

WHAT SHOULD I HAVE IN A FIRST AID KIT?

MEDICINE AND SUPPLIES:

Pain Relievers
Activated Charcoal (used in accidental ingestion of harmful liquids)
Sterile adhesive bandages in various sizes
Safety pins
Cleansing agent/soap
Latex Gloves (2 pairs at least)
Sunscreen
Sterile Gauze Pads
Sterile roller bandages
Scissors
Tweezers
A Needle
Moistened towelettes
Tongue Depressors
Tube of petroleum jelly
Aspirin or non-aspirin pain reliever
Anti-diarrhea medication
Antacid
Laxative
Hydrogen Peroxide
Small flashlight and batteries
Insect Repellent

All of these items should be placed in a large plastic container, such as a toolbox and kept on hand in case of an emergency. Also, first aid kits can be readily purchased already assembled with everything you need. You may already find most of these items in your household.