

!! Be Ready Saginaw County!!

December's Objective: FIRST AID KITS

Disasters happen anytime and anywhere without warning.

When disaster strikes it is easier to cope when you are prepared.

!! Be Ready Saginaw County!! recommends having a First Aid Kit in your home, at work, and in your car.

SUPPLIES

- 2 pair of sterile nitrile gloves
- Sterile 4x4 dressings
- Hypoallergenic adhesive tape
- Cleansing agent / soap
- Antiseptic
- Antibiotic ointment
- Moistened towelettes
- Burn ointment
- Adhesive bandages
- Eye wash solution
- Thermometer
- Tweezers
- Nail clippers
- Safety razor blade
- Petroleum jelly
- Skin lotion
- Sunscreen
- Lip balm
- Instant cold packs
- Splinting materials
- Sling
- Gauze rolls
- Scissors

PRESCRIPTIONS

- Medications you take every day such as insulin, heart medications, and asthma inhalers – rotate periodically to keep medications current
- Medical supplies such as glucose and blood pressure equipment and supplies

NON-PRESCRIPTION DRUGS

- Aspirin / acetaminophen / ibuprofen
- Anti-diarrhea medication
- Antacid
- Laxative
- Allergy medication
- Cold / flu medication

Where can I find these items?

Local pharmacies will have most of these items, including ready-made First Aid Kits.

How much will this cost?

The cost will depend on the number of items you need to purchase to complete your kit. A good ready-made First Aid Kit can be purchased for around \$20.00.

Tips for success...

Store your kit in a convenient place known to everyone in your household. Keep items in an easy to carry waterproof container. Have a first aid manual on hand and learn CPR. Don't forget to keep a kit in your car and at work.

For more information visit

www.ready.gov



BE WISE. BE WELL. BE READY.