

## FIRST AID SUPPLIES

*Recommended supplies to include in home First Aid Kits*

### **GROUP A**

Medical-grade vinyl gloves  
Poison ivy relief cream  
Burn relief cream  
Sunscreen, SPF of 30 or greater  
Antibiotic ointment, Polysporin® or similar  
Large plastic trash bag and several smaller, zip-closure bags

### **GROUP B**

Sting relief lotion or ointment, calamine or similar  
Box of sterile gauze pads, either 3" x 3: or 4: x 4:  
Abdominal (ABD) or combine sterile pad, 5" x 9"  
Rolled gauze of 2 sizes, 2" x 4 yards and 4: x 4 yards  
Bandages of assorted types: finger, knuckle, plastic, Telfa®, and general adhesive

### **GROUP C**

Sterile oval eye pad  
Small sharp scissors  
Tweezers with pointed tip  
Thermometers, oral and rectal (for babies)  
Elastic bandage, 3: x 6"

### **GROUP D**

Instant ice pack  
Roll of adhesive tape, 1" wide, may use plastic type if preferred  
Triangular bandages, 2  
Package of safety pins, assorted sizes  
Absorbent cotton balls, 1 box

### **GROUP E**

Diarrhea remedy, Pepto-Bismol® or Kaopectate® or similar  
Popsicle® (craft) sticks or finger splints  
Antibacterial soap, liquid or bar  
Medicine dropper  
Water purification tablets

### **GROUP F**

Small bottle of bleach  
Sharp knife or multipurpose knife/tool  
Bottles of aspirin, ibuprofen, and acetaminophen (children's or liquid if needed)  
Splint materials: thin boards 2-3' long  
Cough syrup and throat lozenges

These emergency items need to be stored in a waterproof, durable container and protected from the access of small children. Be sure to check the dates on medications at least annually to make sure medications are current.

