

# INTERNET RESOURCES for STREET MEDICS

## MEDIC GROUPS and COLLECTIVES and OTHER MEDIC SITES

(many of these sites have useful documents and links to other sites)

- \* Action Medical – [www.action-medical.net](http://www.action-medical.net)
- \* Bay Area Radical Health Collective – [www.black-rose.com/radicalhealth.html](http://www.black-rose.com/radicalhealth.html)
- \* Black Cross Health Collective – [www.blackcrosscollective.org/](http://www.blackcrosscollective.org/)
- \* Boston Area Liberation Medic Squad – [www.bostoncoop.net/balm](http://www.bostoncoop.net/balm)
- \* DC Action Medical Network – [damn.mahost.org/](http://damn.mahost.org/)
- \* Medical Activists of New York – [www.takethestreets.org/](http://www.takethestreets.org/)

## SIMILAR HEALTH ORGANIZATIONS

- \* DanceSafe, an organization dedicated to promoting health in the rave and nightclub community – [www.dancesafe.org/](http://www.dancesafe.org/)
- \* Rock Medicine, a group in San Francisco that provides health care at music concerts, with their goal being to “take care of the individual right now. Return them to their friends and family and do away with the necessity of hospitalizing the individual or getting involved with the law.” – [www.rockmed.org/](http://www.rockmed.org/)

## BASIC FIRST AID

- \* Ask the Professor archives (you have to be a member, membership is free.) – [www.emsvillage.com](http://www.emsvillage.com)

## FIRST AID IN SPECIAL CIRCUMSTANCES

- \* Health and safety in sabotage actions – [www.reachoutpub.com/osh/vl2sc11.htm](http://www.reachoutpub.com/osh/vl2sc11.htm)
- \* Special info on health issues in hunger strikes – [aia.mahost.org/act\\_hungerstrike.html](http://aia.mahost.org/act_hungerstrike.html)

## BASIC MEDICAL INFO – from a “corporate medicine” perspective

- \* Online medical dictionary – [cancerweb.ncl.ac.uk/omd/](http://cancerweb.ncl.ac.uk/omd/)
- \* Lots of general info on prescriptions, disorders, a medical dictionary, et – [www.medlineplus.gov/](http://www.medlineplus.gov/)
- \* Another general medical info site designed for non-medical-professionals – [www.mayoclinic.com/index.cfm](http://www.mayoclinic.com/index.cfm)
- \* Information on infections and other epidemics in the US, as well as general public health issues. Includes recommendations for vaccines and other medicines for travellers – [www.cdc.gov/](http://www.cdc.gov/)
- \* The National Center for Emergency Medicine Informatics has a whole section called “Common Simple Emergencies” Although it is filled with medical terms and assumptions about what equipment you may have available, it still has good info – [www.ncemi.org/cse/contents.htm](http://www.ncemi.org/cse/contents.htm)

## HERBAL MEDICINE INFO

- \* General site on herbal medicine: Henrietta’s Herbal Homepage (includes a great list of links) – [www.ibiblio.org/herbmed/index.html](http://www.ibiblio.org/herbmed/index.html)
- \* Health World Online includes David Hoffman’s “materia medica”, a listing of the cultivation, preparation and use of many different herbs – [www.healthy.net/clinic/therapy/herbal/herbic/herbs/index.asp](http://www.healthy.net/clinic/therapy/herbal/herbic/herbs/index.asp)
- \* Health World Online’s list of health problems by body system, and common herbal remedies – [www.healthy.net/clinic/therapy/herbal/prevent/body/index.asp](http://www.healthy.net/clinic/therapy/herbal/prevent/body/index.asp)
- \* Ask the Herbalist page – [www.herbnet.com/ask%20the%20herbalist/asktheherbalist.htm](http://www.herbnet.com/ask%20the%20herbalist/asktheherbalist.htm)
- \* Michael Moore’s on-line herbal manuals – [www.swsbm.com/ManualsMM/MansMM.html](http://www.swsbm.com/ManualsMM/MansMM.html)
- \* Classic Herbal Texts on-line – [www.ibiblio.org/herbmed/eclectic/main.html](http://www.ibiblio.org/herbmed/eclectic/main.html)

