



MAGEN
DAVID
ADOM
IN ISRAEL

Israel's National EMS



מגן דוד
אדום
בישראל

ארגון ההצלה הלאומי



SHEBA

Tel HaShomer
City of Health

Maccabiah Guests and Participants Shalom.

Welcome to Israel and to the Maccabiah 2022.

We are presenting to you the Maccabiah Medical Brochure and wish you a safe and pleasant stay in Israel and best of luck in the Games!

Following are several protocols and procedures regarding any medical needs:

Health care protocols and a list of clinics can be found at the hotel's lobby and with the Maccabiah hotel manager, and it is their responsibility to assist in case medical intervention is needed.

If you are in need of medical attention, please address the Hotel Manager or Campus director and they will provide you with an escort to the relevant medical personnel

An MDA's EMT will be available if any medical treatment arises at the Maccabiah's hospitality campuses between 17:00-20:00. (contact the hotel's or the campus' manager for a referral)

In case you need to be transferred to a hospital make sure to take with you your ID, Maccabiah ID, and your health insurance.

Required medical resources will be provided in all competition events. In case medical treatment is required during the events, refer to the association representative or to the field manager and they will instruct you accordingly.

If medical attention is required when outside of the Maccabiah Campus (sports venues and hotels) you can refer to any of Maccabi's healthcare clinics who treat any of the Maccabiah's participants as part of the health insurance agreement.

In case of an emergency contact the regional Base of Operations or the Command Center through the Maccabiah's director's delegation 03-6715800 or *3555 and they will transfer you to the nearest clinic.

Payment is not required in any medical treatment received – the health insurance covers any medical expenses.

For your information: during hospital transfers, we are obligated to share medical information from the medical center to the Maccabiah's Command Center and to the delegation's manager. Therefore, the Maccabiah's participants have to give up their patient confidentiality.



MAGEN DAVID ADOM IN ISRAEL

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In case of emergency

Call 101



Basic Resuscitation (CPR) In Adults

Safety - Make sure that you and your patient are not at risk



1 → **Call for help 101 -**

If the patient does not respond, does not breathe, or is breathing improperly **Call for help - Dial 101**, call MDA and follow the instructions of the MDA dispatcher.



2 → **Request to bring a Defibrillator****

Turn on the Defibrillator and follow the instructions. Until the device arrives, start performing chest compressions.



3 **C** → **Perform 30 chest compressions -**

Place both palms one on top of the other in the center of the chest. Press firmly down to a depth of at least 5 cm and not more than 6 cm. And press fast at between 100 and 120 compressions per minute.



4 **A** → **Open an air path -**

Remove discharges (if there are any). Tilt the patient's head back, and lift his chin.



5 **B** → **Perform 2 rescue breaths -**

Then continue CPR: 30 chest compressions and 2 rescue breaths. Continue until the arrival of the MDA crew.

- * Volume of respiration – until the chest rises.
- * Perform the respiration only if you have undergone a CPR training, if you are not trained perform chest compressions only, without respiration.
- * It is recommended to use a pocket mask.
- ** A Defibrillator (AED) is a life-saving Resuscitation device that provides electric shocks.



Choking

A foreign object that enters the trachea may block the airway and prevent airflow to the lungs. The highest incidence of suffocation is in children and the elderly.



Treatment begins with prevention!

Food: When serving food to children, it is important to cut the food in an appropriate manner according to their eating ability.

For example: sausages should be cut into strips length-wise, grapes, olives and cherry tomatoes should be cut in half, and more. Do not give children under 5 years old small and/or hard nuts and sweets.

Games and toys: It is important to choose games that do not contain small parts that the child may put into his mouth such as marbles, small Lego parts, small balls etc.

At home: Be alert and aware of the dangers. Keep children away from any object that may endanger them, such as coins, pens or markers caps, small balls, marbles, small Lego parts, etc.

How to identify a victim who is suffocating (choking)?

