

### **FIRST AID KIT**

In any emergency you or a family member may be cut, burned, or suffer other injuries. Basic supplies will make you better prepared to help you or your loved ones with injuries.

#### **Things you should have:**

Two pairs of Latex, or other sterile gloves (if you are allergic to Latex).

Sterile dressings to stop bleeding.

Cleansing agent/soap and antibiotic towelettes to disinfect.

Antibiotic ointment to prevent infection.

Burn ointment to prevent infection.

Adhesive bandages in a variety of sizes.

Eye wash solution to flush the eyes or as general decontaminant.

Thermometer

Prescription medications you take every day such as insulin, heart medicine and asthma inhalers. You should periodically rotate medicines to account for expiration dates.

Prescribed medical supplies such as glucose and blood pressure monitoring equipment and supplies.

#### **Things it may be good to have:**

Scissors

Tweezers

Tube of petroleum jelly or other lubricant

Aspirin or non-aspirin pain reliever

Anti-diarrhea medication

Antacid (for upset stomach)

Laxative

Be sure to have an emergency contact list accessible in an event of a disaster.

#### **Take the following steps to create an emergency contact list:**

Pick an out-of-state friend or relative that all family members will call if you become separated from each other. (If local phone circuits are busy during an emergency, it may be easier to call out-of-state.)

Give the name, phone number, and email address to each member of your family.

Store the list in a plastic zip-lock bag (to avoid water damage).