



## **FIRST AID KIT – CREATE YOUR PERSONALIZED**



### **A well-stocked first aid kit is a handy thing to have. To be prepared for emergencies:**

- Keep a first aid kit in your home and in your car.
- Carry a first aid kit with you or know where you can find one.
- Find out the location of first aid kits where you work.

First aid kits come in many shapes and sizes. You can purchase one from the Red Cross Store, your local drug store, or big box retailers. You can also make your own. Some kits are designed for specific activities, such as hiking, camping or boating.

### **Whether you buy a first aid kit or put one together, make sure it has all the items you may need:**

- Include any personal items such as medications and emergency phone numbers or other items your health-care provider may suggest.
- Check the kit regularly.
- Check expiration dates and replace any used or out-of-date contents.

### **The Red Cross recommends that all first aid kits for a family of four include the following:**

- 2 absorbent compress dressings (5 x 9 inches)
- 25 adhesive bandages (assorted sizes)
- 1 adhesive cloth tape (10 yards x 1 inch)
- 5 antibiotic ointment packets (approximately 1 gram)
- 5 antiseptic wipe packets
- 2 packets of aspirin (81 mg each)
- 1 blanket (space blanket)
- 1 breathing barrier (with one-way valve)
- 1 instant cold compress
- 2 pair of non-latex gloves (size: large)
- 2 hydrocortisone ointment packets (approximately 1 gram each)
- Scissors
- 1 roller bandage (3 inches wide)
- 1 roller bandage (4 inches wide)
- 5 sterile gauze pads (3 x 3 inches)
- 5 sterile gauze pads (4 x 4 inches)
- Oral thermometer (non-mercury/nonglass)
- 2 triangular bandages
- Tweezers
- First aid instruction booklet



# EMERGENCY PREPAREDNESS KIT – CREATE YOUR OWN

**Be Prepared for an Emergency:** Being prepared means being equipped with the proper supplies you may need in the event of an emergency or disaster. Keep your supplies in an easy-to-carry emergency preparedness kit that you can use at home or take with you in case you must evacuate.

At a minimum, you should have the basic supplies listed below:

- Water: one gallon per person, per day (3-day supply for evacuation, 30-day supply for home)
- Food: non-perishable, easy-to-prepare items (7-day supply for evacuation, 30-day supply for home).
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- First aid kit
- Medications (30-day supply) and medical items. Ice packs if needed for medications.
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone with chargers (solar chargers are good too)
- Walkie – Talkie radios
- Family and emergency contact information
- Extra cash
- Emergency blanket (space blanket)
- Map(s) of the area

Consider the needs of all family members and add supplies to your kit. Suggested items to help meet additional needs are:

- Medical supplies (hearing aids with extra batteries, glasses, contact lenses, syringes, etc)
- Baby supplies (bottles, formula, baby food, diapers)
- Games and activities for children
- Pet supplies (collar, leash, ID, food, carrier, bowl, pet first aid kit)
- Two-way radios
- Extra set of car keys and house keys
- Manual can opener

## **Additional supplies to keep at home or in your survival kit based on the types of disasters common to your area:**

- Whistle
- N95 or surgical masks
- Matches (regular and waterproof)
- Rain gear (poncho)
- Towels
- Work gloves
- Tools/supplies for securing your home
- Extra clothing, hat and sturdy shoes
- Plastic sheeting
- Duct tape
- Scissors
- Household liquid bleach
- Entertainment items
- Blankets or sleeping bags
- Charcoal or Propane BBQ grill with fuel

