



FIRST AID KIT FOR HOME AND OFFICE



MEDICAL MATERIALS:

- Band-aids, large and small
- Medical latex gloves
- Surgical mask
- Instant cold and heat packs
- Ace bandages
- Butterfly bandages
- Gauze pads, 4" x 4"
- Tongue depressors (popsicle sticks will also do)
- Splint material
- Spray bottle with 10% bleach solution for disinfecting objects
- Cotton swabs
- Adhesive tape 2" & 4" wide sterile bandage roll
- Triangular bandage for sling - use 48" unbleached muslin. Cut a 48" square then cut diagonally to make two triangular bandages.

MEDICATIONS:

- Antibiotic ointment
- Necessary medications (prescriptions). Don't forget pediatric medications for children.
- Aspirin and/or pain relief medication
- Diarrhea medication
- Eye drops
- Cold/cough medicine, antihistamines (Benadryl)
- Insect Spray
- Ear and nose drops
- Hydrogen peroxide
- Skin disinfectant spray

Buy only medications that are currently dated and rotate your supplies. Suggestion: rotate your medications when you change your clocks for Daylight Savings Time.

Keep one additional bottle of prescription medications on hand and store in a cool dark place. Use these bottles next when you run out. Your newly purchased medications will then go back into your storage location.

If you know of any allergies your family members have to medications, keep a listing of this information inside your first aid kit.