

Creating a home first-aid kit

A first-aid kit, kept within easy reach, is a must for every family. Having and being prepared ahead of time will help you handle an emergency at a moment's notice. Here are some basic instructions to make your own first-aid kit for home, car or vacation.

Choose containers for your kits that are roomy, durable, easy to carry and simple to open. Plastic tackle boxes or containers for storing art supplies are ideal.

You can include:

First-aid manual
Sterile gauze
Adhesive tape
Adhesive bandages in several sizes
Elastic bandage
Antiseptic wipes
Soap
Antibiotic cream (triple-antibiotic ointment)
Antiseptic solution (like hydrogen peroxide)
Hydrocortisone cream (1%)
Acetaminophen and ibuprofen
Extra prescription medications (if the family is going on vacation)
Tweezers
Sharp scissors
Safety pins
Disposable instant cold packs
Calamine lotion
Alcohol wipes or ethyl alcohol
Thermometer
Plastic gloves (at least 2 pairs)
Flashlight with extra batteries
Mouthpiece for administering CPR (can be obtained from your local Red Cross)
Your list of emergency numbers
Blanket (stored nearby)

After you've stocked your first-aid kits:

- Read the first-aid manual you've included so you'll understand how to use the contents of your kit. (If your children are old enough to understand, review the manual with them as well.)
- Store first-aid kits in places that are out of a child's reach but easily accessible for adults.
- Check the kits regularly. Replace missing items or medicines that have expired.

Emergency information for parents and caregivers

Emergency numbers	Family contact numbers	For babysitters and caregivers
Emergency services: 911 Or	Home number:	Child's full name:
Poison control center: 800-222-1222	Mom's work number:	Date of birth:
Ambulance:	Dad's work number:	Blood type:
Fire:	Mom's cell number:	Allergies:
Police:	Dad's cell number:	Medical conditions:
Hospital emergency dept:	Emergency contact name:	
Doctor's name:	Emergency contact number:	Child's full name:
Doctor's number:	Relationship:	Date of birth:
Dentist's name:	Emergency contact name:	Blood type:
Dentist's number:	Emergency contact number:	Allergies:
Pharmacy number:	Relationship:	Medical conditions:
Health insurance:		
Health insurance policy #:	Home address:	Other important information:
Health insurance company phone number:		
	Family medical conditions:	