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 Check the kit often to make sure the flashlight batteries work and check expiration dates and replace any out-of-date contents.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)

Emergency Info.

Name: Contact Name Date of Birth: Contact Name Nearest Relative: Phone #: Out of Town Relative: Cell Ph. #: Out of Town Cell Ph. #: Neighborhook	Allergies: Medications you take: Blood type: Doctor: Hospital:	00
Family Communications Plan Contact Name: Phone #: Out of Town Contact Name: Cell Ph. #: Neighborhood Meeting Place:	Other Important Phone Numbers & Information:	



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

Source: www.redcross.org

Source: Deptartment of Homeland Security

EMERGENCY/DISASTER PREPAREDNESS SUPPLIES CHECK LIST

PE	RSONAL	FC	OOD		Signal flare
	First Aid Kit and First Aid Book		Water (at least 1 gallon/per person/per day, for 3		Compass
	Medical Information List for EACH Member of		days) **		Duct tape/Plastic sheeting
	Family		Food (at least a 3 day supply of non-perishable		Dust/Face masks
	Photo Identification (license, passport)		food that requires no refrigeration, no		Matches in waterproof container
	Cash/money (ATM's and Credit Cards won't work if	_	preparation and no cooking/per person)		Permanent marking pen
	electricity is out)		Canned meats: tuna, sardines, ham, chicken, etc.		Emergency thermal blanket
	Prescription medications **		Canned fruits and fruit juices		Rope
	Glucose and/or blood pressure monitoring		Canned vegetables		Fire starting supplies
_	equipment		Dried fruit and canned nuts		Cans of sterno
	Aspirin/Tylenol/Ibuprofen		Canned soup		Fire extinguisher (ABC type)
	Antacids		Peanut butter		Waterproof plastic container with lid for
	Vitamins		Granola bars		important papers (vital records, copies of insurance policies, identification and bank
	Anti-diarrheal medication		Trail mix		account records, passports, birth certificates,
	Antiseptic/alcohol wipes		Crackers		video or CD of personal belongings in home)
	Band-aids		Bread		Additional watertight containers
	Thermometer		Tea bags/Instant coffee		Emergency telephone numbers
	Dentures (San Land Control of Con		Cookies		Household Chlorine Bleach (When diluted nine
	Eye glasses (2 pair)/Contact Lenses/Sunglasses		Dry cereal		parts water to one part bleach, bleach can be
	Baby Items: Diapers/Wipes/Baby Food/Formula		Powdered milk	_	used as a disinfectant.)
	Nursing mothers should have a contingency plan for feeding their baby in case they are separated		Jelly		Do not use scented, color safe or bleaches with added cleaners. To purify water add 16 drops of
	Plastic baby bottles/nipples		Your families' comfort foods (chocolate, etc)		bleach per gallon of water, stir and let stand for
	Infant medications/Medicine dropper				30 minutes. If the water does not have a slight
	Scissors	EC	UIPMENT		bleach odor, repeat the dosage and let stand
	Tweezers		Battery powered radio and extra batteries		another 15 minutes. This is the only liquid agent
	Feminine hygiene products		Can opener (manual)/bottle opener		that should be used to purify water.
	Safety pins		Charged cell phone and car charger		
	Facial tissue		Maps (plan evacuation route with your family)	PE	TS
	Toilet paper/moist towelettes		Spiral notebook/pens/pencils/stamps		Pet food, dry or canned and water
	Tooth brush/tooth paste		Whistle(s)		Pet supplies, leash
	Paper towels		Plastic utensils, paper plates, hot and cold cups		(Red Cross Disaster Shelters CANNOT accept pets
	Soap/Liquid antibacterial hand soap		Aluminum foil/sealable plastic bags		except service animals that assist people with
	Shampoo		Trash bags/Plastic Ties (for personal sanitation		disabilities)
	Sunscreen		use)	** [Denie die alle makaka khana ikama aa khana aa
	Blankets/sleeping bags/pillows for each person		Needle and thread		Periodically rotate these items so they are changed out of the emergency storage bin every si
	Sturdy shoes or work boots/each person		Work gloves/Safety goggles	mo	inths and replaced with new items.
	Coats/hats/gloves		Hammer, nails, screwdriver, shovel		
	Rain gear/vinyl ponchos		Wrench or pliers to turn off utilities(Electricity &	Fo	r more information about the
	One complete change of warm clothing per		water)	En	nergency Preparedness Task Force
	person		Pocket knife		ease call Chris Pontus at
	Books, crayons, games, cards, puzzles for		Watch or battery operated clock		781-830-5754
_	children		Non latex gloves		
	IPod(s)		Flashlights/spare bulb/extra batteries	or	e-mail cpontus@mnarn.org.

