

FIRST AID KIT

A well-stocked first-aid kit, kept within easy reach, is a must for every home.

Keep a first-aid kit in your home and in your car.

Also bring a first-aid kit when you travel.

What Should a First-Aid Kit Include?

- an up-to-date first-aid manual
- a list of emergency phone numbers
- sterile gauze pads of different sizes
- adhesive tape
- adhesive bandages (Band-Aids) in several sizes
- an elastic bandage
- a splint
- antiseptic wipes
- soap
- hand sanitizer
- antiseptic solution (like hydrogen peroxide)
- sterile water, saline (saltwater), or irrigation solution and a large syringe for washing cuts
- tweezers
- sharp scissors
- safety pins
- disposable instant cold packs
- alcohol wipes or ethyl alcohol
- a thermometer
- tooth preservation kit
- plastic non-latex gloves (at least 2 pairs)
- a flashlight and extra batteries
- a mouthpiece for giving CPR
- an eye shield
- eye wash solution

Keep Medicines You Might Need in Your Kit:

- antibiotic ointment
- hydrocortisone cream (1%)
- calamine lotion
- acetaminophen and ibuprofen
- an antihistamine (anti-itch medicine), like Benadryl, Zyrtec, Claritin, or store brands
- extra prescription medicines (if you're traveling)
- medicine syringes and cups

After You've Stocked Your First Aid Kit

- Read the first-aid manual so you'll understand how to use what's in your kit.
- Store first-aid kits out of children's reach but where adults can easily get them.
- Check the kits regularly. Replace missing items or anything that has expired.
- Check the flashlight batteries to make sure they work.



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