





### Equipment that should be carried by a physician who goes to the earthquake region for emergency assistance during the winter season.

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#### Dear editor

It was experienced on February 6, 2023, by two consecutive earthquakes in southern and central Turkey and northern and western Syria 1. It occurred at 04:17 Turkey Time (01:17 UTC), 34 km (21 mi) west of Gaziantep city, with a minimum moment magnitude scale of Mw 7.8 and a maximum Mercalli intensity XI (Extreme). An unusually strong Mw 7.7 aftershock centered 95 km (59 mi) north-northeast in Kahramanmaraş province nine hours after the mainshock<sup>2</sup>. Matching the 1939 Erzincan earthquake, possibly surpassed only by the 1668 North Anatolian earthquake, it is one of the strongest earthquakes ever experienced in Turkey<sup>3,4</sup>. According to the latest data, it resulted in at least 50,500 deaths and 107,204 injuries in the ten most affected provinces in Turkey, and these numbers are increasing with each passing hour<sup>5</sup>. At least 13.5 million people and 4 million buildings were affected. Thousands of people were trapped under the rubble when the buildings collapsed<sup>5</sup>. Rescue efforts in this earthquake, named “the disaster of the century,” are still ongoing, and the number of injured and killed is expected to rise.

Turkish Disaster and Emergency Management Presidency (AFAD) personnel, Turkish Armed Forces personnel, and the civilian population fought hard to save those under the rubble and the injured. In addition, volunteer physicians and other health personnel from almost every region of the country within the body of the National Medical Rescue Team (UMKE) immediately went to the disaster area to intervene in the rescued injured.

In this article, we wanted to discuss the personal and medical equipment that a physician who goes to an earthquake-prone area should bring.

It is very difficult to obtain these equipment from the disaster area. We can put this equipment into a classification. The equipment required for patient care is as follows; stethoscope, trauma scissors, flashlight, and headlamp (for power

outage situation), safety glasses, scrubs (spare), mask, medical gloves, regularly used drugs (such as decongestants, antibiotics, analgesics), battery, hospital ID, notepad, pen.

Personal equipment that is not necessary for patient care is as follows; backpack (with name tag), power bank (to keep in touch), list of basic contact numbers, thermos (for tea and coffee), enough ready-made food to last at least three days (dry foods, energy, and protein bars, instant sachet soup, etc.), water bottle, fork, spoon, glass, garbage bag, whistle, work gloves, ear protection, sleeping bag and mat (tent if possible), personal hygiene items (soap, toothbrush, toothpaste, wet wipes, napkins). In addition, since the earthquake occurs in the winter season, winter boots, thermal clothes, thick coats, thin raincoats, berets, scarves, gloves, loose underwear and socks, spare clothes, and hand-face moisturizing creams are required. Since banks and automatic teller machines do not work in the region, some cash should be kept. It is useful to download the maps to your smartphone beforehand, as there is a high probability of not having internet access. The climate of the region and, if any, the recommendations of the teams that went to the area before you should be considered.

The data in this article have been written based on personal experience. It will guide the physicians who will be sent to the region urgently in future disasters and prevent them from being caught unprepared. Furthermore, it will meet the needs of field physicians until professional equipment support arrives.

#### References

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