

FIRST-AID

Check List

KEEP BASIC TOOLS HANDY FOR THOSE
LITTLE EMERGENCIES.

Action Step

Take a basic first-aid course for hands-on practice in giving first aid and CPR. Check with your local Red Cross, police and/or fire department to find locations and dates.

Mom's kisses are great, but some boo-boos need a little more care to keep infections away. A well-stocked first-aid kit may be all you need for life's little emergencies. Keep one at home, but out of the reach of children. Store a second one in the car. And if you hike, camp, or bike, take a kit with you.

FIRST-AID KIT ITEMS:

The first-aid kit should have a first-aid guide that includes step-by-step instructions for each item.

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

EXTRA ITEMS FOR A CAR OR BOAT:

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

LEARN HOW TO HANDLE COMMON INJURIES & WOUNDS:

- Rinse cuts and scrapes with cool water.
- To stop bleeding, apply firm but gentle pressure, using gauze. If blood soaks through it, add more gauze, keeping the first layer in place. Keep applying pressure until the bleeding stops.
- Do the Heimlich maneuver for people who are choking.
- Know CPR basics to help someone who collapsed due to cardiac arrest.