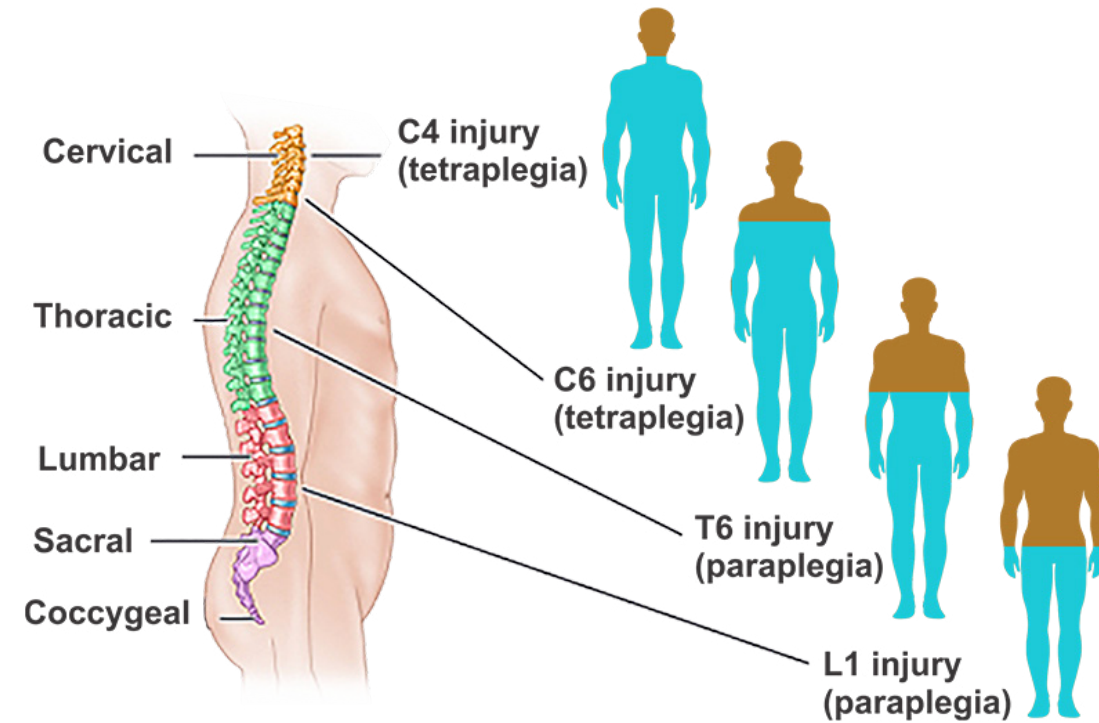
How to prevent

Safe lifting, fall prevention, protective equipment

Notes

Mishandling may cause permanent neurological damage

Evacuation: Rapid evac



Fire Burns

Flame burns

What it is

Thermal injury caused by direct flame exposure

How to identify

Severe pain, blistering, charred or blackened skin, swelling

How to treat or manage

Cool burn, cover loosely, evacuate, provide pain relief

How to prevent

Fire safety awareness, controlled flame use, protective clothing

Notes

High risk of infection and shock, monitor airway and vital signs

Evacuation: Depends on severity

SKIN BURN TREATMENT



Hot Water Burn

Scald burn

What it is

Scald injury from hot liquids causing skin damage

How to identify

Red painful blistered skin, swelling, tenderness, limited function

How to treat or manage

Cool immediately with clean water, cover with sterile dressing, evacuate

How to prevent

Care when handling boiling liquids, protective equipment

Notes

Depth may worsen over time, avoid ointments or ice

Evacuation:



Hot Object Burn

Contact burn

What it is

Thermal injury from contact with heated object

How to identify

Localized pain, redness, blistering, swelling, tissue damage

How to treat or manage

Cool affected area, cover with sterile dressing, monitor for infection

How to prevent

Use protective gloves, caution handling hot objects

Notes

Severity varies with duration and temperature of contact

Evacuation:

