

## MEET THE HELPERS

## BUILD YOUR OWN FIRST AID KIT

- Adhesive bandages in assorted sizes
- Adhesive cloth tape
- Antibiotic ointment
- Antiseptic wipes
- Breathing barrier for CPR
- Gauze bandage rolls
- Hydrocortisone ointment packets
- Instant cold compress
- Non-Stick Absorbent Compress Dressing
- Oral thermometer (non-mercury/nonglass)
- Packets of aspirin, acetaminophen and ibuprofen
- Pair of non-latex gloves
- Scissors
- Sterile gauze pads
- Tweezers



## ADDITIONAL ITEMS YOU MIGHT WANT

- Blanket or space blanket
- Emergency phone numbers
- Soap or Antibacterial Hand Gel
- First aid instruction booklet (can be obtained from the Red Cross)
- Tooth Preservation Kit
- Flashlight
- Prescription medication for family members such as an epi-pen or inhaler



Replace items as soon as possible after using anything from the kit.

Talk with children about how to call 9-1-1 in a medical emergency.

### TIPS FOR PARENTS & CAREGIVERS

Review your Family First Aid Kit twice a year and replace any expired items.

Attend a training workshop for First Aid or CPR.

Train family members how to use emergency medications such as epi-pens or inhalers.

Designate a location for the Family First Aid Kit and make sure every family member can access the kit (keeping any medications away from small children).