



FIRST AID KITS

Keep a First Aid Kit someplace easily accessible to everybody except children (adult family members, babysitters), perhaps a high shelf in the kitchen.

Review the First Aid manual and check expiration dates regularly!

- Emergency phone numbers (Poison Control, pediatrician, etc)
- First Aid manual
- Activated Charcoal (use only if instructed by Poison Control Center)
- Antiseptic Ointment (Polysporin, Neosporin, Bacitracin, etc.)
- Hydrocortisone
- Antiseptic wipes
- Band-Aids (assorted sizes)
- Disposable instant cold packs
- Vaseline or other lubricant
- Sterile gauze and adhesive tape
- Safety pins
- Digital thermometer and alcohol wipes
- Tongue depressors
- Hand cleaner (Purell, etc)
- Plastic bags
- Folding scissors and fine-point tweezers
- Small flashlight and extra batteries

Keep a First Aid Car Kit. Add Children's Tylenol, and a medicine dispenser; also for allergic reactions away from home, liquid Benadryl; and hydrocortisone.

Extra car supplies include:

- Blanket (stored clean in a zippered plastic bag)
- Bottled water (for first-aid and cleanups as well as hydration)
- Wipes, tissues, paper towels
- Sunscreen and lip balm with sunscreen
- Insect repellent wipes
- If you wear contacts, an extra lens case, saline solution, and an extra pair of eyeglasses.
- Ziplocks to keep supplies safe from sand, water or snow.