Eye Twitch

Eyelid myokymia

What it is

Involuntary repetitive eyelid movement

How to identify

Repeated eyelid twitching, mild irritation, fatigue, stress-related

How to treat or manage

Rest, reduce stress, hydration, adequate sleep, avoid stimulants

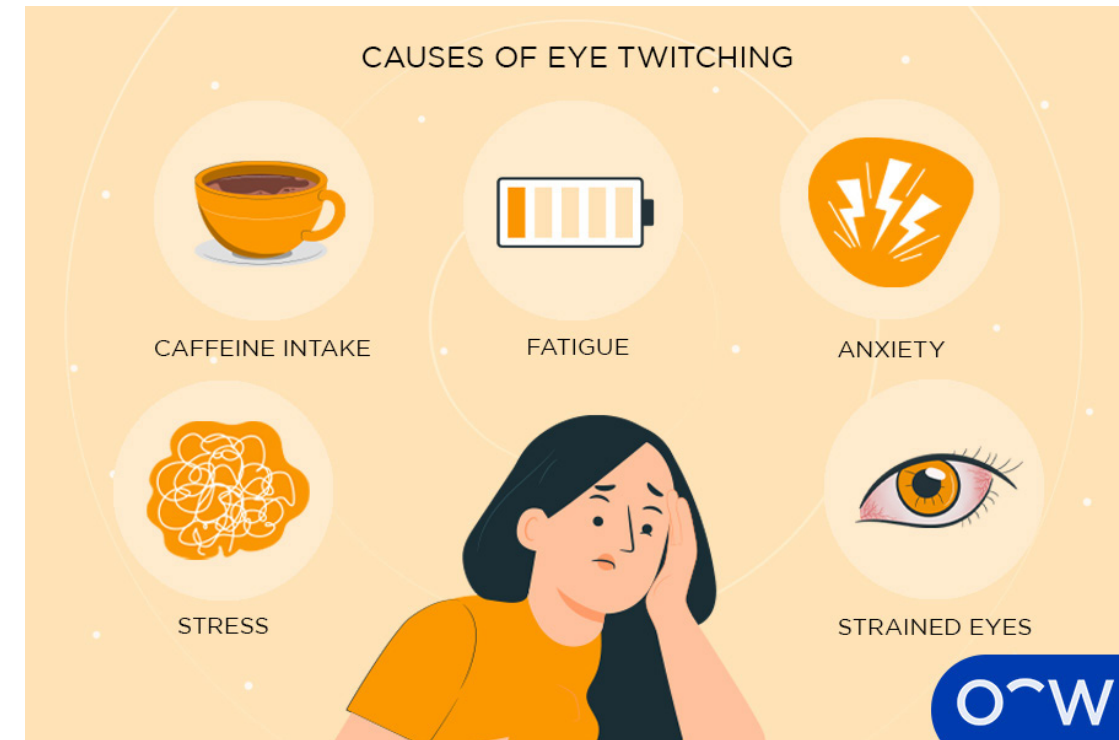
How to prevent

Sleep, hydration, limit caffeine and stress

Notes

Usually benign, monitor for prolonged episodes

Evacuation:



Eye Infection

Conjunctivitis

What it is

Infection of the eye tissues caused by bacteria or virus

How to identify

Redness, discharge, pain, swelling, irritation, blurred vision

How to treat or manage

Clean eye, apply prescribed medication, monitor for spread

How to prevent

Hand hygiene, avoid touching eyes, protective eyewear

Notes

Highly contagious, treat promptly

Evacuation: Rapid evac



Snow Blindness

Photokeratitis

What it is

UV damage to the cornea caused by intense sunlight reflection

How to identify

Eye pain, tearing, redness, light sensitivity, temporary vision loss

How to treat or manage

Cover eyes, rest in dark environment, provide artificial tears

How to prevent

Wear sunglasses, use UV protection, avoid glare

Notes

Usually temporary but painful, avoid repeated exposure

Evacuation: Rapid evac

Snow Blindness Symptoms

- Eye Pain
- Burning in the Eyes
- Feeling like there is sand or grit in the eye
- Redness to the Eyes
- Light Sensitivity
- Eyes Watering Constantly
- Blurry Vision
- Swelling to the eye and eye area
- Headaches
- Glare or Halos visible around light sources



