



FIRST AID KIT

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.

Visit www.lebonheur.org/safekids for more safety information.

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
- 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 acetomenophen (Tylenol) to reduce fever
- activated charcoal for poison emergencies if ordered by a doctor or Poison Control (1-800-222-1222)
- an icebag or icepak (kept in the freezer) to prevent or reduce swelling



Keep a
First Aid Kit
handy