



## June's Featured Item: First Aid kit

We are half way done with the year already! Hopefully you've taken the time to get your food supply together for your emergency kit. Remember that each month we focus on one item a month to make the process of making an emergency kit a little bit easier on you and your wallet.

This month's item is first-aid kits. Are you thinking of compiling a kit on your own but don't know what to include or where to purchase basic items? We have compiled a list of items to include as well as some other suggestions about where to purchase items.

Here's everything you will need to include in your first-aid kit in preparation for an earthquake, disease outbreak, floods, or even a scrapped knee.

- Sterile adhesive bandages in assorted shapes
- Soap and antibiotic towelettes (to disinfect)
- Antibiotic ointment and burn ointment (to prevent infection)
- Eyewash solution (to flush the eyes)
- Thermometer
- Prescription medications and equipment (these can be difficult to acquire during an emergency, so ask your doctor/ pharmacist about storing medications)

- Non-prescription medications, including aspirin and non-aspirin pain reliever, anti-diarrhea medication, antacids (to treat upset stomach), and syrup of ipecac (to induce vomiting if advised by the Poison Control Center)

Some other items you may want to include:

- First-aid booklet (including CPR)
- Baking soda (when dissolved in water can be used to reduce swelling, itching, and burns)
- Gloves
- Hydrocortisone cream (to relieve minor skin irritations, itching, and rashes)
- Hydrogen peroxide (to clean cuts)
- Lip balm
- Medical tape
- Needle and thread
- Rubbing alcohol
- Safety pins
- Scissors
- Sterile strips
- Sunscreen
- Tweezers

You can purchase an already assembled first-aid kit from any wholesale or grocery store.