Choking

Airway obstruction

What it is

Airway obstruction by foreign object preventing adequate breathing

How to identify

Inability to speak or cough, cyanosis, panic, distress

How to treat or manage

Perform abdominal thrusts, call for help, clear airway immediately

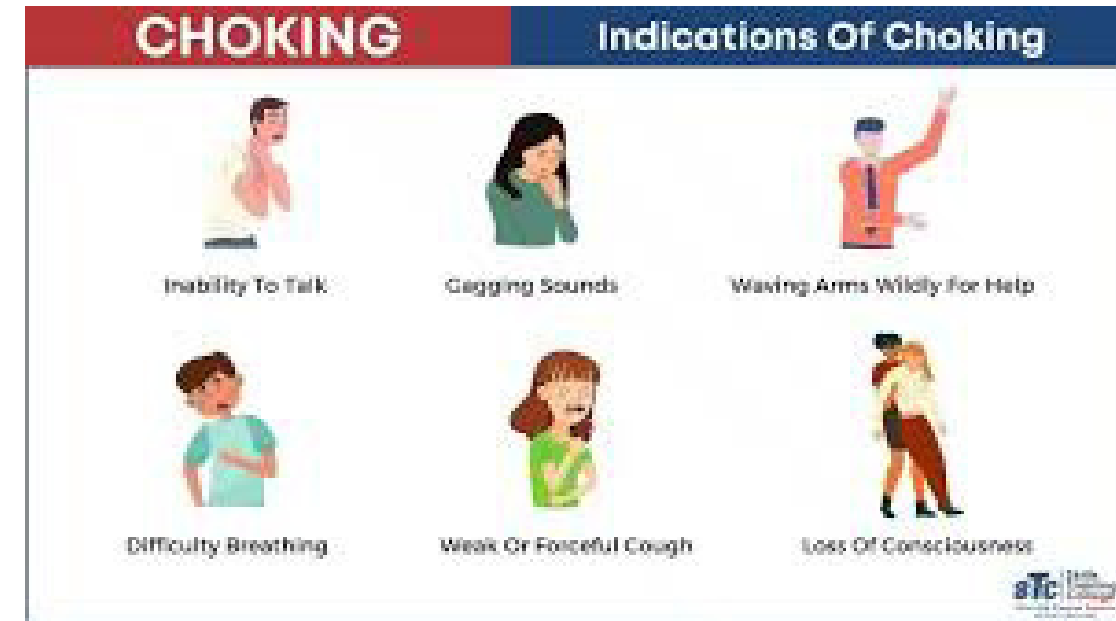
How to prevent

Eat slowly, chew thoroughly, avoid risky foods

Notes

Time-critical emergency, immediate action required

Evacuation:



Five and five

Give five back blows

Give five abdominal thrusts



Palpitations

Noticeable rapid, strong, or irregular heartbeat often felt in chest or throat

What it is

Awareness of heartbeat, fluttering, pounding, irregular rhythm, anxiety, sometimes dizziness

How to identify

Sit or lie down, remain calm, monitor pulse, avoid stimulants, seek medical evaluation if persistent

How to treat or manage

Limit caffeine, alcohol, stress; manage underlying heart conditions

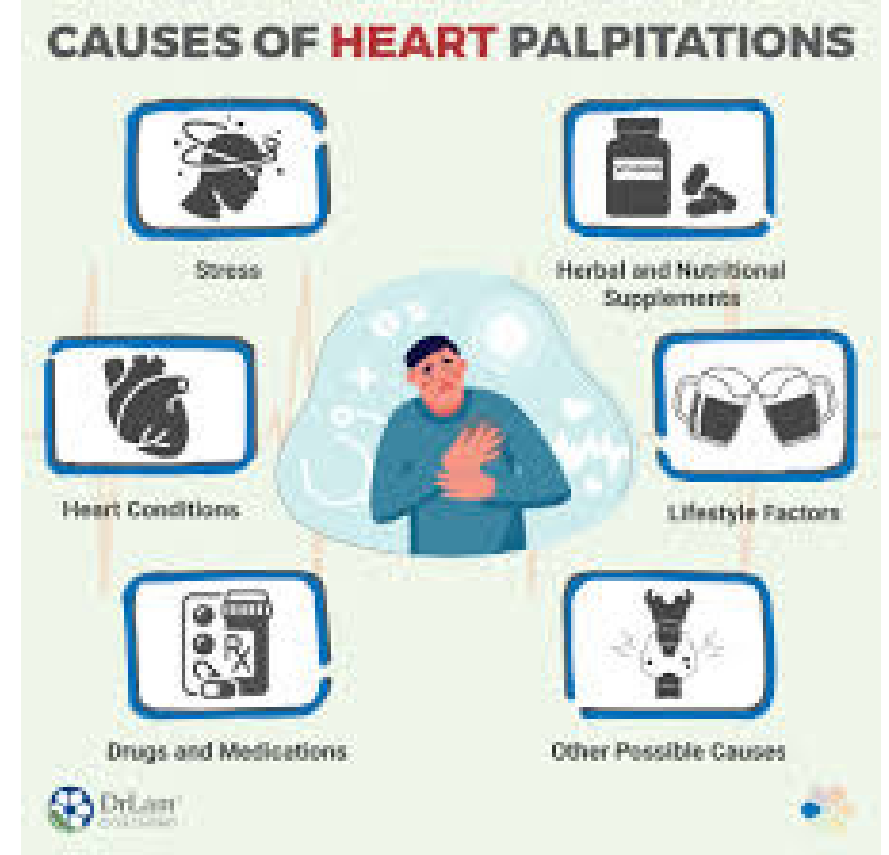
How to prevent

Irregular heartbeat, racing heart

Notes

Usually benign but may indicate arrhythmia or other cardiac conditions; monitor symptoms

