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**Being Prepared** gets families and workplaces ready to mitigate loss and alleviate fear. Natural and technological hazards as well as terrorism affect thousands of people every year and have lasting effects on both people and property. In the event of emergencies or disasters, injured people will need to receive help within the first hour of the incident. Often family members and co-workers are the initial first responders in a disaster. First-aid kits are a necessity for attending to victims and a basic supply for the homes, vehicles, schools and workplaces.

- You may purchase a first-aid kit or customize your own kits for families, schools and businesses
  - Some kits are designed for specific activities, such as hiking, camping or boating
- Make sure your kits have all the supplies you may need
  - Include any personal items such as medications and emergency phone numbers or other items your health-care provider may suggest
- Check kits regularly
  - Make sure the flashlight batteries work
  - Check expiration dates and replace any used or out-of-date contents

**Basic First-Aid Kits** may include the following supplies (variations can easily be made to meet the specific needs of families, schools and workplaces):

- Adhesive tape
- Aluminum finger splints
- Antibiotic ointment
- Antiseptic solution or towelettes
- Bandages, including a roll of elastic wrap and assorted bandage strips
- Instant cold packs
- Cotton balls and cotton-tipped swabs
- A box of disposable latex or synthetic gloves
- Gauze pads and roller gauze in assorted sizes
- Eye goggles
- First-aid manual
- Petroleum jelly or other lubricant
- Plastic bags for the disposal of contaminated materials
- Safety pins in assorted sizes
- Save-A-Tooth storage device containing salt solution and a travel case
- Scissors, tweezers and a needle
- Soap or instant hand sanitizer
- Sterile eyewash, such as a saline solution
- Thermometer
- Triangular bandage
- Turkey baster or other bulb suction device for flushing out wounds
- Activated charcoal (use only if instructed by Poison Control Center)
- Anti-diarrhea medication
- Over-the-counter oral antihistamine (i.e., Benadryl, others)
- Aspirin and nonaspirin pain relievers (never give aspirin to children)
- Calamine lotion
- Over-the-counter hydrocortisone cream
- Personal medications
- Syringe, medicine cup or spoon
- Sunscreen
- Mylar emergency blanket
- Disposable diapers
- Personal hygiene items
- Towels, sheets, linens, pillows
- Scarf (sling)
- Blankets

## Information Sources:

[www.eden.lsu.edu](http://www.eden.lsu.edu); [www.fema.gov](http://www.fema.gov); [www.ready.gov](http://www.ready.gov); [www.redcross.org](http://www.redcross.org)