

Kent County Health Department

Disaster Supplies Kit

First Aid Kit



HEALTH
DEPARTMENT
Caring today for a healthy tomorrow

In any emergency, you or a family member may be cut, burned or suffer other injuries. If you have these basic supplies, you are better prepared to help your loved ones when they are hurt. Remember, many injuries are not life threatening and do not require immediate medical attention. Knowing how to treat minor injuries can make a difference in an emergency. Consider taking a first aid class, but simply having the following things can help you stop bleeding and prevent infection.

Your first aid kit should have:

- Two pairs of Latex or other sterile gloves (if you are allergic to Latex)
- Sterile dressings to stop bleeding
- Hypoallergenic adhesive tape
- Cleansing agent/soap
- Antiseptic
- Antibiotic ointment to prevent infection
- Moistened towelettes
- Burn ointment to prevent infection
- Adhesive bandages in a variety of sizes
- Eye wash solution to flush the eyes
- Non-breakable thermometer
- Scissors
- Tweezers
- Safety razor blade
- Tube of petroleum jelly or other lubricant
- Water purification tablets
- Prescription medications you take every day such as insulin, heart medicine, and asthma inhalers. You should rotate medicines to account for expiration dates.

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

Non-prescription drugs:

- Aspirin or nonaspirin pain reliever
- Anti-diarrhea medication
- Antacid (for upset stomach)
- 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)

For more information, contact the local chapter of the American Red Cross or visit their website at www.redcross.org

Adapted from www.ready.gov and www.redcross.org