- Usually the victim is gripping his throat or trying to convey distress.
- The victim tries to cough or has trouble speaking.
- Signs of cyanosis (the color of the skin turns blue in the lips and fingertips).

How to treat a conscious victim?

If the victim is coughing or making sounds, continue to encourage him to cough. If not, act promptly:

- If the foreign body is visible, gently remove it from the mouth cavity.
- In children older than one year and in adults, apply pressure to the upper abdomen.
- In babies up to the age of one year, tap between the shoulder blades and press the center of the chest until the foreign body comes out.
- **Immediately dial 101** and call the MDA.
- Continue pressing the upper abdomen / tapping between the shoulder blades and perform chest compressions until the arrival of the MDA crew.

The victim is unconscious?

- **Immediately dial 101 and call MDA.**
- Lay the victim on the floor or on a high hard bed and start performing CPR!
- If the foreign body is ejected and the victim is breathing again, continue to supervise him until the arrival of the MDA crew.



How to treat Fractures

Fractures and injuries to the skeletal and movement system involve intense pain and a difficult recovery period. When we encounter fractures, a number of simple steps can be taken to ease the pain and prevent further damage.

Causes of fractures may include falls, bruises, and home accidents.



How to detect a fracture?

- Damage to the body part as a result of direct hit, falling, etc.
- Local pain.
- Swelling of the organ.
- Paleness / cyanosis or change in limb color.

How to treat the victim?

- Set the injured limb to a healthy limb using a piece of cloth / shirt / towel / triangle cloth.
- Ice can be placed on the affected area to relieve pain.
- Contact a medical center for treatment.

**In cases of serious injury or suspicion of injury to the spine, hip, or pelvis, do not move the victim!
Immediately dial 101 and follow the instructions of the dispatcher.**

Be advised! Without advanced diagnostic tools available in medical facilities, a fracture cannot be diagnosed!



How to treat Burns

The skin is the outer layer which protects the body from infections. In addition, the skin prevents body fluids from leaking out and maintains body temperature. When the skin is damaged by excessive heat, especially in large areas, the risk is high and may cause loss of fluids, infections, esthetic damage, and damage to the ability to regulate body temperature.

Burns can be caused by contact with hot water, prolonged exposure to the sun, fire, chemicals, and more. The severity of the burn depends on the percentage, location, degree and victim's age.



How to treat the burned victim?

- Rinse with running water (lukewarm).
- Cover with sterile bandage / clean sheet / towel.
- Remove rings and bracelets.
- Evacuation to a medical facility.

Extensive burns, especially those involving the face, neck, chest, stomach, or genitals:

- **Immediately dial 101** and call MDA.
- Secure the victim's airways.
- If the victim stops breathing or stops showing signs of life, **start performing CPR!**

Do not apply oil.
Do not peel off clothes, scraps of cloth or jewelry adhere to the skin.



How to treat Wounds

How to treat a cut or a wound?

- Stop the bleeding by direct pressure.
- Rinse with running water and soap.
- Cover with a sterile bandage.
- Do not remove stuck objects.
- In cases stitches are required, contact a medical facility.





How to treat an Animal Bite



- Immediately rinse the area of the bite with water and soap.
- Contact a medical center for appropriate treatment.
- Try to identify the animal.
- Contact the District Health Office.
- **Call for help - dial 101** If there are reactions such as rash, paleness, weakness, vomiting, shortness of breath, a feeling of suffocation in the chest.

A bee's sting Use an automatic Adrenaline syringe (e.g. "Epipen") in case of a known allergy to bee's venom.



How to treat Snakebite

In the State of Israel there are dozens of snakes' species, nine of which are venomous (Israeli Viper, Hermon Viper, Varied Adder, Negev Viper, Large Asp, Small Asp, En-Gedi Snake and Black Adder). Snakes live in the whole territory of the State of Israel, but the Israeli Viper is the most common one. Each year dozens of people are injured by snake bites, especially during the summer. Each bite must be treated as a venomous snake bite! Do not delay!

How do we treat the victim?