Evacuation:



Arrhythmia

Dysrhythmia

What it is

Abnormal heart rhythm affecting circulation and organ perfusion

How to identify

Palpitations, dizziness, fainting, irregular pulse, chest discomfort

How to treat or manage

Rest, monitor vitals, evacuate for medical evaluation, provide support

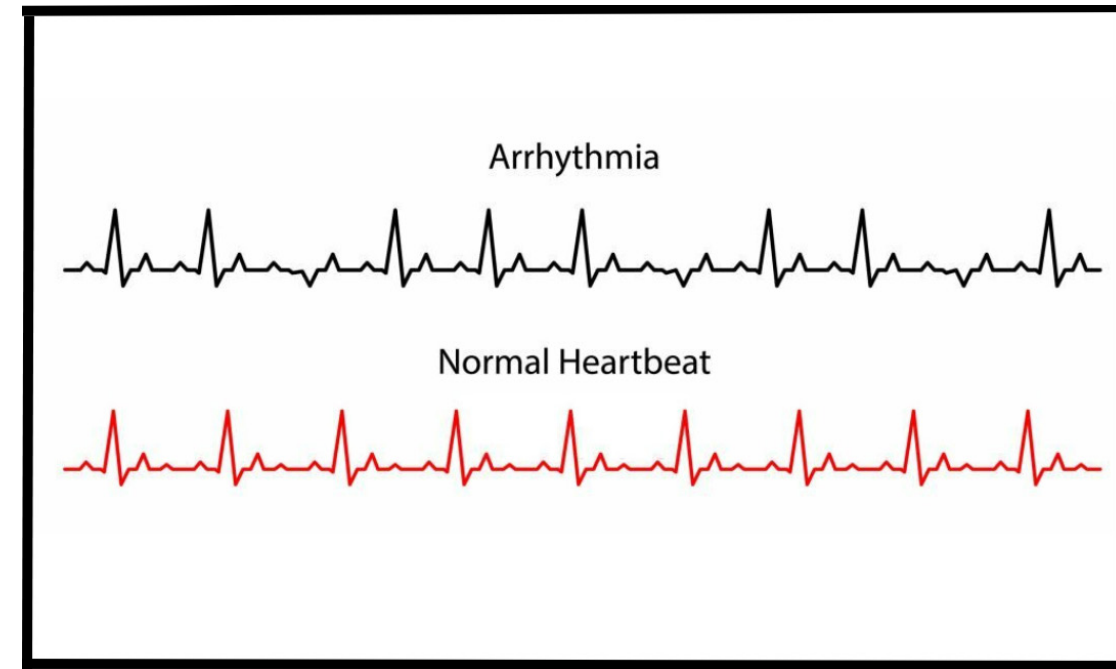
How to prevent

Medical screening, monitor medication, avoid triggers

Notes

Can be life-threatening depending on type and severity

Evacuation: Rapid evac



Heart Burn

Acid reflux, GERD

What it is

Acid reflux irritating esophagus lining causing discomfort

How to identify

Burning sensation in chest, sour taste, regurgitation, discomfort

How to treat or manage

Antacids, upright posture, avoid lying flat, monitor symptoms

How to prevent

Avoid trigger foods, dietary management, small frequent meals

Notes

Differentiate from cardiac pain to avoid misdiagnosis

Evacuation:



High Blood Pressure

Hypertension

What it is

Chronically elevated arterial blood pressure affecting organ function

How to identify

Often asymptomatic, sometimes headache, dizziness, visual changes

How to treat or manage

Monitor blood pressure, adherence to medication, lifestyle changes, evacuation if severe

