

Make an Emergency Go Kit

First Aid



In an emergency you or a family member may be cut, burned, or suffer other injuries. Basic supplies will make you better prepared to help you or your loved ones with injuries.

Things you should have:

- Two pairs of Latex, or other sterile gloves (if you're allergic to Latex);
- Sterile dressings to stop bleeding;
- Cleansing agent/soap and antibiotic towelettes to disinfect;
- Antibiotic ointment to prevent infection;
- Burn ointment to prevent infection;
- Adhesive bandages in a variety of sizes;
- Eye wash solution to flush the eyes or as general decontaminant;
- Thermometer;
- Prescription medications you take every day such as insulin, heart medicine and asthma inhalers. You should periodically rotate medicines to account for expiration dates;
- Prescribed medical supplies such as glucose and blood pressure monitoring equipment and supplies.