

Antibiotics And Their Use In Collapse Medicine(tm), Part 2

Hey Prepper Nation,

One of the most common questions that I am asked from prospective survival medics is “What antibiotics should I stockpile and how do I use them?” There isn’t a short answer to this. Actually, there isn’t even a long answer to this, but anyone that is interested in preserving the health of their loved ones in a collapse will have to learn what antibiotics will work in a particular situation. This is part 2 of a series on the most important antibiotics to have in a collapse situation and how to use them.

One thing that I didn’t mention in my last article is that antibiotics only work against bacteria. The common cold, influenza, and other infections caused by viruses. Don’t waste your precious supplies treating illnesses for which they will have no effect.

Last time we discussed Amoxicillin, certainly an important antibiotic for many purposes. What if you’re allergic to medications in the Penicillin family, however? Consider Ciprofloxacin (aquarium equivalent: FISH-FLOX). Ciprofloxacin is an antibiotic in the fluoroquinolone family. It kills bacteria by inhibiting the reproduction of DNA and bacterial proteins. This drug usually comes in 250mg and 500mg doses. Ciprofloxacin (brand name Cipro) can be used for the following conditions:

- • Bladder or other urinary infections, especially in females
- • Prostate infections
- • some types of lower respiratory infections, such as pneumonia
- • Acute sinusitis
- • Skin infections (such as cellulitis)
- • Bone and joint infections
- • Infectious diarrhea
- • Typhoid fever caused by Salmonella
- • Inhalational Anthrax

In most cases, you should give 500mg twice a day for 7-14 days, with the exception of bone and joint infections (4-6 weeks) and Anthrax (60 days). You can get away with 250mg doses for 3 days for most mild urinary infections. Generally, you would want to continue the medication for 2 days after improvement is noted. Ciprofloxacin has not been approved for use in pregnancy. Among other side effects, Cipro has been reported to occasionally cause weakness in muscles and tendons. Look other risks and side effects up at drugs.com or rxlist.com.

Cipro may also cause joint and muscle complications in children, so it is restricted in pediatric use to the following:

- Urinary tract infections and pyelonephritis due to E. coli (the most common type)
- Inhalational anthrax



In children, the dosage is measured by multiplying 10mg by the weight in kilograms (1 kg = 2.2 lbs.) and the maximum dose should not exceed 400mg total twice a day, even if the child weighs more than 100 pounds. Ciprofloxacin should be taken with 8 ounces of water.

Another useful antibiotic in a collapse would be Doxycycline (veterinary equivalent: Bird-Biotic). Doxycycline is a member of the Tetracycline family, and is also acceptable in patients allergic to Penicillin. It inhibits the production of bacterial protein, which prevents reproduction. Doxycycline is marketed under various names, such as Vibramycin and Vibra-Tabs.

Indications for Doxycycline include the following:

- · E. Coli, Shigella and Enterobacter infections (some diarrheal disease)
- · Chlamydia (sexually transmitted disease)
- · Lyme disease
- · Rocky Mountain spotted fever
- · Anthrax
- · Cholera
- · Plague (Yersinia)
- · Gum disease (severe gingivitis, periodontitis)
- · Folliculitis (boils)
- · Acne and other inflammatory skin diseases, such as hidradenitis (armpits and groins)
- · Some lower respiratory tract (pneumonia) and urinary tract infections
- · Upper respiratory infections caused by Strep
- · Methicillin-resistant Staph (MRSA) infections
- · Malaria (prevention)
- · Some parasitic worm infections (kills bacteria in their gut needed to survive)

In the case of Rocky Mountain spotted fever, doxycycline is indicated even for use in children for this illness. Otherwise, doxycycline is not indicated for use in children under the age of eight years. It has not been approved for use during pregnancy.

Although antibiotics may be helpful in diarrheal disease, always start with hydration and symptomatic relief. Prolonged diarrhea, high fevers, and bleeding are reasons to consider their use. The risk is that one of the side effects of antibiotics is...diarrhea!

The recommended Doxycycline dosage for most types of bacterial infections in adults is 100 mg to 200 mg per day for 7-14 days. For chronic (long-term) or more serious infections, treatment can be carried out for a longer time. Children will receive 1-2mg per pound of body weight per day. For Anthrax, the treatment should be prolonged to 60 days. To prevent malaria, adults should use 100mg per day.

A working knowledge of antibiotic use is important for anyone that will serve as the medic for their survival group. Antibiotics are a weapon in your medical arsenal; use them wisely and frugally.

I'll discuss more medications in my next article.

Dr. Bones