

# GET READY! Kent County

## Twelve Month Citizen Preparedness Program

### Fact Sheet

### NOVEMBER: FIRST AID KITS

*Disasters happen anytime and anywhere. When disaster strikes, it is easier to cope when you are prepared. GET READY! Kent County recommends having a First Aid Kit in your home, at work, and in your car.*

#### SUPPLIES

- 2 pairs of latex gloves (or other sterile gloves if you are allergic to latex)
- Sterile dressings to stop bleeding
- Hypoallergenic adhesive tape
- Cleansing agent/soap
- Antiseptic
- Antibiotic ointment to prevent infection
- Moistened towelettes
- Burn ointment to prevent infection
- Adhesive bandages in a variety of sizes
- Eye wash solution to flush the eyes
- Non-breakable thermometer
- Scissors
- Tweezers
- Safety razor blade
- Tube of petroleum jelly or other lubricant
- Water purification tablets
- Tissues
- Skin lotion
- Sunscreen lotion
- Instant cold packs for sprains and burns
- Ammonia inhalant (smelling salts)
- Splinting materials
- Sling
- Waterproof matches

#### PRESCRIPTIONS

- Medications you take every day such as insulin, heart medicine, and asthma inhalers (you should rotate medicines to account for expiration dates)
- Medical supplies such as glucose and blood pressure monitoring equipment and supplies

#### NON-PRESCRIPTION DRUGS

- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid (for upset stomach)
- Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
- Laxative
- Activated charcoal (use if advised by Poison Control)

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- **Where can I find these items?**
- Local pharmacies will have most of these items, including ready-made First Aid Kits.
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- **How much will this cost?**
- The cost will depend on the number of items on hand in your home and new purchases. A good First Aid Kit can be purchased for less than \$20.00. Contact the Red Cross for more information.
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- **Tips for success...**
- Store your kit in a convenient place known to everyone in your household. Keep items in an easy to carry container or duffel bag. Don't forget to keep a kit in your car and at work.
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- **For more information...**
- visit [www.ready.gov](http://www.ready.gov) and
- [www.greatergrandrapids.redcross.org](http://www.greatergrandrapids.redcross.org)
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