

First Aid in My Home

I have these items in my home in case there is an emergency:



- **Sterile gauze (2-inch and 4-inch)** For wounds
- **Roller and triangular bandages** For holding dressings in place or to make an arm sling
- **Band-aids/Adhesive tape** For holding dressing in place
- **Adhesive bandages – different sizes** For small cuts, scrapes, or wounds
- **Scissors and tweezers** For cuts, pulling out stingers, slivers, etc
- **Ice pack or chemical cold pack** For swollen areas or bruises
- **Disposable gloves** For protection from germs
- **Antiseptic wipes** For washing small cuts, scrapes, or wounds
- **Small flashlight with extra batteries in a separate bag** For seeing injured areas clearly
- **Other items suggested by your doctor (for example, bee sting or snake-bite kits; antihistamines)** For responding quickly if members of your family have severe allergic reactions

“First Aid in My Home” written by Courtney J. Schoessow, MPH, April 2002.