

EMERGENCY PREPAREDNESS POINTER

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Revisit Your First Aid Kit

First aid kits are a crucial part of your 72 hour kits, but often get used at different times other than disasters. They can be used hiking, camping, and boating. As you use items in your first aid kits, it's important to remember to replace them. You should also go through your first aid kits regularly to replace old or expired supplies. Be sure to include personal items if you buy a kit from a store. These items can include medications, emergency phone numbers or other items that have been recommended by your health-care provider. It's also important to include a flashlight or headlamp and extra batteries for those dark times. The American Red Cross has provided a checklist of all the items needed in your first aid kit.

First Aid Checklist

2 absorbent compress dressings (5x9 inches)	2 hydrocortisone ointment packets
25 adhesive bandages (assorted sizes)	Scissors
1 adhesive cloth tape (10 yards x 1 inch)	1 roller bandage (3 inches wide)
5 antibiotic ointment packets	1 roller bandage (4 inches wide)
5 antiseptic wipe packets	5 sterile gauze pads (3x3 inches)
2 packets of aspirin (81 mg each)	5 sterile gauze pads (4x4 inches)
1 space blanket	Oral thermometer (non-mercury/nonglass)
1 breathing barrier	2 triangular bandages
1 instant cold compress	Tweezers
2 pair of nonlatex gloves	First aid instruction booklet

Take a First Aid/CPR Class

Knowing how to properly use your first aid kit is equally as important as having one. First aid training is a good idea for everyone and is available through the American Red Cross. Learning basic first aid can help preserve a life until first responders arrive. Having the skills and being equipped go hand in hand. It's also a good idea to take refresher first aid courses. To learn more about first aid classes offered by the American Red Cross, visit this link: <http://www.redcross.org/ux/take-a-class>

