



FIRST AID SUPPLIES

In any emergency a family member or you yourself may suffer an injury. If you have these basic first aid supplies you are better prepared to help your loved ones when they are hurt.

Knowing how to treat minor injuries can make a difference in an emergency. You may consider taking a first aid class, but simply having the following things can help you stop bleeding, prevent infection and assist in decontamination.

- 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
- Antibiotic ointment
- Burn ointment
- 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. (Check with your pharmacist in advance to see which of your medications are okay to use beyond the date listed.)
- Prescribed medical supplies such as glucose and blood pressure monitoring equipment and supplies

Non-prescription drugs

- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid
- Laxative
- Others medications regularly used by your family

Other first aid supplies

- Scissors
- Tweezers
- Tube of petroleum jelly or other lubricant

(The above list was prepared by FEMA and was found at www.ready.gov)

Consider adding

- Good first aid book
- Triangular shape fabric to make a sling and strips of fabric for applying a splint. These can be made from an old sheet.
- Needles for removing splinters and safety pins for bandages
- Plastic box to keep items safe

Gather any splints, braces, crutches your family may have collected over the years into one place so you won't have to be hunting for them at the time of the emergency.