## INFO ON TRADITIONAL CHINESE MEDICINE

- \* TCM Central includes information on a wide range of therapies and approaches – [www.tcmcentral.com/](http://www.tcmcentral.com/)
- \* Another general introduction to TCM – [www.internalhealers.com/tcm/practice/symptoms.asp](http://www.internalhealers.com/tcm/practice/symptoms.asp)

## **OTHER HEALTH AND WELL-BEING RESOURCES**

- \* Gateway site with lots and lots of information on different therapies and approaches to health and well being – [www.holisticmed.com/ gateway](http://www.holisticmed.com/gateway)
- \* A site presenting info on Reiki therapies – [reiki.7gen.com/](http://reiki.7gen.com/)
- \* Site with information on homeopathic remedies, with some specific information for activists – [www.geocities.com/HotSprings/7776/](http://www.geocities.com/HotSprings/7776/)

## **ANTI-OPPRESSION**

- \* Colours of Resistance, a grassroots group of folks working to develop an anti-racist, multiracial political movement against globalization – [colours.mahost.org/](http://colours.mahost.org/) with a GREAT list of links at [colours.mahost.org/links.html](http://colours.mahost.org/links.html)
- \* SOA Watch's set of resources – [www.soaw.org/new/article.php?id=550](http://www.soaw.org/new/article.php?id=550)
- \* Anarchist People of Color website – [illegalvoices.org/apoc/](http://illegalvoices.org/apoc/)
- \* The Gay and Lesbian Medical Association. Presents some clinical medical information, as well as a list of health care providers who are LGBTI friendly. Also has a booklet entitled "Creating a safe clinical environment for lesbian, gay, bisexual, transgender and intersex (LGBTI) patients" – [www.glma.org/home.html](http://www.glma.org/home.html)

## **CHEM WEAPONS – Articles in the media**

- \* In These Times article titled "Chemical Cops" which discusses police use of chemical weapons, at – [www.inthesetimes.com/issue/24/09/allen2409.html](http://www.inthesetimes.com/issue/24/09/allen2409.html)
- \* "Shedding Democracy for Tears," written after Quebec City with a good review and web links to chem weapons sites, as well as a discussion of how medics and the injured were targeted in Quebec City – [monkeyfist.com/articles/765](http://monkeyfist.com/articles/765)

## **CHEM WEAPONS – Basics of chem weapons and crowd control technologies**

- \* Explanation of how stun guns work – [www.howstuffworks.com/stun-gun.htm](http://www.howstuffworks.com/stun-gun.htm)
- \* Article entitled "Tear Gas: Harassing Agent or Toxic Chemical Weapon?" published in the Journal of the American Medical Association – [www.zarc.com/english/tear\\_gases/jamateargastoxic.html](http://www.zarc.com/english/tear_gases/jamateargastoxic.html)
- \* Chem weapons exposure, brief discussion in emergency medicine literature – [www.ncemi.org/cse/cse0504.htm](http://www.ncemi.org/cse/cse0504.htm)
- \* Article entitled "health hazards of pepper spray" – [www.geocities.com/CapitolHill/6416/smith-ok.html](http://www.geocities.com/CapitolHill/6416/smith-ok.html)

## **CHEM WEAPONS – Government guides on chem weapons, etc.**

- \* A copy of the Geneva Convention, which discusses the proper treatment of injured people and their caregivers – [www.asociety.com/geneva1.html](http://www.asociety.com/geneva1.html)
- \* Text of the 1925 Geneva agreement, "Protocol for the prohibition of the use in war of asphyxiating, poisonous or other gases, and of bacteriological methods of warfare" – [www.state.gov/www/global/arms/treaties/geneva1.html](http://www.state.gov/www/global/arms/treaties/geneva1.html)
- \* US Department of defense document describing the use and effects of "riot control agents" – [www.fas.org/nuke/guide/usa/doctrine/dod/fm8-9/3ch7.htm](http://www.fas.org/nuke/guide/usa/doctrine/dod/fm8-9/3ch7.htm)
- \* US Armed services book on "Medical Management of Chemical Casualties," which has a lot of the same information as the department of defense document above, presented a bit differently – [ccc.apgea.army.mil/products/handbooks/RedHandbook/001TitlePage.htm](http://ccc.apgea.army.mil/products/handbooks/RedHandbook/001TitlePage.htm)
- \* The European Union's office of Scientific and Technical Options Assessment (STOA) report "Crowd Control Technologies." subtitled "an appraisal of the technologies of political control". It includes political analysis as well as an accounting of who manufactures these weapons – [www.europarl.eu.int/stoa/publi/pdf/99-14-01-a\\_en.pdf](http://www.europarl.eu.int/stoa/publi/pdf/99-14-01-a_en.pdf)
- \* British government report of "less lethal technologies" – [www.homeoffice.gov.uk/pcrg/psdb/publications/lesslethal.pdf](http://www.homeoffice.gov.uk/pcrg/psdb/publications/lesslethal.pdf)

