

Your First-Aid Kit

A first-aid kit is essential. Keep one in your home and in your car. Check your kit regularly for expired or missing items.

The Red Cross recommends that all first-aid kits include the following:

personal medications

emergency phone numbers

absorbent compress dressings (5 x 9 in.)

adhesive bandages (assorted sizes)

triangular bandages

3-inch gauze roll (roller) bandage

4-inch gauze roller bandage

sterile gauze pads (3x3 inches)

sterile gauze pads (4 x 4 inches)

adhesive cloth tape (10 yards x 1 inch)

antibiotic ointment tube or packets

antiseptic solution or wipes

hydrocortisone ointment tube or packets

aspirin

instant cold compress

nonlatex gloves (size: large)

Oral thermometer (non-mercury/nonglass),

tweezers

emergency blanket

CPR mask (breathing barrier with one-way valve)

Emergency First Aid guide

You might also include

- * **pain relievers** (Tylenol et al)
- * **antihistamines** (Benedryl et al)



"Behold, I will bring to it health and healing, and I will heal them and reveal to them abundance of prosperity and security." - Jeremiah 33:6



Thank you Marilyn Herrick for sharing your weekly health tips with us.