How to prevent

Regular monitoring, diet control, exercise, reduce stress

Notes

Silent long-term risk, can cause organ damage

Evacuation: Rapid evac

CAUSES OF HIGH BLOOD PRESSURE



GENETICS



SMOKING



OBESITY



STRESS



HIGH ALCOHOL
CONSUMPTION



LACK OF
EXERCISE



AGING



HIGH SALT
INTAKE



Low Blood Pressure

Hypotension

What it is

Abnormally low arterial pressure reducing perfusion to organs

How to identify

Dizziness, fainting, weakness, blurred vision, fatigue

How to treat or manage

Lay patient flat, elevate legs, hydrate, monitor vitals

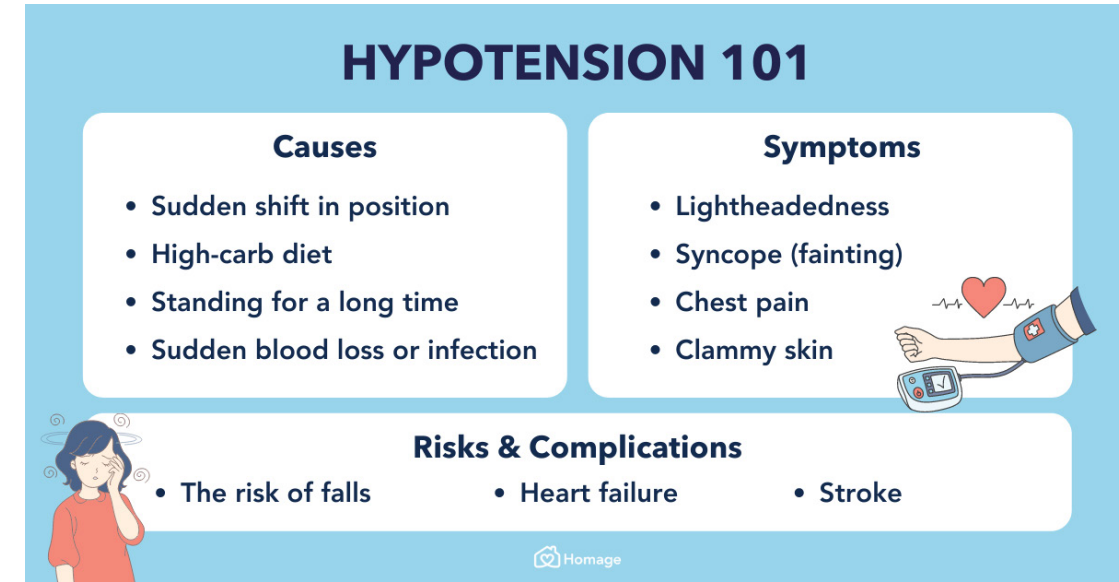
How to prevent

Slow position changes, maintain hydration, manage medications

Notes

Can indicate shock, monitor closely

Evacuation: Rapid evac



High Blood Sugar

Hyperglycemia

What it is

Elevated blood glucose affecting metabolism

How to identify

Excessive thirst, frequent urination, fatigue, blurred vision, nausea

How to treat or manage

Administer medication if prescribed, hydration, monitor glucose levels

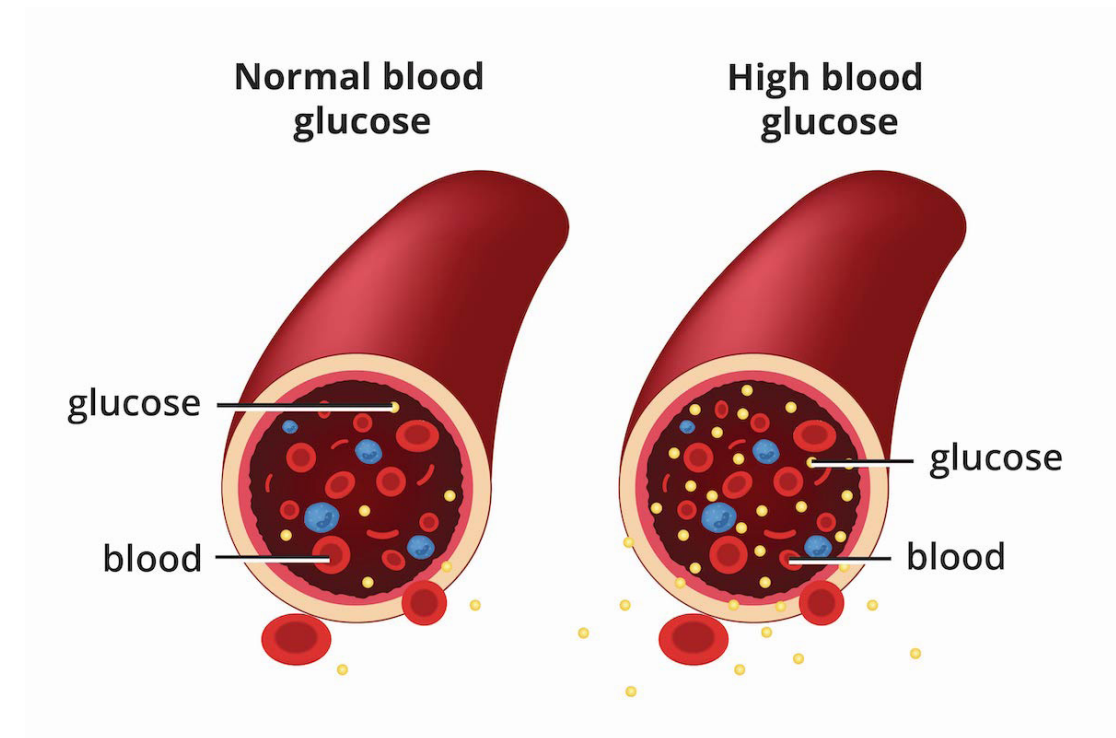
