

## Emergency First Aid Kit

In any emergency, you or a family member may be cut, burned or suffer other injuries. A first aid kit containing some basic supplies is essential to keep on hand. Taking a first aid class or purchasing a first aid manual will give you the knowledge you need to treat minor injuries. But simply having the following supplies can help you stop bleeding, prevent infection, and aid healing.

### Things you should have:

- Two pairs of Latex or other **sterile gloves** (if you are allergic to Latex).
- **Sterile dressings** to stop bleeding.
- **Cleansing agent**, soap and antibiotic towelettes to disinfect.
- **Antibiotic ointment** to prevent infection.
- **Burn ointment** to prevent infection.
- **Adhesive bandages** in a variety of sizes.
- **Eye wash solution** to flush the eyes.
- **Thermometer**
- **Prescription medications** you take every day such as insulin, heart medicine and asthma inhalers. You should periodically rotate medicines to keep them fresh.
- **Prescribed 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)
- **Laxative**

### Other things to keep on hand:

- **Cell Phone**
- **Scissors**
- **Tweezers**
- **Petroleum jelly or other lubricant**