

FIRST AID KIT Checklist

The **American Red Cross** recommends following this checklist to create a basic first aid kit.

- ☐ Absorbent Compress Dressings
- ☐ Adhesive Bandages
- ☐ Adhesive Cloth Tape
- ☐ Antibiotic Ointment Packets
- ☐ Antiseptic Wipe Packets
- ☐ Emergency Blanket
- ☐ First Aid Guide
- ☐ Tweezers
- ☐ Thermometer (Non-Mercury & Non-Glass)
- ☐ Non-Latex Gloves
- ☐ Breathing Barrier With One-Way Valve
- ☐ Gauze Roller Bandage
- ☐ Emergency Phone Numbers
- ☐ Hydrocortisone Ointment Packets
- ☐ Sterile Gauze Pads
- ☐ Instant Cold Compress
- ☐ Roller Bandage
- ☐ Packets Of Aspirin
- ☐ Medical Consent & History Forms For Each Family Member

Put Your Kit to Use

A first aid kit is only as effective as the person using it. Here's how to put your first aid kit to use in treating several common injuries:

MINOR CUTS & SCRAPES

1. Elevate the affected area while applying pressure to the wound with a clean cloth or gauze to stop the bleeding.
2. Clean the affected area with soap and water.
3. Use tweezers sterilized with rubbing alcohol to remove any remaining dirt from the wound.
4. Blot the wound dry.
5. Avoid cleaning wounds with hydrogen peroxide or isopropyl alcohol. This may damage the tissue and delay healing.
6. Once the wound is dry, apply antibiotic ointment and cover it with gauze or a bandage.

MINOR BURNS

1. Soak the burn in cool water for at least 5 minutes.
2. Apply antibiotic ointment to the burn.
3. Loosely wrap a dry gauze bandage around the burn.
4. Taking an over-the-counter pain reliever may help reduce inflammation.

BEE & WASP STINGS

1. If stung by a bee, remove the stinger as soon as possible by scraping it off with your fingernail. Wasps don't leave their stingers behind.
2. Wash the affected area with soap and water.
3. Apply a cold compress.
4. Depending on how severe the reaction is, take an over-the-counter pain reliever as needed.
5. If the sting is on someone's arm or leg, elevate it.
6. Apply hydrocortisone cream to reduce itching and discomfort.