

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Step 4: First Aid Kit

\*After a disaster or an emergency, some people get hurt. You might have to depend on yourself to treat injured family members, friends and coworkers since outside assistance, including 9-1-1 service, might not be available immediately. NOW is the time to buy or assemble your first aid kit. If you don't know how to administer first aid and CPR, enroll in a class TODAY.

*After a disaster you may encounter the following common injuries:*

- Bleeding
- Broken bones
- Burns
- Cuts from flying / broken glass
- Shock
- Stopped breathing

*Things to do:*

1. Assemble or purchase your first aid kit
2. Store your first aid kit with your other emergency supplies
3. Take a first aid and CPR class

*Your first aid kit should include:*

- |   |   |
|---|---|
| <input type="checkbox"/> First Aid manual               | <input type="checkbox"/> Magnifying glass to see splinters  |
| <input type="checkbox"/> Alcohol wipes **               | <input type="checkbox"/> Safety pins  |
| <input type="checkbox"/> Antiseptic Towelettes **       | <input type="checkbox"/> Thermometer  |
| <input type="checkbox"/> Gauze pads (multiple sizes)    | <input type="checkbox"/> Eye cup or small plastic cup to wash out eyes  |
| <input type="checkbox"/> Antibiotic ointment **         | <input type="checkbox"/> Emergency (foil) blanket for shock   |
| <input type="checkbox"/> Adhesive bandages (Band-aids)  | <input type="checkbox"/> High absorbency pads   |
| <input type="checkbox"/> Roller bandages (Ace Bandage)  | <input type="checkbox"/> Wound disinfectant (e.g. hydrogen peroxide) **   |
| <input type="checkbox"/> Wet wipes or hand sanitizer ** | <input type="checkbox"/> Sunscreen **   |
| <input type="checkbox"/> Adhesive tape                  | <input type="checkbox"/> Insect repellent **  |
| <input type="checkbox"/> Tongue depressors              | <input type="checkbox"/> Hydrocortisone or Calamine lotion **   |
| <input type="checkbox"/> Ice pack                       | <input type="checkbox"/> Medications: prescribed, over-the-counter (anti-diarrheal, non-aspirin pain reliever) ** |
| <input type="checkbox"/> Scissor                        | <input type="checkbox"/> Tissues  |
| <input type="checkbox"/> Tweezers                       |   |

## Resources

- American Red Cross [www.redcross.org](http://www.redcross.org)
- ESP – Emergency Survival Program [www.espfocus.org](http://www.espfocus.org)
- Local retailers in your area may have pre-assembled kits available for purchase.

\* Source: County of Los Angeles – Office of Emergency Management

\*\* These items may have an expiration date. Replace as needed.