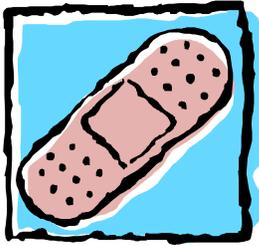


# Be Prepared For Any Emergency!

When it comes to a disaster, is your family prepared? It is very important to have First Aid and disaster kits for your home and car ready, just in case! Below you will find some ideas for building your family's kits.



**Keep bandages stocked!**

## Items to consider for a First Aid Kit

### Wound care:

- (4) Triangular Bandages (used for slings or bandages)
- (2) Elastic Bandages 4" (used for sprains for compression bandage)
- (2) Elastic Bandages 3" (used for sprains for compression bandage)
- (4) Kling gauze bandage 4"x5' Sterile (used for bandaging)
  - (1) 1/2" hypoallergenic cloth tape
  - (2) 1" hypoallergenic cloth tape
  - (1) 2" hypoallergenic cloth tape
- (8) 2x2" Gauze sponges, sterile (used for dressings)
- (12) 4x4" Gauze sponges, sterile (used for dressings)
- (15) Band-Aids™, various sizes
- (1) cleansing agent/soap, antibacterial (used to clean wounds)
- (1) tube Antiseptic (or antibiotic type, used to prevent/treat skin infections)
- (1) Antiseptic/anesthetic spray (for minor burns)

### Miscellaneous:

- (1) Eyewash Solution (used to wash eyes)
- (1) package sting-kill (used for insect bites)
- (8) moistened Towelettes (used for skin cleansing)
- (16) Alcohol wipes (used for skin cleansing)
- (3) Chemical cold packs (used for sprains/strains)
- (1) small bottle Aspirin or Acetaminophen (used to relieve pain and fever)
- (1) Anti-diarrhea medication
- (1) Antacid (used for upset stomach)
- (1) Activated Charcoal (used for poison ingestion)
- (1) liter Drinking Water
- (1) bottle of Sunscreen
- (1) Pocket mask for CPR
- (6) Tongue depressors (used for mouth inspection or finger splints)
- (1) Flashlight and extra batteries
- (1) Oral Thermometer
- (1) Bandage scissors
- (1) Tweezers
- (2) pair Exam gloves
- (2) surgical masks/particle masks
- (6) Safety pins
- (1) Paper pad/pencil
- (1) First Aid manual



**Stay hydrated!**



*A disaster could make it difficult to communicate and for response units to get to you in the event of an emergency. If you are away from home, you may have to rely on the supplies you have with you. Pack enough for each family member. Is your family prepared for the first 72 hours?*

**Useful items for 72-hour disaster kits include:**

Food (non-perishable) (2,000-4,000 calories per person per day)  
Water for 72 hours (at least 1 quart per person per day)

Manual can opener  
Clothing, socks, shoes  
Toiletries to include soap, towels, shaving kit, toothbrush, toothpaste, mouthwash  
Toilet paper, feminine napkins (and a way to contain or dispose of waste)

Facial tissues  
Pop-up wet tissues  
Extra batteries

Blankets/bedding  
Large and small Plastic bags and ties, zipper locking bags  
Water purification tablets or bleach and eye dropper  
Emergency contact phone numbers (relocation plan)

Medications listing by family member  
Photos of family members

AM/FM Radio (with extra batteries)  
Walkie/Talkies (with extra batteries)

Cash, small notes, coins  
Tool Kit

Tarp/Tent  
Hooded Poncho  
Matches/candle/heat source  
Deck of playing cards



**Be sure to have a  
radio with  
battery backup**

**Useful items for your disaster car kit:**

Non-perishable food (2,000-4,000 calories per person per day)

Drinking water (at least 1 quart per person per day)

Small First Aid kit and manual, necessary medications

Blanket or sleeping bag

Rain gear and extra clothes

Walking shoes and extra heavy socks

Flashlight, batteries and Help flag for signaling

Radio and batteries

Booster cables and flares

Class ABC fire extinguisher (small)

Matches and candles

Plastic siphoning hose with hand pump (available at auto centers)

Always keep automobile gas tank at least 1/2 full



**Not all emergencies  
happen when you are  
at home. Be prepared  
on the road!**