How to prevent

Diet control, medication adherence, regular glucose monitoring

Notes

Chronic condition, risk of long-term complications

Evacuation: Rapid evac



Low Blood Sugar

Hypoglycemia

What it is

Low blood glucose affecting brain and body function

How to identify

Sweating, confusion, tremors, weakness, irritability, fainting

How to treat or manage

Give fast-acting sugar immediately, monitor, provide food

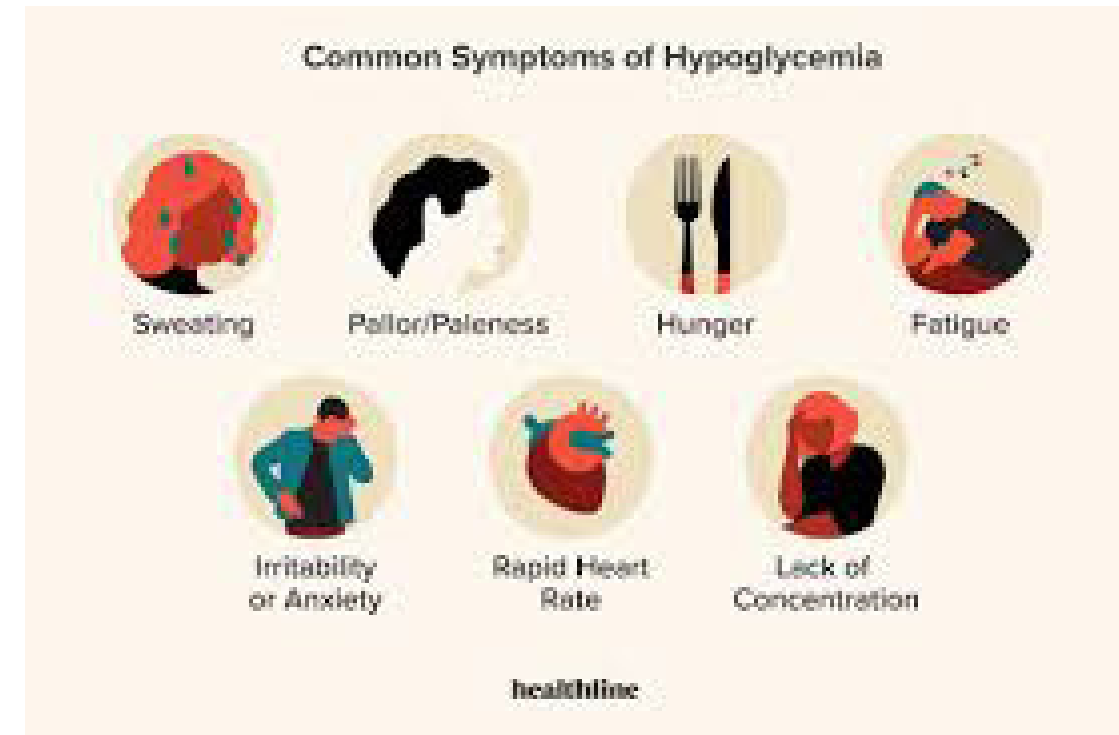
How to prevent

Regular meals, medication adherence, glucose monitoring

Notes

Can cause collapse or seizures if untreated

Evacuation: Rapid evac



Alcohol Poisoning

Ethanol toxicity

What it is

Toxic effects caused by excessive alcohol intake

How to identify

Vomiting, confusion, slow breathing, unconsciousness, hypothermia

How to treat or manage

Protect airway, keep warm, monitor vitals, evacuate urgently

How to prevent

Responsible alcohol consumption, moderation, awareness

Notes

Life-threatening condition requiring immediate intervention

Evacuation: Depends on severity



Cardiac Arrest

