



+ HOW TO BUILD A FIRST AID KIT

OVERVIEW:

You and your loved ones can have an emergency at a moment's notice, so it's critical to be prepared for any scenario.

To ensure that you're ready to address any accident or injury, assemble this preparedness kit full of everything you might need.

WHAT'S INCLUDED:

- **First Aid Kit Checklist**
A comprehensive list of essentials to add to your kit
- **Emergency Contact Sheet**
A template to fill out with important numbers and store in your kit
- **Kit Label**
A label to place on your kit so it's easy to identify

FIRST AID KIT CHECKLIST

SUGGESTED ITEMS

- | | |
|---|--|
| <input type="radio"/> Adhesive bandages (<i>in a variety of sizes and shapes</i>) | <input type="radio"/> Safety pins |
| <input type="radio"/> Alcohol-free cleansing wipes | <input type="radio"/> Scissors |
| <input type="radio"/> Antibiotic or antiseptic cream | <input type="radio"/> Skin rash cream (<i>such as hydrocortisone or calendula</i>) |
| <input type="radio"/> Antihistamine cream or tablets | <input type="radio"/> Sterile eye patches (<i>for adults and kids</i>) |
| <input type="radio"/> Cream or spray to relieve insect bites and stings | <input type="radio"/> Sterile gauze pads (<i>small, medium, and large</i>) |
| <input type="radio"/> Digital thermometer | <input type="radio"/> Sticky tape |
| <input type="radio"/> Disposable sterile gloves | <input type="radio"/> Triangular bandages |
| <input type="radio"/> Distilled water | <input type="radio"/> Tweezers |
| <input type="radio"/> Emergency contact sheet | <input type="radio"/> _____ |
| <input type="radio"/> Eye wash and eye bath | <input type="radio"/> _____ |
| <input type="radio"/> First aid instruction booklet | <input type="radio"/> _____ |
| <input type="radio"/> Painkillers | <input type="radio"/> _____ |
| <input type="radio"/> Rolled crepe bandages | <input type="radio"/> _____ |

EMERGENCY **CONTACTS**

IN CASE OF EMERGENCY, CALL:

Ambulance: 911

Poison Control: 1-800-222-1222

Police: _____

Family doctor: _____

Household numbers:

Emergency contacts:

KEY

----- - cut along edge



KEY

----- - cut along edge