

PREPARING

A first aid kit is a necessity in any emergency or disaster. But in order for them to be used effectively you should be trained in administering first aid.

- The Ross County Red Cross offers a number of first aid and CPR classes. You can learn how to give first aid and CPR to adults as well as children.

First Capital Red Cross
115 W. Main St.
Chillicothe, OH. 45601
772.2014
www.rossredcross.org

PURCHASING

There are a number of places to purchase a first aid kit. Decide what needs to be in yours before shopping for one or assembling your own.

- The First Capital Red Cross (see above) sells various sizes and types of first aid kits.
- Most department stores carry first aid kits.
- They can also be purchased online, but care should be taken to ensure security and that a reputable seller is chosen.

Also available in the personal and family preparedness series is:

Booklet:

A Guide to Preparedness

Pamphlet:

A Personal and Family Preparedness Plan

Brochures:

Preparing for a Winter Storm

Preparing for a House Fire

Preparing for a Flood

Preparing for a Thunderstorm, Lightning or Tornado

Preparing a First Aid and Supply Kit

Bird Flu: What You Should Know

Influenza and You

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COMMUNITY PREPAREDNESS

Program staff

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Preparing a First Aid Kit and Supplies



Courtesy of the



FOOD AND WATER

In the event that you would be unable to leave your home or receive assistance from others, there are some basic necessities you should stock up on.

- Water is the most important item to store. The recommended amount to store is one gallon, per-day, per-person.
- You should store at least a three day supply, and store it in a cool, dry place. Water should be rotated every six months.
- Store water in plastic containers. Glass may break too easily.
- Store water near the area you will shelter.
- Remember, in addition to drinking you may need to use water for cooking and hygiene.
- Food is also an important item when you are sheltering. Again, at least a three day supply should be kept in a cool dark place.
- Store non-perishable food items, such as ready-to-eat meats, fruits and vegetables.
- Canned juices and powdered milk are good to keep.
- High energy foods such as peanut butter and crackers and granola bars are recommended.
- Military style foods, such as Meals Ready to Eat (MREs) store well also.
- Like water, food should be rotated before the printed expiration dates.
- Make sure to store a can opener.
- Don't forget utensils for eating and serving.
- Food is important for keeping up your strength and also moral during an emergency, disaster or crisis.

YOUR FIRST AID KIT

A first aid kit should be kept in every home and every vehicle - especially when traveling or going on a vacation.

- Pack all items in a secure, easily transportable container - waterproof if possible
- First aid manual
- Adhesive bandages (various sizes)
- Sterile gauze bandages (various sizes)
- Cleansing agent (hydrogen peroxide, antibacterial soap, antiseptic wipes)
- Antibiotic cream
- Hydrocortisone cream
- Medical adhesive tape
- Burn ointment
- Calamine lotion
- Eye wash solution
- Tweezers and scissors
- Thermometer
- Aspirin or non-aspirin pain reliever
- Latex gloves
- Cold pack
- Laxative and anti-diarrhea meds
- Antacids
- Prescription medications
- Medications for children
- Flashlight
- Petroleum jelly
- Elastic bandage for wrapping sprains
- Alcohol wipes
- Safety pins
- Shock blanket
- Mouthpiece for administering CPR
- Emergency phone numbers and a cell phone (if possible)

PLACING YOUR FIRST AID KIT

Your first aid kit will do you no good if you are unable to get to it in a disaster or emergency.

- Place the kit near where your family would shelter during an emergency, or at a location that is quickly and easily accessible.
- Make sure your first aid kit is clearly marked.

TOOLS AND OTHER NECESSITIES

It is a good idea to store certain items near your emergency shelter.

- Battery operated radio
- Flashlights
- Replacement batteries
- Extra clothing
- Coats, gloves, hats, etc.
- Bedding or sleeping bags (keep dry)
- A tool kit with a hammer, screw driver, etc.
- Compass and map
- Matches, lighters and a fire extinguisher
- Toilet paper
- Soap
- Feminine items
- Personal hygiene supplies
- Items for babies
- Special needs medications
- Cards and games for passing the time
- Important family and financial documents