## **CHEM WEAPONS AND CROWD CONTROL – Industry web sites**

- \* Zarc, one of the primary producers of chemical weapons, stun guns and other crowd control agents. Many parts of this site have Spanish and French translations – [www.zarc.com/](http://www.zarc.com/)

## **TRAUMA AND OTHER EMOTIONAL AFTERCARE**

- \* healing trauma for activists. this is the best site for pre-demonstration and post-demo emotional care – [healingtrauma.pscap.org/peer.html](http://healingtrauma.pscap.org/peer.html)
- \* The Sidran Institute, “the nation’s leading provider of traumatic stress education, publications and resources” with lots of good info and links, and a bookstore full of resources on everything from children dealing with the death of a parent to same-sex rape and violence. They also offer training in lots of different trauma issues. [www.sidran.org/index.html](http://www.sidran.org/index.html)
- \* A few specific articles from Sidran:
  - What is Psychological Trauma? – [www.sidran.org/whatistrauma.html](http://www.sidran.org/whatistrauma.html)
  - Trauma Disorders Glossary – [www.sidran.org/glossary.html](http://www.sidran.org/glossary.html)
  - Article “What is PTSD?” – [www.sidran.org/ptsdbrochure.html](http://www.sidran.org/ptsdbrochure.html)
  - Therapy for Post-Traumatic Stress and Dissociative Conditions: What to Look for and How to Choose a Therapist – [www.sidran.org/howtochoose.html](http://www.sidran.org/howtochoose.html)
- \* The “Mental Health Channel” site on PTSD – [www.mentalhealthchannel.net/ptsd/](http://www.mentalhealthchannel.net/ptsd/)
- \* Department of Veterans Affairs National Center for PTSD – [www.ncptsd.org/](http://www.ncptsd.org/)

## **SEXUAL ASSAULT**

- \* Sexual assault in activist communities, a great general resource with lots of web links – [www.owjn.org/issues/assault/activists.htm](http://www.owjn.org/issues/assault/activists.htm)
- \* National domestic violence hotline (US) website – [www.ndvh.org/](http://www.ndvh.org/)

## **SECURITY ISSUES FOR ACTIVISTS**

- \* from Stop Huntingdon Animal Cruelty – [www.shacamerica.net/security.htm](http://www.shacamerica.net/security.htm)

## **LEGAL ISSUES**

- \* National Lawyers Guild national website – [www.nlg.org](http://www.nlg.org)
- \* Specific publications from NLG:
  - Know Your Rights flyer, in PDF (also available as a poster and in several different languages) – [www.nlg.org/resources/kyr/KYR\\_English\\_2002.pdf](http://www.nlg.org/resources/kyr/KYR_English_2002.pdf)
  - Your rights to demonstrate and protest – [www.nlg-la.org/free\\_speech\\_rights.pdf](http://www.nlg-la.org/free_speech_rights.pdf)
  - Student Free Speech Rights – [www.nlg-la.org/student\\_rights.pdf](http://www.nlg-la.org/student_rights.pdf)
  - Dealing with police: general guidelines for activists – [www.nlg-la.org/Dealing\\_with\\_Police.pdf](http://www.nlg-la.org/Dealing_with_Police.pdf)
  - Laws concerning protests and civil disobedience used (updated January, 2004) – [www.nlg-la.org/codes.pdf](http://www.nlg-la.org/codes.pdf)
  - Questions and Answers about Civil Disobedience and Legal Process – [www.nlg-la.org/cd\\_questions.pdf](http://www.nlg-la.org/cd_questions.pdf)
- \* Midnight Special law collective – [www.midnightspecial.net./](http://www.midnightspecial.net/) with a “Know Your Rights” comic/zine at [greg.primate.net/mslc/kyrcomixv1-hq.pdf](http://greg.primate.net/mslc/kyrcomixv1-hq.pdf)
- \* General legal guide for folks in Canada – [www.ocap.ca/archive/legalguide/index.html](http://www.ocap.ca/archive/legalguide/index.html)
- \* A Legal Guide For Transgendered, Transsexual, Intersexed and Genderqueer Activists – [www.ocap.ca/archive/legalguide/translegal.htm](http://www.ocap.ca/archive/legalguide/translegal.htm)
- \* A Legal Guide For Activists With Physical Disabilities and Health Issues – [www.ocap.ca/archive/legalguide/healthlegal.htm](http://www.ocap.ca/archive/legalguide/healthlegal.htm)
- \* A site with links to most major federal law enforcement agencies – [www.zarc.com/english/relatedlinks.html](http://www.zarc.com/english/relatedlinks.html)