Sudden cardiac arrest

What it is

Sudden cessation of effective heart function causing collapse

How to identify

Unconsciousness, no breathing, absent pulse, cyanosis

How to treat or manage

Start CPR immediately, use AED, call emergency services

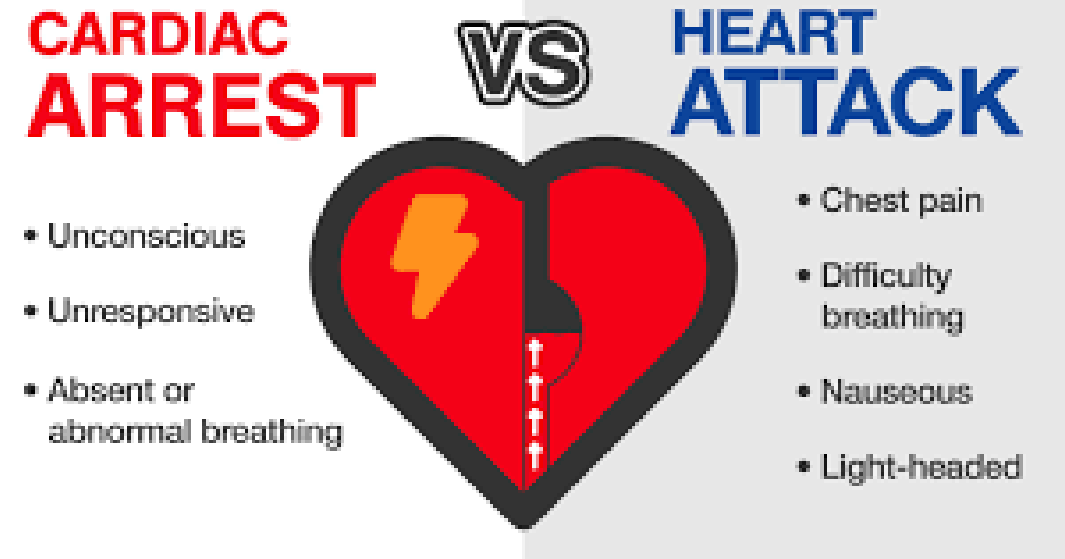
How to prevent

Cardiac risk assessment, avoid triggers, screening

Notes

Survival depends on rapid recognition and response

Evacuation: Rapid evac



AMS

Acute mountain sickness

What it is

Mild altitude illness due to rapid ascent without acclimatization

How to identify

Headache, nausea, dizziness, loss of appetite, sleep disturbance

How to treat or manage

Rest, hydrate, avoid further ascent, consider descent

How to prevent

Gradual ascent, acclimatization, monitoring

Notes

Never ascend further until symptoms resolve, monitor closely

Evacuation: Depends on severity



HAPE

High altitude pulmonary edema

What it is

Fluid accumulation in lungs at high altitude causing hypoxia

How to identify

Shortness of breath, cough, weakness, decreased exercise tolerance

