

PREPARE *before* THE SCARE



FIRST AID KIT

FIRST AID KITS

ARE A VITAL TOOL IN EVERY HOME AND VEHICLE.

It's the first line of defense against common medical problems that occur in the home that can be resolved or cared for until further medical help is found.

The contents of a first aid kit CAN VARY ACCORDING TO:



Who WILL PRIMARILY BE USING IT?



What ARE THEIR ALLERGIES AND MEDICAL ISSUES?



Where WILL THE KIT BE LOCATED?

- Things to consider are allergies and medical issues of those who will be primarily using it. Someone who has a bleeding disorder or a particular food allergy, for instance, may need access to certain emergency medications that others don't.
- Choose a location for the first aid kit that can be accessed quickly, but is out of reach of younger children and child-proofed for safety.

What SHOULD GO IN YOUR KIT?

HERE ARE SOME COMMON FIRST AID KIT CONTENTS:



BANDAGES OF VARIOUS SIZES



DIPHENHYDRAMINE
for rashes and allergy reactions



ALCOHOL WIPES
to sterilize surfaces



TWEEZERS
for splinters



ACETAMINOPHEN
for pain and inflammation

Points to follow WHEN CREATING A FIRST AID KIT OF YOUR OWN



INCLUDE VITAL INFORMATION

A kit isn't just to store medical supplies and medicine. It's important to include personal emergency information such as emergency phone numbers. It may also be helpful to include a list of medical issues for each member of the family as well as any maintenance medication they take each day. This makes it accessible if they would ever have to be relayed to emergency personnel.



CONSIDER QUANTITY

The amount of each item should reflect the number of individuals living in a home. Base the number of bandages and amount of gauze on the possibility that more than one person at a time may need aid. Also, remember to replace items after they have been used.



CHECK IT REGULARLY

It's a good thing when a first aid kit isn't needed often, but can accidentally lead to its contents becoming expired. Make a point of marking your calendar every few months to check on the kit's contents and their expiration dates. Be mindful that this can also include bandages.



THINK OUTSIDE THE BOX

A first aid kit doesn't have to look the same for each household. It may be an official first aid box from a drug store or a shoe box filled with necessary items. The important thing is that every member of the home knows its contents and where it can be found in an emergency.

For more information on first aid kits, visit premierphysiciannet.com/familyhealth

SOURCE: Joshua Ordway, MD, Franklin Family Practice; American Red Cross