## **SUPPLIES**

- \* EMT supply site which has a great selection. FYI they also sell things like handcuffs and other inhumane restraints – [www.savelives.com](http://www.savelives.com)
- \* Equipment and apparel for public safety jobs, including protective suits, goggles, respirators and gas masks. Prices are generally better than on savelives.com – [www.galls.com](http://www.galls.com)

- \* General supplies and the best price i could find on bottles for LAW – [www.ecureme.com/eshopping/D\\_shop\\_list\\_main.asp](http://www.ecureme.com/eshopping/D_shop_list_main.asp)
- \* Relatively cheap vests, hydration systems (camelbak, etc) – [www.sierratradingpost.com/](http://www.sierratradingpost.com/)
- \* Cheap vest (available as of Feb 1, 2004) – [www.sportsmansguide.com/cb/cb.asp?p=WX2&i=53908](http://www.sportsmansguide.com/cb/cb.asp?p=WX2&i=53908)
- \* Reusable glow sticks – [www.backcountry-equipment.com/accessrs/a-hd\\_lmp/krill.html](http://www.backcountry-equipment.com/accessrs/a-hd_lmp/krill.html)
- \* Inexpensive SAM splints, at Image911.com (as of 2/04, \$ 9.50 each) -- [in123.com/image/mcart/index.cgi?ID=130264623&PID=IT168&code=13](http://in123.com/image/mcart/index.cgi?ID=130264623&PID=IT168&code=13)
- \* Another site with inexpensive SAM splints ( \$ 11.95 each as of 2/04) – [www.life-assist.com/sam/main.html](http://www.life-assist.com/sam/main.html)

## **ADDITIONAL TRAINING**

- \* Wilderness Medical Institute, offering Wilderness First Responder, Wilderness EMT and other courses – [www.nols.edu/wmi/index.shtml](http://www.nols.edu/wmi/index.shtml)
- \* Wilderness Medical Associates, who offer similar classes – [www.nols.edu/wmi/index.shtml](http://www.nols.edu/wmi/index.shtml)

## **CIVIL DISOBEDIENCE AND DIRECT ACTION GENERAL INFO**

- \* ACT UP Direct Action Guidelines – [www.actupny.org/documents/CDdocuments/Guidelines.htm](http://www.actupny.org/documents/CDdocuments/Guidelines.htm)
- \* School of the Americas Handbook on Nonviolent Direct Action and Civil Disobedience – [members.tripod.com/SOAWatchLocal/LocalPages/handbook.htm](http://members.tripod.com/SOAWatchLocal/LocalPages/handbook.htm)
- \* Ruckus Society Training Manuals – [www.ruckus.org/resources/manuals/index.html](http://www.ruckus.org/resources/manuals/index.html)

## **PRISON ACTIVISM**

- \* Prison Activist Resource Center (PARC), with progressive and radical information on prisons and the criminal prosecution system – [prisonactivist.org/](http://prisonactivist.org/)
- \* Centerforce is an organization dedicated to helping individuals and families affected by the criminal justice system. The website includes some info sheets on health issues – [centerforce.org/edMaterials/factsheets.cfm](http://centerforce.org/edMaterials/factsheets.cfm)

## **OTHER USEFUL SITES**

- \* Health information for people who use drugs and those who work with them, from the Harm Reduction Coalition – [harmreduction.org/issues/health/health.html](http://harmreduction.org/issues/health/health.html)