How to treat or manage

Immediate descent, oxygen therapy, medications if available

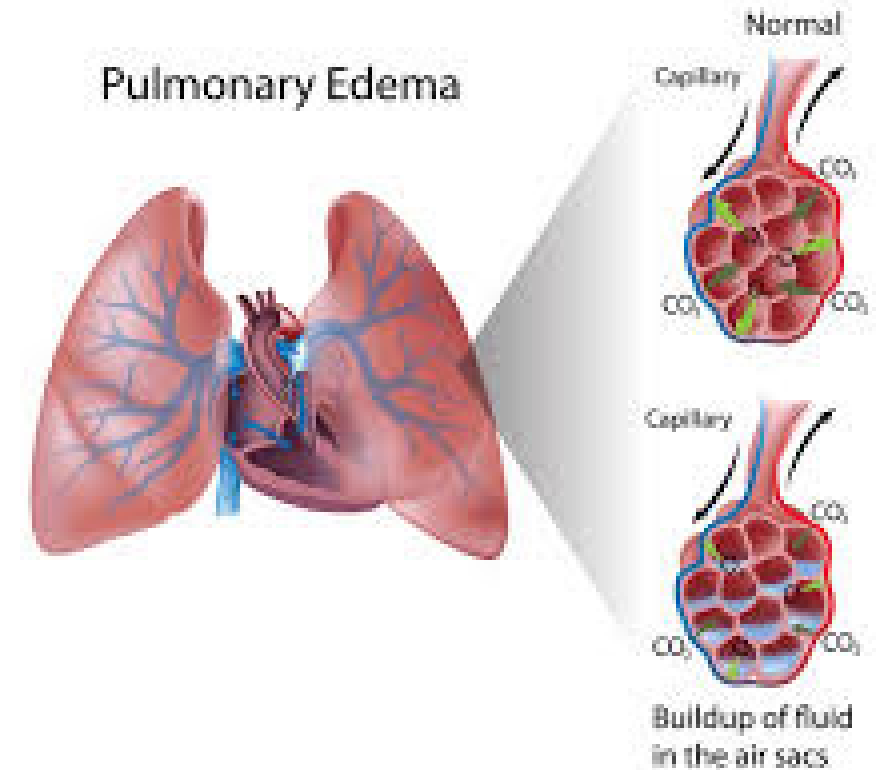
How to prevent

Gradual ascent, acclimatization, avoid rapid altitude gain

Notes

Life-threatening emergency, urgent evacuation required

Evacuation: Rapid evac



HAPE

(High Altitude Pulmonary Edema)

- ✓ Trouble Breathing
- ✓ Chest Pain
- ✓ Dry Cough
- ✓ Pink, Frothy Sputum
- ✓ Rapid Heart Rate

HACE

High altitude cerebral edema

What it is

Brain swelling due to severe altitude illness

How to identify

Confusion, loss of coordination, altered consciousness, vomiting

How to treat or manage

Immediate descent, oxygen, urgent evacuation, monitor vitals

How to prevent

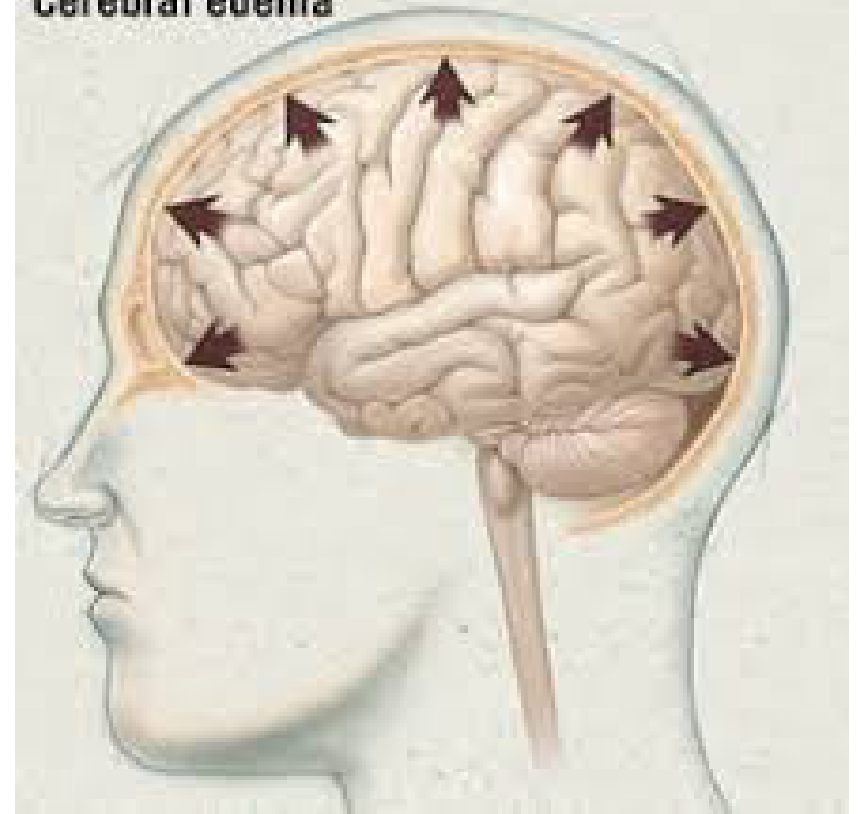
Proper acclimatization, avoid rapid ascent

Notes

Often fatal if untreated, requires urgent medical attention

Evacuation: Rapid evac

Cerebral edema



HACE

(High Altitude Cerebral Edema)

- ✓ Headaches + Dizziness
- ✓ Disorientation + Confusion
- ✓ Nausea + Vomiting
- ✓ Extreme Lethargy
- ✓ Lack of Coordination (Ataxia)