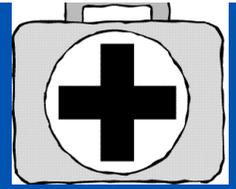


Home First Aid Kit



The American College of Emergency Physicians (ACEP) recommends that every home be prepared to respond to common medical emergencies by having a Home First Aid Kit. Preventing emergencies is the best way to keep your family healthy and safe. However, you can protect your family and reduce your risk of injury and serious illness by preparing to respond in case one occurs.

Emergency physicians suggest including the items listed below in your Home First Aid Kit. All the items are available from your local pharmacy. For the kit itself, ACEP recommends using a tote bag, because it can hold all the items you need, as well as be visible where it is kept. It also can be easily transported, such as when you go on vacation. Appropriate members of the household should know where it is and how to use each item.

Suggested Contents

First Aid Manual: A valuable resource about health and safety and how to respond to many medical emergencies at home. ACEP also recommends taking a first-aid class, learning CPR, and always seeking immediate medical attention when you need it.

Information

- **Emergency Phone Numbers:** family physician and pediatrician, regional Poison Control Center, and if 911 is not in your area, emergency services for local police, fire department, and ambulance service.
- **List of Allergies:** a separate list for each household member.
- **List of Medications:** a separate list for each household member.



Medicines and Supplies

- **Acetaminophen, Ibuprofen, and Aspirin Tablets:** To relieve headaches, pain, fever, and simple sprains or strains of the body. Have at least two aspirin tablets available at all times in case of heart attack, although use as recommended by your physician. Use appropriate dosages, and make sure the medicine is age appropriate. (Aspirin should not be used to relieve flu symptoms or be given to children.)
- **Cough Suppressant:** To relieve coughing. Use appropriate dosages, and make sure the medicine is age appropriate.
- **Antihistamine:** To relieve allergies and inflammation. Use appropriate dosages, and make sure the medicine is age appropriate.
- **Decongestant Tablets:** To relieve nasal congestion from colds or allergies. Use appropriate dosages, and make sure the medicine is age appropriate.
- **Oral Medicine Syringe:** To administer medicine to children.
- **Fluids to use for oral rehydration** when treating infant diarrhea.



Bandages and Other Injury/Wound Care Supplies

- Bandages of Assorted Sizes: To cover minor cuts and scrapes.
- Bandage Closures/“Butterfly Bandages” (One-Fourth and One-Inch Sizes): To tape edges of minor cuts together.
- Triangular Bandage: To wrap injuries and make an arm sling.
- Elastic Wraps: To wrap wrist, ankle, knee, and elbow injuries.
- Gauze in Rolls and Two-Inch and Four-Inch Pads: To dress larger cuts and scrapes.
- Adhesive Tape: To keep gauze in place.
- Sharp Scissors with Rounded Tips: To cut tape, gauze, or clothes.
- Safety Pins: To fasten splints and bandages.
- Antiseptic Wipes: To disinfect wounds or clean hands.
- Disposable, Instant-Activating Cold Packs: For icing injuries and burns.
- Tweezers: For removing small splinters, foreign objects, bee stingers, and ticks from the skin (see first aid manual for proper removal of ticks).
- Hydrogen Peroxide: To disinfect and clean wounds.
- Gloves: To protect hands and reduce risk of infection when treating open wounds.



Other Supplies

- Thermometer: To take temperatures. For babies under age 1, use a rectal thermometer.
- Petroleum Jelly: To lubricate a rectal thermometer.
- Calamine Lotion: To relieve itching and irritation from insect bites and stings and poison ivy.
- Hydrocortisone Cream: To relieve irritation from rashes.
- Complete medical consent forms for your family, which will allow someone to authorize medical treatment in an emergency situation when you're unable to give consent. If you have children, complete a medical consent form for each child and provide them to all caregivers.

Remember to follow the same precautions for medicines in your Home First Aid Kit as with any other medication. Use as recommended by your physician. Store out of reach of children, and use products with child safety caps. Check expiration dates, and include other items as recommended by your physician. If someone in your household has a life-threatening allergy, carry appropriate medication with you at all times, such as auto injectable epinephrine.

For more health and safety tips, visit ACEP's web site at www.acep.org.

The American College of Emergency Physicians is a medical specialty organization of more than 20,000 emergency physicians. ACEP is dedicated to improving emergency care through continuing education, research, and public education. Headquartered in Dallas, Texas, ACEP has 53 chapters representing each state as well as Puerto Rico, the District of Columbia, and Government Services.