

Tips in Motion

First-Aid Kit for the Family

Every household should have a first-aid kit, especially those homes with children. The following basic items will prepare you for most household emergencies. Make sure items used from the kit are replaced promptly.

- A first aid chart or easy to understand first-aid book to help you properly handle injuries (keep it in the kit)
- Acetaminophen for pain relief
- Aspirin (with approval from your doctor)
- Adhesive Band-Aids (various sizes), including butterfly & knuckle
- Adhesive tape
- Antibacterial ointment
- Antibacterial soap (mild)
- Antihistamine (for allergies and bee stings)
- Cotton swabs or balls
- Disposable instant-activating ice bags
- Elastic or stretch wraps for sprains
- Gauze Pads for dressing wounds (2-inch and 4-inch)
- Petroleum jelly
- Roll of gauze
- Rubbing alcohol
- Safety pins
- Scissors (rounded tips)
- Syrup of ipecac to induce vomiting (should be replaced every year)
- Triangular bandage for wrapping an injury or making a sling
- Thermometers (oral and rectal)
- Thermometer covers
- Triangular bandage for making a sling or wrapping an injury
- Tweezers

Small children and animals are inquisitive, so store your first-aid kit in a cool, dry area where neither can reach it.

If you prefer, purchase a pre-packaged kit at a local pharmacy, grocery or discount store. Be sure it contains the essential items for your home. Consider a kit for each of your vehicles, especially if children are regular passengers.