- **Immediately dial 101** and call MDA.
- Move the victim away to a safe place.
- Make sure the victim is in a complete rest and relaxatio.
- Remove clothing and jewelry from the injured limb / bitten body part.
- Wash the spot of the bite with water.
- Fixate the injured limb / bitten body part to a healthy limb.
- Make sure that it is indeed a snake bite, look for bite signs and mark the spot if possible.
- Try to recapture the snake's appearance along with the victim (color, special signs, stripes).

Typical signs and symptoms:

- Bite marks - teeth/scratches/local swelling.
- Local pain.
- Red streaks may occur from the bite spot upwards.
- An itching and tingling sensation.
- General weakness.
- Sweat.
- Nausea and vomiting.
- Accelerated pulse and breathing.
- Seizures.
- Heart rhythm disorders.
- Conscious suppression up to loss of consciousness.

Do not cut the spot of the bite
Do not suck the venom
Do not place a tourniquet

Do not give the victim food or drink
Do not chase the snake



How to treat Heatstroke

In the event of heatstroke, the body is unable to reduce heat levels using its usual defense mechanisms such as sweating, vasodilation, or external cold. The body temperature rises about 40 degrees Celsius, and the body loses fluids and salts.

Causes of heatstroke:

- Damage to temperature control
- High climate temperatures
- Relatively high humidity – the body cannot reduce heat by sweating
- Physical activity in high temperatures and humidity

Signs and symptoms:

- Very high body temperature – above 41 degrees Celsius
- Seizures
- Confusion, unaware of surroundings
- Behavioral changes
- Reduced level or loss of consciousness
- Reduced respiratory rate

Dangers:

- Destruction of body cells
- Renal Failure
- Brain Damage
- Cardiac Arrest

Treatment:

- Treatment for heatstroke must be fast and aggressive in order to prevent multi-system failure
- Stop any physical activity and move the patient to a shaded area
- Perform an initial assessment including vital signs level of consciousness and respiratory rate
- **Call MDA immediately on 101** and follow the instructions of the paramedic/EMT in the dispatch center
- Cool the patient using any means available: spraying with cold water, cool packs, air conditioning, etc
- Do not pour water directly on the patients face due to risk of choking
- If the patient is conscious, encourage them to drink
- If the patient is unconscious but breathing, place them in the recovery position to keep the airway open
- If the patient is unconscious and not breathing, or breathing minimal breaths, begin CPR immediately
- If possible, check and record the patient's temperature, and time of measurement





How to treat Jellyfish Stings

There are many types of jellyfish and several of them can be very dangerous. The jellyfish in Israel cause pain and discomfort, but are not life-threatening (except in rare cases where there is an allergy to the poison). The sting is a chemical burn that is caused by the jellyfish excreting poison.

Treatment for jellyfish stings:

- Remove any remains of the sting from the patient's skin
- Immediately wash the skin with sea water or vinegar. Vinegar can be found in the life-guard's hut
- Cool the area if possible and use skin cream. Sand can also be placed on the sting.
- If necessary, seek medical assistance
- If the sting was in the eyes, wash with sea water and then plain water, but do not use vinegar. Do not rub the eyes
- Don't rub the affected area
- Don't wash with sweet water
- If it is a widespread sting, **call MDA's 101** dispatch center immediately



Signs and symptoms:

- Pain or burning sensation that appear immediately after the sting
- Blisters or red marks (burn marks)
- In rare cases there could be a fever, nausea and vomiting



How to contact MDA?

Call 101 or use the My MDA application

When contacting Magen David Adom (MDA) in case of emergency The following rules must be followed:

1. Answer the questions of the dispatcher briefly and clearly, and provide important details:
 - Phone number you are calling from.
 - Exact address of the incident.
 - Number of casualties, their condition and age.
 - Main complaint.
2. Do not hang up, wait for dispatcher to end the call.
3. If possible, send someone to wait for the MDA crew in a noticeable place.
4. Make sure to update the dispatcher of any change in the patient's condition.

