

# FIRST AID KITS

*Disasters happen anytime and anywhere.*

*When disaster strikes, it is easier to cope when you are prepared. Get Ready! Saginaw County recommends having a First Aid Kit in your home, at work, and in your car.*

## SUPPLIES

- 2 pairs of sterile nitrile gloves
- Sterile dressings to stop bleeding (4x4s)
- 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
- Skin lotion
- Sunscreen lotion
- Instant cold packs for sprains and burns
- Splinting materials
- Sling

## 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 acetaminophen
- Anti-diarrhea medication
- Antacid (for upset stomach)
- Laxative

### **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 waterproof container. Have a first aid manual on hand and learn CPR. Don't forget to keep a kit in your car and at work.

### **For more information...**

visit [www.ready.gov](http://www.ready.gov)

