

FIRST AID KIT

In any emergency a family member or you yourself 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, prevent infection and assist in decontamination.

Items you should have:

- * **Latex Gloves**, Two pairs or **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 or as general decontaminant.
- * **Thermometer** (Read more: [Biological Threat](#))
- * **Prescription medications** you take every day such as insulin, heart medicine and asthma inhalers. You should periodically rotate medicines to account for expiration dates.
- * **Prescribed medical supplies** such as glucose and blood pressure monitoring equipment and supplies.

Other helpful items:

- * Cell Phone
- * Scissors
- * Tweezers
- * Tube of petroleum jelly or other lubricant

Non-prescription drugs:

- * Potassium Iodide (Read more: [Nuclear Blast](#))
- * Aspirin or non-aspirin pain reliever
- * Anti-diarrhea medication
- * Antacid (for upset stomach)
- * Syrup of Ipecac (used to induce vomiting if advised by the Poison Control Center)
- * Laxative
- * Activated charcoal (use if advised by the Poison Control Center)