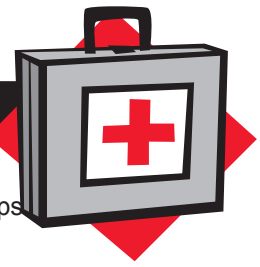


## FIRST AID KIT



Build or buy a first aid kit. Everyone over the age of 10 should have basic first aid training. The American Red Cross, many fire departments and some health systems hold classes for all groups. Check and replenish first aid supplies once a year.

- Latex gloves
- Scissors and safety pins
- Roller gauze and elastic bandages
- Nonstick, sterile pads (different sizes)
- Assorted adhesive bandages
- Triangle bandage
- Aspirin or substitute\*
- Antibiotic ointment\*
- Current prescription medicines\*
- Disinfectant (for cleaning wounds)\*
- Syrup of ipecac\*
- Thermometer
- Tongue depressors
- Soap and clean cloth
- Tweezers/needle
- Eye dressing or pad
- Paper tape
- Small plastic cup
- Pen and note paper
- Emergency phone numbers
- American Red Cross first aid reference guide\*\*

\*Keep all medications in original containers. Check expiration dates and replace as needed.

\*\*First aid reference guides can be purchased from the American Red Cross.

## OTHER HELPFUL SUPPLIES

### Sanitation

- Large plastic trash bags (for trash, waste and water protection)
- Large trash can
- Bar soap and liquid detergent
- Shampoo
- Toothpaste/toothbrushes
- Feminine and infant supplies
- Toilet paper
- Household liquid bleach for water purification, plus eyedropper for measuring (see Water Storage, page 5)
- Newspaper to wrap garbage and waste
- Pre-moistened towelettes

### Safety and Comfort

- Heavy gloves for cleaning up debris
- Sturdy shoes (keep pair by bed)
- Clothes for protection from cold and rain, or extreme heat
- Matches, kept in waterproof, child-resistant container
- Light sticks
- Garden hose with shutoff nozzle for fighting fire
- Tent and tarps

### Tools and Supplies

- Crescent wrench, 12 inches or longer (store near natural gas shutoff in waterproof container)
- Axe, shovel, pry bar, broom
- Screwdrivers, pliers, hammer
- Coil of 1/2 inch nylon rope (50 feet)
- Duct tape and plastic sheeting
- Pocket knife and staple gun
- Pen and paper (stored in watertight container)
- Map of local area to locate emergency services such as American Red Cross shelters
- Change for telephone or telephone calling card

### Emergency Supplies For Your Vehicle

(keep in plastic tub or other container that can be closed)

- Blanket(s) and/or sleeping bag
- Booster cables and toolkit
- Bottled water (use a heavy plastic bottle specifically made for water storage and fill with tap water)
- Canned fruits/nuts and can opener
- Critical prescriptions
- Emergency flares and distress flag/sign
- First aid kit and reference guide (available from the American Red Cross)