

**WHILST ENJOYING
THE GREAT KENYA OUTDOORS
TAKE TIME OUT TO
CONSIDER THE FOLLOWING**

Emergency, Health & Hygiene

A First Aid Kit is essential.

Include the most important items as well as medication for anything to which one of the party is known to be susceptible.

Such kit can be contained in a soft side bag with zip and lined with a Polarshield emergency blanket to keep the heat out.

Make a list of all items and mention expiry dates; laminate this and attach to the side of the bag.

Keep in the coolest part of the vehicle.

The following list is a guideline, but a Doctor or Pharmacist can give good advice.

What can happen?

Abrasions	Allergies
Blisters	Boils
Choking	Colds/Flu
Coughing	Cuts
Dehydration	Diarrhea
Ear Ache	Fractures/Breaks
Heat/Sun Stroke	Hypothermia
Infection	Itching
Muscle strain	Nausea
Pain	Period
Rashes	Scalds/Burns
Shock	Sinus
Sore Eyes	Sore Throat
Sprains	Stings/Bites
Toothache	Vomiting

PRECAUTIONS

Weather Conditions:

These can make a great deal of difference to an outdoor safari. Endeavor to ascertain the type of conditions expected in the area to be visited before leaving and plan accordingly. In a storm protect against lightning and try not to expose yourself. If caught outside sit or crouch on some form of insulation even if only a sleeping bag. Do not seek shelter beneath isolated tall trees or other tall objects, which might attract lightning.

Water Purification:

As it is almost impossible to carry sufficient water and water must always be treated as suspect, it is important to include water purifying tablets and a Water Purifier machine. Boiling water does kill most disease causing organisms.

Malaria:

This is regrettably on the rise and there are strains of resistant malaria; it is thus essential to be protected against this serious problem. WHO statistics have shown that over 80% of fatalities due to malaria occur in Africa and out of very many who die per year an estimated 50% are children under 5 years.

Chloroquine has always been the anti-malarial drug of choice, however, it is no longer sufficient to take it and consider oneself protected. There are areas which are chloroquine resistant and these are on the increase. Unfortunately some of the other more modern anti-malarials have also become non-effective. A Doctor or Pharmacist in the area to be visited should be contacted to recommend the best drug for that area. Quinine in injectable form, is still used in serious cases.

Needless to say Prevention is the best remedy to prevent the bite in the first place. (Nets, repellents, sprays etc)

Bear in mind that anti-malarials often produce unwanted effects (side effects) and dosage varies so consult a Doctor before departure.

Assessing the Malarial Risk:

- ❖ Length of stay in malaria area
- ❖ Time of Year (Dry/Wet Season)
- ❖ Prevalence of malaria
- ❖ Type of accommodation (Indoors/ outdoors)
- ❖ Low Immunity: The Elderly, Babies, Children under 5 years, Pregnant women or people from areas without malaria are considered high risks.

Prevention:

- ❖ Apply repellent to exposed skin and wear light coloured clothing
- ❖ Wear long sleeves, long trousers and socks after dark
- ❖ Use mosquito nets, screens or coils
- ❖ Avoid perfumes and aftershave lotions
- ❖ Use Non-scented soaps
- ❖ Avoid going outside at dusk or dawn
- ❖ Try to visit malarial areas in the dry season or when the rainfall is low.
- ❖ Prophylactic anti-malarials for those with low immunity should consult a Doctor or a Pharmacist

Useful Equipment

- Airways x 2
- Blades
- Clamps
- Cotton wool
- Crepe Bandages
- Dropper
- Ear Buds
- Eye bath & Patch
- Fine Scissors
- Fine Tweezers
- Flat nose Tweezers
- Folding Cup
- Gauze Bandage
- Gloves Disposable
- Hot/Cold Compress Packs
- Long nose Scissors
- Plasters
- Purified Water
- Resuscitation Valve
- Safety Pins
- Silver Polarshield Blanket
- Splints
- Sponge
- Sterile Strips
- Swabs
- Thermometer
- Tourniquet
- Wide Bandage

Rub-ons

- After-bite Stick (Beus)
- Antibiotic Ointment/Powder
- Antiseptic Ointment
- Betadine Liquid/Ointment
- Calamine Lotion
- Dettol Liquid
- Mercurochrome Liquid
- Methiolate
- Sun/Bug Lotion (Cutters)
- Surgical Spirits

Medications

- Anti-Diarrhoeal (Imodium)
- Anti-Emetic
- Anti-Histamine
- Anti-Inflammatory
- Anti-Pyretic
- Anti-Spasmodic
- Broad Spectrum Anti-Biotic
- Ear/Eye Drops
- Pain Killers

Coughs/Colds

- Cough Mixture
- Gargle
- Jamaican Ginger
- Throat Lozenges
- Vicks

Burns

- Anti-Biotic Cream
- Burn Shields
- Paraffin Gauze

Mosquito/Malaria

(See Separate section)

- Repellent Coil

NB: Where required obtain a Prescription from your Doctor

Other

- Bi-carbonate of Soda
- Glucose Tabs
- ORS Sachets
- Snake Bite Kit
- Tooth fill

Note: Where required obtain a prescription from a Doctor

Ask for a free copy of our pamphlet entitled:
'Are You Prepared to Enjoy the Great Kenya Outdoors'?

This includes a Check List of items you will probably need to ensure a safe and a successful Safari

We stock manuals embracing Safety, First Aid and Survival

We will be happy to make up your
First Aid kits enclosed in a suitable waterproof zippered bag

Rhino Leisure & Safari

RHINO House

Karen Road

(Link between Langata/Ngong Roads)

P O Box 24901 Karen, Nairobi

Phones: 884239, 884019

Fax: 882041

Cell Phone: 0722,567257

Email: rhino@rhinoleisure.com

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