MEET THE HELPERS

- Adhesive bandages in assorted sizes
- Adhesive cloth tape
- Antibiotic ointment
- Antiseptic wipes
- Breathing barrier for CPR
- Gauze bandage rolls
- Hydrocortisone ointment packets
- Instant cold compress
- Non-Stick Absorbent Compress Dressing
- Oral thermometer (non-mercury/nonglass)
- Packets of aspirin, acetaminophen and ibuprofen
- Pair of non-latex gloves
- Scissors
- Sterile gauze pads
- Tweezers

BUILD YOUR OWN FIRST AID KIT

ADDITIONAL ITEMS YOU MIGHT WANT

- Blanket or space blanket
- Emergency phone numbers
- Soap or Antibacterial Hand Gel
- First aid instruction booklet (can be obtained from the Red Cross)
- Tooth Preservation Kit
- Flashlight
- Prescription medication for family members such as an epi-pen or inhaler

TIPS FOR PARENTS & CAREGIVERS

- Review your Family First Aid Kit twice a year and replace any expired items.
- Attend a training workshop for First Aid or CPR.
- Train family members how to use emergency medications such as epi-pens or inhalers.
- Designate a location for the Family First Aid Kit and make sure every family member can access the kit (keeping any medications away from small children).

Replace items as soon as possible after using anything from the kit.

Talk with children about how to call 9-1-1 in a medical emergency.

Adapted from Ready.gov