

Being Ready for Medical Emergencies

- Learn basic first-aid skills. Take courses in CPR and first aid. These give hands-on practice in giving first aid and CPR the right way. Find out about them from your local Red Cross, police and/or fire department, etc.
- Find out what services your health plan covers and what steps you have to take to get emergency costs paid for.
- Carry the following information with you at all times:
 - Your name, address, phone number, and the person to contact if you need emergency care.
 - Your health insurance information.
 - Important medical information. This could be on a medical alert tag, on a wallet card, or on the back of your driver's license. Have a list of medications, their dosages, and things you are allergic to.
 - Emergency telephone numbers. (Post these near phones, too.)
- Read at www.HealthyLearn.com to learn what to do for conditions that need emergency medical care and/or first aid.

First-Aid Kit

Keep first-aid supplies handy, but out of children's reach. Carry a first-aid kit in the car (or boat, wrapped in a waterproof container), as well as in the house. Campers, bikers, hikers, and persons who spend time in remote areas should take a first-aid kit with them. Once a year, check supplies for expiration dates. Restock items when they are used up or when expiration dates have passed.

First-Aid Supplies & Medicines

Acetaminophen, aspirin, ibuprofen, etc.
Adhesive bandages of different sizes.
Antibiotic ointment.
Antidiarrheal medicine.
Antihistamine tablets or syrup.
Antiseptic ointment or wipes.
Calibrated medicine spoon & dropper (for kids).
Cold pack.
Cotton-tipped swabs.
Elastic wrap and closures.
Flashlight and extra batteries.
Hydrocortisone ointment.
Safety pins.
Scissors.
Sterile gauze pads, a roll of gauze, and tape.
Sterile nonstick dressings.
Sunscreen (SPF of 15 or higher).
Tweezers.

Add Extra Items for a Car or Boat

Clean, folded sheet. Blanket.
Large flashlight. Extra batteries. Flares. Rope.
Plastic bottle of water, tightly capped.
Protective clothing and footwear.

{**Note:** See also **Be Prepared for Disasters & Threats** at www.HealthyLearn.com.}