

# First Aid Kit

## Things you should have:

- Two pairs of **sterile gloves** (Latex or other, if you are allergic to Latex)
- **Sterile dressings** to stop bleeding
- **Cleansing agent, soap or antibiotic towelettes** to disinfect
- **Antibiotic ointment** to prevent infection
- **Burn ointment** to prevent infection
- **Adhesive bandages** (various sizes) or non-adhesive bandages and hypoallergenic tape
- **Eye wash solution** to flush the eyes or as general decontaminant
- **Thermometer**
- **Prescription medications** you take every day such as insulin, heart medicine and asthma inhalers. Check the medications in your emergency kit periodically and replace any that have expired.
- **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

## Things it may be good to have:

- Cell Phone
- Scissors
- Tweezers
- Needle
- Tube of petroleum jelly or other lubricant
- Roller bandages
- Assorted sizes of safety pins
- Sunscreen
- Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
- Activated charcoal (use if advised by the Poison Control Center)

