

decongestant.

Tolnaftate powder (Tinactin, 45 gm) [\$2.10]. Apply bid-tid for fungal skin infections.

Zinc oxide (1 lb) [\$3.75]. This mild astringent and antiseptic is used in diaper rash and various skin diseases, or as a sunscreen.

From the Grocery Store:

Baking soda is most important for oral fluid replacement -- see below. It has been used as an antacid, though it is certainly not ideal. Persons who need to restrict sodium intake should not take soda for an upset stomach.

Coca-Coca syrup [\$6.50/gallon]. One consultant suggested this as being surprisingly effective for nausea and vomiting.

POTASSIUM IODIDE

To block thyroid gland to prevent uptake of radioactive iodine contaminating food and water, take 4 drops of a saturated solution daily. (Fill a brown dropper bottle about 60% full with crystals, then add water until bottle is 90% full. Shake. Check to be sure that some crystals remain out of solution. See *Nuclear War Survival Skills* p. 114.)

PRESCRIPTION DRUGS

The following is not intended as a self-treatment guide, but as a guide to choosing drugs for storage. Always seek medical advice before using these potent drugs, all of which have potentially serious side effects, including death. Antibiotics should not be used when they are ineffective and unnecessary (as in viral infections) because of side effects and the risk of selecting out resistant bacteria.

For guidance in determining quantities, the usual duration of treatment for an episode of illness is about 10 days. Adult dosages are given unless otherwise indicated. Abbreviations: bid=twice a day; tid=three times daily; qid=four times daily.

Do not take outdated tetracycline, as kidney damage may result.

Always ask the patient whether he is allergic to the drug. If he has a history of hives (an itchy skin rash) or wheezing or swelling in the mouth or throat, do not give the medication, as a fatal reaction may occur.