

## **FIRST AID KIT**

*You should have two first aid kits; one for your home, the other for your car, if you have one. An emergency first aid kit should include:*

- Sterile adhesive bandages in assorted sizes
- 2-inch & 3-inch sterile gauze pads
- Hypoallergenic adhesive tape
- Triangular bandages
- 2-inch & 3-inch sterile roll bandages
- Scissors
- Tweezers
- Needle
- Safety razor blade
- Bar of soap
- Moistened towelettes
- Antiseptic spray
- Thermometer
- Tongue blades and wooden applicator sticks
- Tube petroleum jelly or other lubricant
- Safety pins in assorted sizes
- Cleansing agent/soap
- Latex gloves

Non-Prescription Drugs such as:

- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Emetic (use to induce vomiting if advised by Poison Control Center)
- Laxative
- Eye Wash
- Rubbing alcohol
- Antiseptic or hydrogen peroxide
- Activated charcoal (use if advised by the Poison Control Center)

***Do you have adequate supplies for your pet?***

Plan ahead; Get Disaster Information from "Family Disaster Plan." developed by the [Federal Emergency Management Agency](#) and the [American Red Cross](#).