



# First aid kits: *stay up to date*

A first aid kit is an essential self-care item that should always be handy. A well-stocked kit prepares you for any situation or emergency that may arise.

If you don't have a first aid kit, you can purchase ready-made kits at most pharmacies. Ideally, you should have a kit for your home as well as your vehicle, so you're covered anywhere you go.

First aid kits should be updated every six months to keep supplies stocked and replace expired items. Now is a good time to go through your kits to ensure they are up to date and stocked with everything you need.



## WHAT SHOULD BE IN YOUR KIT?

- 2 absorbent compress dressings (5 x 9 inches)
- 25 adhesive bandages (assorted sizes)
- 1 adhesive cloth tape (10 yards x 1 inch)
- 5 antibiotic ointment packets
- 5 antiseptic wipe packets
- 2 packets of aspirin (81 mg each)
- 1 emergency blanket
- 1 breathing barrier (with one-way valve)
- 1 instant cold compress
- 2 pairs of nonlatex gloves (size: large)
- 2 hydrocortisone ointment packets
- 1 3-inch gauze roll (roller) bandage
- 1 roller bandage (4 inches wide)
- 5 3 x 3-inch sterile gauze pads
- 5 sterile gauze pads (4 x 4 inches)
- A thermometer (non-mercury/non-glass)
- 2 triangular bandages
- Tweezers
- A first aid guide or reference book



## PERSONALIZE YOUR KIT

Depending on the needs of yourself and your family, you should add special items unique to your situation. For example:

- If someone in your family has diabetes, include glucose tabs/gels, quick glucose snacks, and a glucagon injection kit.
- If someone in your family has a severe allergy, include an epi-pen and some antihistamine medication.
- Include a list of medications that each family member takes, as well as contact information for their doctors.
- Include your address in a prominent place in your first aid kit. This will allow the person who is helping you in an emergency to give this information to first responders.