

EMERGENCY SUPPLIES

FIRST AID KIT:

A complete first aid kit for 72-hour home use is listed below. Remember to include any prescription medications that your family takes, along with a written list of prescriptions, allergies, and doctors. If you wear eye glasses, contact lenses or dentures, include an extra pair. The most important item that you can include in your medical kit is a good first aid manual. The following list is for family use only and should not be considered a medical cache for NET operations:

- . Kerlex, Kling, or any other brand of roller bandage (6 rolls)
 - . used to wrap over dressings and to secure splints
- . 4-inch sterile gauze pads (4-6)
- . 2-inch sterile gauze pads (4-6)
- . Sanitary napkins (2-4 pads)
 - . used to control excessive bleeding
- . 1- and 2-inch adhesive tape (1 roll of each)
 - . used to secure dressings and bandages
 - . changed every 6 months
- . Band-aids (1 box assorted sizes)
- . Triangular bandage (3)
 - . used to secure broken arms, shoulder dislocations or as a wrap for splints. Can be purchased or made from old sheets
- . Ace bandage for wrapping sprains (1)
- . Sterile water (1 quart)
 - . used to flush wounds and cool burns
- . Antiseptic solution (1 bottle)
 - . used to cleanse wounds
- . Scissors
- . Tweezers
- . Sterile needle for splinters
- . Aspirin or non-aspirin pain reliever
- . Latex gloves (2 pair)
- . Anti-diarrhea medication
- . Antacid
- . Syrup of Ipecac (to induce vomiting, if advised by Poison Control Center)
- . Sunscreen
- . Tube of petroleum jelly
- . Cleaning agent/soap
- . Moistened towelettes or baby wipes
- . Assorted sizes of safety pins