



FIRST AID KIT

Keep a well-stocked First Aid Kit at home and in your car.

SAFETY TIPS

YOUR FIRST AID KIT SHOULD CONTAIN:

A. Medicinal Solutions

- Antihistamine cream (for stings & rashes)
- Hydrocortisone cream (for inflammations)
- Calamine lotion (for skin irritations)
- Antiseptic solutions/wipes or saline solutions (for cleaning minor wounds)
- Antibiotic ointment (for wounds)
- Aspirin or Paracetamol tablets (for headache, fever, minor pain relief, or sudden chest pain)
- Acetaminophen or Ibuprofen (for pain relief)
- Loperamide hydrochloride, attapulgite (for diarrhea)
- Rubbing alcohol or Hydrogen Peroxide
- Eye wash or saline eye drops
- Petroleum jelly
- Balm or menthol

B. Tools

- Thermometer
- Tweezers
- Scissors with rounded tips
- Flashlight
- Safety pins
- Disposable surgical gloves
- Cold packs
- Matches

C. Dressings

- Adhesive bandages or plasters
- Crepe bandages (for sprains)
- Elastic bandages
- Triangular cloth bandages (for slings)
- Sterile gauze
- Paraffin gauze
- Rolls of gauze
- Adhesive tape
- Sterile cotton batting
- Cotton balls and swabs

Reminders:

Keep these items easily accessible, but out of reach of children.

Store your First Aid Kit in a clean, dry place.

Check your First Aid Kit regularly (at least once a year) to make sure that all items are in good condition and have not expired.



A well-stocked First Aid Kit is helpful in case of emergencies. Be sure to keep one in your house and another in your car.