



Helen's physical injuries are minimal—bruises and abrasions—and she will likely feel quite sore in the days ahead. That said, Helen is a non-fatal drowning patient, her persistent cough is worrisome, and you need to monitor her closely over the next six hours. She should head towards her vehicle and help rather than away from them. You will need to have a backup plan should her symptoms worsen.

If you had a raft with you and the remaining rapids were mild, transporting her downstream as a passenger in the raft to her vehicle would be the best option. Since that is not an option, have her walk out with her friends and, if you know the river well, consider checking in with her along the way; be prepared to send someone ahead to call for transport assistance. Another, likely safer, plan would be to leave your kayak and gear onshore and walk out with her. Be prepared to carry her if she develops mild respiratory distress en route.