

# First Aid Kit

Keep a first aid kit in your home and in your car to be prepared for emergencies. You can make your own or purchase one from the RedCross.org store. Make sure it has all the items you may need. Include any personal items such as medications and emergency phone numbers. Check the kit often to make sure the flashlight batteries work and check expiration dates and replace any out-of-date contents. The following first aid kit is for a family of four.

- Flashlight and extra batteries
- First aid instruction booklet
- 1 blanket (space blanket)
- Tweezers
- Oral Thermometer (non glass, non mercury)
- Small bottle of baby aspirin (81 mg tabs)
- Scissors
- 1 instant cold compress
- 2 pairs of non-latex gloves
- 2 triangular bandages (for slings)
- 10 sterile gauze pads (4X4 inches)
- 1 roll of paper tape
- 1 roll of adhesive tape (cloth)
- 25 band aids (assorted sizes)
- 5 antibiotic ointment packets
- 5 antiseptic wipe packets
- 4 hydrocortisone ointment packages
- 2 absorbent compress dressings (5X9 inch)
- 2 gauze roller bandages (4 inches wide)
- 1 ace bandage
- 1 breathing barrier (with one-way valve)
- Safety pins (assorted sizes)

Source: [www.redcross.org](http://www.redcross.org)

# Emergency Info.

Make copies for each family member

<p>Name: _____</p> <p>Date of Birth: _____</p> <p>Nearest Relative: _____</p> <p>Cell Ph. #: _____</p> <p>Relative: _____</p> <p>Cell Ph. #: _____</p> <p>Police: _____ Fire: _____</p>	<p>Allergies: _____</p> <p>Medications you take: _____</p> <p>Blood type: _____</p> <p>Doctor: _____</p> <p>Hospital: _____</p> <p>Hospital Ph. #: _____</p>
<p>Contact Name: _____</p> <p>Phone #: _____</p> <p>Out of Town Contact Name: _____</p> <p>Cell Ph. #: _____</p> <p>Neighborhood Meeting Place: _____</p> <p>Outside of Area Meeting Place: _____</p> <p style="text-align: center;"><b>Family Communications Plan</b></p>	<p><b>Other Important Phone Numbers &amp; Information:</b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>

Source: Department of Homeland Security



## Emergency/Disaster Preparedness Supplies CHECK LIST

*What you need to have...* ✓

It is best to store your emergency kit in one location and make sure all family members know where the kit is located. Choose a place in your home that would be safe in time of disaster. The perishable supplies will remain stable longer if stored in a cool, dark location. Make sure the containers can fit in your car. One suggested method for storing emergency supplies is to place them in a large, covered trash container or a large plastic tub with a tight fitting lid where items can be layered and kept together.

**NOTE:** It is best to store plastic water containers on top of the contents rather than on the bottom where they could possibly crack and leak from the weight of heavy objects placed on top of them.



# EMERGENCY/DISASTER PREPAREDNESS SUPPLIES CHECK LIST

## PERSONAL

- First Aid Kit and First Aid Book
- Medical Information List for EACH Member of Family
- Photo Identification (license, passport)
- Cash/money (ATM's and Credit Cards won't work if electricity is out)
- Prescription medications \*\*
- Glucose and/or blood pressure monitoring equipment
- Aspirin/Tylenol/Ibuprofen
- Antacids
- Vitamins
- Anti-diarrheal medication
- Antiseptic/alcohol wipes
- Band-aids
- Thermometer
- Dentures
- Eye glasses (2 pair)/Contact Lenses/Sunglasses
- Baby Items: Diapers/Wipes/Baby Food/Formula
- Nursing mothers should have a contingency plan for feeding their baby in case they are separated
- Plastic baby bottles/nipples
- Infant medications/Medicine dropper
- Scissors
- Tweezers
- Feminine hygiene products
- Safety pins
- Facial tissue
- Toilet paper/moist towelettes
- Tooth brush/tooth paste
- Paper towels
- Soap/Liquid antibacterial hand soap
- Shampoo
- Sunscreen
- Blankets/sleeping bags/pillows for each person
- Sturdy shoes or work boots/each person
- Coats/hats/gloves
- Rain gear/vinyl ponchos
- One complete change of warm clothing per person
- Books, crayons, games, cards, puzzles for children
- iPod(s)

## FOOD

- Water (at least 1 gallon/per person/per day, for 3 days) \*\*
- Food (at least a 3 day supply of non-perishable food that requires no refrigeration, no preparation and no cooking/per person)
- Canned meats: tuna, sardines, ham, chicken, etc.
- Canned fruits and fruit juices
- Canned vegetables
- Dried fruit and canned nuts
- Canned soup
- Peanut butter
- Granola bars
- Trail mix
- Crackers
- Bread
- Tea bags/Instant coffee
- Cookies
- Dry cereal
- Powdered milk
- Jelly
- Your families' comfort foods (chocolate, etc...)

## EQUIPMENT

- Battery powered radio and extra batteries
- Can opener (manual)/bottle opener
- Charged cell phone and car charger
- Maps (plan evacuation route with your family)
- Spiral notebook/pens/pencils/stamps
- Whistle(s)
- Plastic utensils, paper plates, hot and cold cups
- Aluminum foil/sealable plastic bags
- Trash bags/Plastic Ties (for personal sanitation use)
- Needle and thread
- Work gloves/Safety goggles
- Hammer, nails, screwdriver, shovel
- Wrench or pliers to turn off utilities(Electricity & water)
- Pocket knife
- Watch or battery operated clock
- Non latex gloves
- Flashlights/spare bulb/extra batteries

- Signal flare
- Compass
- Duct tape/Plastic sheeting
- Dust/Face masks
- Matches in waterproof container
- Permanent marking pen
- Emergency thermal blanket
- Rope
- Fire starting supplies
- Cans of sterno
- Fire extinguisher (ABC type)
- Waterproof plastic container with lid for important papers (vital records, copies of insurance policies, identification and bank account records, passports, birth certificates, video or CD of personal belongings in home)
- Additional watertight containers
- Emergency telephone numbers
- Household Chlorine Bleach (When diluted nine parts water to one part bleach, bleach can be used as a disinfectant.)
- Do not use scented, color safe or bleaches with added cleaners. To purify water add 16 drops of bleach per gallon of water, stir and let stand for 30 minutes. If the water does not have a slight bleach odor, repeat the dosage and let stand another 15 minutes. This is the only liquid agent that should be used to purify water.**

## PETS

- Pet food, dry or canned and water
- Pet supplies, leash  
(Red Cross Disaster Shelters CANNOT accept pets except service animals that assist people with disabilities)

\*\* Periodically rotate these items so they are exchanged out of the emergency storage bin every six months and replaced with new items.

For more information about the  
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