



FIRST AID KIT

Assemble a first aid kit for your Personal Disaster Preparedness Supplies. The kit should contain the following items (minimum quantities are listed, more is OK):

- (20) Adhesive bandages, assorted sizes.
- (1) 5" x 9" sterile dressing.
- (1) Conforming roller gauze bandage.
- (2) Triangular bandages. (These can be cut from a large piece of clean fabric, about 30" – 36" square, and cut into two triangles)
- (2) 3 x 3 sterile gauze pads.
- (2) 4 x 4 sterile gauze pads.
- (1) Roll 3" cohesive bandage.
- (2) Germicidal hand wipes or waterless alcohol-based hand sanitizer.
- (6) Antiseptic wipes (isopropyl alcohol).
- (1) BOX large medical grade non-latex gloves.
- Adhesive tape, 2" width.
- Anti-bacterial ointment.
- Liquid Diphenhydramine (histamine blocker for allergic reactions)
- One bar of antibacterial soap
- A small bottles of Aspirin, Acetaminophen and Ibuprofen – your preference
- Chemical cold pack.
- Scissors (small, personal).
- Tweezers.
- CPR breathing barrier, such as a face shield.
- PERSONAL PRESCRIPTION MEDICATIONS – A MINIMUM OF ONE WEEK SUPPLY
- Extra pair of prescription glasses or contact lenses and solution.
- One bottle of Potassium Iodide in the event of radiation exposure – ONCE DAILY DOSING INFO: One 130 mg pill per day for Adults 18 and over and adolescents who are adult size (including pregnant and lactating women), One 65 mg pill (or ½ 130 mg pill) per day for children from 3 – 18 years of age, ¼ of a 130 mg pill or ½ of a 65 mg pill (32 mg) per day for babies from 1 month through 3 years of age, and 1/16 of a 65 mg pill or 1/8 of a 65 mg pill per day for infants birth through one month of age. This should be taken daily until significant exposure risk no longer exists.
- ADDITIONAL ITEMS depending upon your level of First Aid, CPR or First Responder Training should be added to this kit.