

First Aid Kit

Assemble a first aid kit for your home and one for each car. The following are recommended items to be included in a comprehensive first aid kit. Attachment A (2) is a list of recommended items for a basic first aid kit.

- Sterile adhesive bandages in assorted sizes
- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Hypoallergenic adhesive tape
- Triangular bandages (3)
- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls)
- Scissors
- Tweezers
- Needle
- Moistened towelettes
- Waterless alcohol based hand sanitizer
- Antiseptic
- Thermometer
- Tongue blades (2)
- Tube of petroleum jelly or other lubricant
- Assorted sizes of safety pins
- Cleansing agent/soap
- Latex gloves (2 pairs)

- **Non-prescription drugs**
- Sunscreen
- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid (For stomach upset)
- Syrup of Ipecac (Use to induce vomiting if advised by the Poison Control Center)
- Laxative
- Activated charcoal (Use if advised by the Poison Control Center)

Contact your local [American Red Cross](#) chapter to obtain basic first aid manual. Source: American Red Cross

**If you have any questions or concerns, please call Cook Children's Home Health at (800) 747-8242.
A nurse is available 24 hours a day.**

Attachment A (2)

Basic First Aid Kit

- Two pairs of Latex or other sterile gloves
- Sterile dressings
- Cleansing agent/soap
- Antibiotic ointment
- Adhesive tape
- Adhesive bandages (Variety of sizes)
- Eye wash solution
- Thermometer
- Scissors
- Prescription medication and/or supplies
- Aspirin and non-aspirin pain relievers

Source: The Department of U.S. Homeland Security
www.ready.gov/america/getakit/firstaidkit.html

Additional resources:

www.pep-c.org

www.72hours.org

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