GET READY! Kent County
Twelve Month Citizen Preparedness Program
Fact Sheet

NOVEMBER: FIRST AID KITS

Disasters happen anytime and anywhere. When disaster strikes, it is easier to cope when you are prepared. GET READY! Kent County recommends having a First Aid Kit in your home, at work, and in your car.

SUPPLIES
- 2 pairs of latex gloves (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

Where can I find these items?
Local pharmacies will have most of these items, including ready-made First Aid Kits.

How much will this cost?
The cost will depend on the number of items on hand in your home and new purchases. A good First Aid Kit can be purchased for less than $20.00. Contact the Red Cross for more information.

Tips for success...
- Store your kit in a convenient place known to everyone in your household. Keep items in an easy to carry container or duffel bag. Don’t forget to keep a kit in your car and at work.

For more information...
visit www.ready.gov and www.greatergrandrapids.redcross.org

PRESCRIPTIONS
- Medications you take every day such as insulin, heart medicine, and asthma inhalers (you should rotate medicines to account for expiration dates)
- 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 (for upset stomach)
- Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
- Laxative
- Activated charcoal (use if advised by Poison Control)

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SUPPLIES
- Safety razor blade
- Tube of petroleum jelly or other lubricant
- Water purification tablets
- Tissues
- Skin lotion
- Sunscreen lotion
- Instant cold packs for sprains and burns
- Ammonia inhalant (smelling salts)
- Splinting materials
- Sling
- Waterproof matches

www.accessKent.com/getready