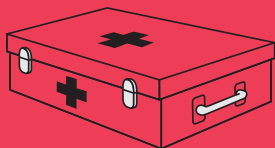


## THE FACTS

Keep a first aid kit handy – just in case you need it. You can put the kit together as a family activity. Be sure that you know how to use everything properly. Replace items when used right away so they are there when you need them.

You should also keep a first aid kit in your car or boat, or for hiking and camping. If your child has severe reactions to bee stings, have your doctor prescribe an insect sting kit and keep it with your other emergency supplies.

For more safety information, visit [www.lebonheur.org/safekids](http://www.lebonheur.org/safekids).



**Keep a  
First Aid Kit  
handy**

# FIRST AID KIT

## STOCK UP

- A box of bandaids in assorted sizes to dress small cuts
- A package of sterile gauze pads to dress large cuts
- A roll of adhesive tape to hold gauze pads in place
- A pair of scissors to cut adhesive tape
- A triangular bandage and several safety pins to make a sling
- An elastic bandage to wrap sprains
- Tweezers to remove bee stings and splinters
- Rubbing alcohol to “clean” tweezers
- Calamine lotion to treat insect bites or poison ivy
- Hydrogen peroxide to clean cuts
- A few cotton balls to use with hydrogen peroxide when cleaning cuts
- A thermometer to check for fever
- A bottle of acetaminophen (Tylenol) to reduce fever
- Activated charcoal for poison emergencies if ordered by a doctor or Poison Control (1-800-222-1222)
- An icepack (kept in the freezer) to prevent or reduce swelling
- A breathing barrier to administer CPR
- Plastic, non-latex gloves for treating others
- Burn cream to treat minor burns
- Antibiotic ointment to prevent infection

## REMEMBER

Keep it handy for you – but out of reach of small children.