



Blackstone Lake Cottagers Association

Blackstone Lake Emergencies

Your medical kit at the cottage.

There are general items to keep at the cottage and other items specific to your health status. These are my recommendations for a basic medical kit.

1. **BANDAIDS** and **GAUZE** for wrapping larger cuts or abrasions.
2. **TENSOR** and an **ICE PACK** to help control swelling after a sprain or hard knock.
3. **ANTIHISTAMINES** like benadryl (diphenhydramine) to control allergic symptoms
4. **CALAMINE LOTION** to ease the itch from insect bites. Your physician can also prescribe a steroid cream for this purpose.
5. Analgesics like **ACETAMINOPHEN** or **IBUPROFEN** are good to have on hand but check with your physician if there are any contraindications to their usage.
6. For those who are on medications (eg puffers for asthma or epi-pens)make sure you have a supply at the cottage and inform guests that they need to remember to bring their medications when they visit.
7. **MASKS** and **HAND SANITIZER**

In the event of an adult having severe chest pain or pressure that may or may not radiate to the jaw or down the arm you must call 911 and chew an **ASPIRIN 325 MG**. The dispatcher will keep you on the line until the EMT attendants arrive. If there is another phone free call any of the individuals who have volunteered to be available for emergencies only. However these individuals may or may not be at the lake. There is an AED at Sylvia's and one on the south side of the lake at the Kupka cottage.

There are demonstrations of CPR and first aid measures on the web at various sites. Check our next newsletter for more information.



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Blackstone Lake Health and Safety Volunteer Responders -

Contacts	Contact Phone	Lake Address	AED	Comments
Chris Morwald	705-346-0214 705-346-4659	Angler's Inn	AED	The AED kit & backboard at Angler's Inn are inside the door closest to the lake at Sylvia's house (55 Blackstone
Dr. David Rosen	647-824-8834 905-301-1789	99 Blackstone Water		
Dr. Marianna Kappala	705-378-0383	Northeast end of lake		
Dr. Gary May	416-271-8904	Northeast end of lake		
Matt Hackett (EMT)	647-993-2420	Lawson's Bay	AED	
David & Susan Kupka	416-524-1674 416-524-1636	Lawson's Bay #158	AED	
Rob Moos	705-930-5751 705-378-2037	McRoberts Bay		
Rob Tekker	416-414-0368	SW end Crane River		
Christine Tekker	647-980-0368	SW end Crane River		
Greg McCamus	416-616-9057	Northeast end of lake #74		
Kai Deutch	905-717-8999	SW end Crane River #222		
Dana Deutch	905-751-5138	SW end Crane River #222		

There are American volunteers as well but not included as we monitor covid restrictions.

The AEDs must be taken indoors when the weather gets cold.