

## What should I keep in my first aid kit?

A well-stocked first-aid kit can help you respond effectively to common injuries, accidents and emergencies.



Put these in each of your first-aid kits:

- Plasters in a variety of different sizes and shapes
- Small, medium and large sterile gauze dressings
- Sterile water, saline (saltwater), or irrigation solution and a large syringe for washing cuts
- Sterile gauze pads of different sizes
- Triangular bandages
- Crêpe rolled bandages
- Safety pins
- Disposable sterile gloves
- Tweezers
- Scissors
- Alcohol-free cleansing/ antiseptic wipes
- Sticky tape
- Thermometer (preferably digital)
- Skin rash cream, such as hydrocortisone or calendula
- Cream or spray to relieve insect bites and stings
- Antiseptic cream
- Antiseptic solution (like hydrogen peroxide)

- Painkillers such as paracetamol (or infant paracetamol for children), aspirin (not to be given to children under 16), or ibuprofen
- Antihistamine cream or tablets
- Distilled water for cleaning wounds
- Eye wash and eye bath
- An eye shield
- Tooth preservation kit
- A mouthpiece for giving CPR
- Soap
- Disposable instant cold packs
- Hand sanitizer
- A flashlight and extra batteries
- An up-to-date first-aid manual
- A list of emergency phone numbers

Keep medicines your family might need in your kit, such as:

- Antibiotic ointment
- Hydrocortisone cream (1%)
- Calamine lotion
- Acetaminophen and ibuprofen
- An antihistamine (anti-itch medicine), like benadryl, zyrtec, claritin, or store brands
- Extra prescription medicines (if you're traveling)
- Medicine syringes and cups

After you've stocked your first-aid kits:

- Read the first-aid manual so you'll understand how to use what's in your kits. (If your kids are old enough to understand, review the main points with them.) Read the manual from time to time and check to see if it is up to date.
- Store first-aid kits out of children's reach but where adults can easily get them.
- Check the kits regularly. Replace missing items or anything that has expired.
- Make sure babysitters and other caregivers know where the kit is and how to use it.
- Check the flashlight batteries to make sure they work.
- If you're flying, pack the first-aid kit in your checked luggage. Many of the items won't be permitted in carry-on bags.

Sources:

<https://kidshealth.org/en/parents/firstaid-kit.html>

<https://www.nhs.uk/common-health-questions/accidents-first-aid-and-treatments/what-should-i-keep-in-my-first-aid-kit/>