



What's In YOUR First Aid Kit???

RECOMMENDED ITEMS:

1. Gauze pads (at least 4 x 4 inches)
2. Ace Bandages
3. Box adhesive bandages (band-aids)
4. Gauze roller bandage at least 2 inches wide
5. Triangular bandages with 2 large safety pins
6. Antiseptic wipes or ointment
7. Gauze Sponges
8. Scissors
9. Tweezers
10. Roll of Coban to secure dressings
11. Non-latex gloves
12. Splint
13. Ice pack
14. Hand sanitizer
15. First aid guide for reference
16. Medication and List with dosage and times taken, and Allergies
17. Phone numbers for emergency contact, doctors, pharmacy, poison control, and insurance information

WHERE YOU CAN GET A FIRST AID KIT ONLINE:

<https://www.redcross.org/store/first-aid-supplies/home-first-aid-kit>

https://www.amazon.com/s?k=home+first+aid+kit&crd=3UAKOUDOVSQ81&sprefix=Home+First+Aid+Kit%2Caps%2C238&ref=nb_sb_ss_ts-doa-p_1_18

<https://www.cvs.com/search/?searchTerm=First%20Aid%20Kit>

<https://www.walgreens.com/search/results.jsp?Ntt=first%20aid%20kit>

You may be able to use your Flexible Spending Account to purchase your Home First Aid Kit. You need to check the terms to see if they cover it.

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MARLENE'S ADDITIONAL ITEMS:

18. Sewing kit
19. Eye glass repair kit
20. Small tube of icing or honey stick (for Diabetics with low blood sugar if necessary)
21. Nail clipper
22. Paper and pen or pencil
23. Flashlight & extra batteries
24. Sanitary napkins or Abdominal pads (may be used as a dressing over a large laceration)
25. Safety pins
26. Rubber band
27. Face mask
28. Dental floss
29. Water for eye wash
30. Thermal patches
31. Plastic bag for disposal
32. CPR mouthpiece for breathing (if you know CPR)
33. Extra pair of glasses
34. Magnifying glass
35. Pack of tissues
36. Cotton swabs
37. Burn cream
38. After Bite
39. Benadryl
40. Advil or Tylenol
41. QuikClot Fan Fold Gauze (especially if you are on blood thinners)