## irst Aid in My Home

I have these items in my home in case there is an emergency:



- □ Sterile gauze (2" and 4") For wounds
- Roller and triangular bandages For holding dressings in place or to make an arm sling
- Bandaids/Adhesive tape For holding dressings in place
- Adhesive bandages -- different sizes For small cuts, scrapes, or wounds
- Scissors and tweezers For cuts, pulling out stingers, slivers, etc
- □ Ice pack or chemical cold pack For Swollen areas or bruises
- Disposable gloves For protection from germs

EXTENSION

- Antiseptic wipes For washing small cuts, scrapes, or wounds
- Small flashlight with extra batteries in a separate bag For seeing injured areas clearly
- Other items suggested by your doctor (for example, bee sting or snake-bite kits; antihistamines) For responding quickly if members of your family have severe allergic reactions

"FIRST AID & MY HOME" WRITTEN BY COURTNEY J. SCHOESSOW, MPH, APRIL 2002.

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