



First Aid Kit: *You Can Do It!*

Putting together a first aid kit for your home can help you respond to medical emergencies.

Items to keep in your kit:

Information

- Keep a first aid manual handy.
- A list of phone numbers for local emergency personnel, family physicians and the regional poison control center should be kept with the kit.
- List allergies and medications prescribed for each family member.

Medicines

- Acetaminophen, ibuprofen and baby aspirin (81mg) tablets.
- Cough suppressant and antihistamines.
- Activated charcoal and Ipecac syrup are no longer recommended for poison control in the home, according to the American Academy of Pediatrics. If you have these items, dispose of them.

Injury and Wound Care

- Assorted “butterfly” bandages for open cuts.
- Triangular bandages for wrapping injuries.

- Elastic wraps for joint injuries.
- Gauze in rolls and in two-inch pads and four-inch pads.
- Adhesive tape, scissors, antiseptic, disposable cold packs and disposable latex gloves.

Other Supplies

- Thermometer.
- Petroleum jelly, hydrocortisone cream and calamine lotion.
- Complete medical consent forms for each family member. These allow someone to authorize treatment in an emergency medical situation when you’re not able.
- Current medications that may have been prescribed for family members with severe allergic reactions.
- Spare life-sustaining medications such as insulin. Replace when these expire or lose effectiveness through extreme temperatures.

For more information, visit CDC.gov, AAPCC.org or the AAP.org.



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