

## **First Aid Kits**

Assemble a first aid kit for your home and one for each car. A first aid kit should include:

- Sterile adhesive bandages in assorted sizes
- Assorted sizes of safety pins
- Cleansing agent/soap
- Latex gloves (2 pairs)
- Sunscreen
- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Triangular bandages (3)
- Non-prescription drugs
- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls)
- Scissors
- Tweezers
- Needle
- Moistened towelettes
- Antiseptic
- Thermometer
- Tongue blades (2)
- Tube of petroleum jelly or other lubricant

### **Non-Prescriptive Drug**

- Aspirin or nonaspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
- Laxative
- Activated charcoal (use if advised by the Poison Control Center)

### **Tools and Supplies**

- Mess kits, or paper cups, plates and plastic utensils
- Emergency preparedness manual
- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Cash and traveler's checks
- Non-electric can opener, utility knife
- Fire extinguisher: small canister ABC type
- Tube tent
- Pliers
- Tape

- Compass
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare
- Paper, pencil
- Needles, thread
- Medicine dropper
- Shut-off wrench to turn off household gas and water
- Whistle
- Plastic sheeting
- Map of the area (for locating shelters)

#### Sanitation

- Toilet paper, towelettes
- Soap, liquid detergent
- Anti-bacterial H<sub>2</sub>O free Cleanser
- Feminine supplies
- Personal hygiene items
- Plastic garbage bags, ties (for personal sanitation users)
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach

#### Clothing and Bedding

- Include at least one complete change of clothing and footwear per person
- Sturdy shoes or work boots
- Rain gear
- Blankets or sleeping bags
- Hat and gloves Thermal underwear

#### **Special Items**

Remember family members with special requirements, such as infants, elderly or disabled persons.

#### For Baby

- Formula, Cereal
- Diapers, Diaper Wipes
- Bottles
- Powdered milk
- Medications

#### For Adults

- Heart and high blood pressure medication

- Insulin
- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eye glasses

### **Important Family Documents**

Keep these records in a waterproof, portable container:

- Will, insurance policies, contracts, deeds, stocks and bonds
- Passports, social security cards, immunization records
- Bank account numbers
- Credit card account number and companies
- Inventory of valuable household goods, important telephone numbers
- Family records (birth, marriage, death certificates)

Store your kit in a convenient place known to all family members. Keep a smaller version of the Disaster Supplies Kit in the trunk of your car.

Keep items in airtight plastic bags. Change stored water supply every six months for freshness. Replace your stored food every six months.