

NEIGHBORHOOD SAFETY AND PREPAREDNESS PROGRAM

FIRST AID KIT SUGGESTIONS



In any emergency a family member or you yourself may be cut, burned or suffer other injuries. If you have these basic supplies you are better prepared to help your loved ones when they are hurt. Remember, many injuries are not life threatening and do not require immediate medical attention. Knowing how to treat minor injuries can make a difference in an emergency. Consider taking a first aid class, but simply having the following things can help you stop bleeding, prevent infection and assist in decontamination.

Things you should have:

- Two pairs of Latex, or other **sterile gloves** (if you are allergic to Latex).
- **Sterile dressings** to stop bleeding.
- **Cleansing agent/soap** and antibiotic towelettes to disinfect.
- **Antibiotic ointment** to prevent infection.
- **Burn ointment** to prevent infection.
- **Adhesive bandages** in a variety of sizes.
- **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. You should periodically rotate medicines to account for expiration dates.
- **Prescribed medical supplies** such as glucose and blood pressure monitoring equipment and supplies.

Things it may be good to have:

- Cell Phone
- Scissors
- Tweezers
- Tube of petroleum jelly or other lubricant

Non-prescription drugs:

- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid (for upset stomach)
- Laxative

Source: Ready America U.S. Department of Homeland Security
http://www.ready.gov/first_aid_kit.html

OTHER USEFUL NUMBERS

- County of Orange Health Care Agency Health Information and Referrals
(800) 564-8448
- American Red Cross, Orange County
Provides disaster preparedness materials and aid during disaster
(714) 481-5300

Note: The American Red Cross does not provide hospital services and is not a government agency. It provides disaster assistance and services for free. These services are provided through donations made by the American people and are provided without regard to citizenship, race, religion, age, culture or creed.