

Parent Health Bulletin



MAY 2016

Download this and past issues
of the Adult, Youth, Parent and
Family Caregiver Health Bulletins:
[http://fcs-hes.ca.uky.edu/
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

Reprinted by:
K-State Research & Extension
Atchison County Office
405 Main/PO Box 109
Effingham, KS 66023
913-833-5450
www.atchison.ksu.edu

THIS MONTH'S TOPIC:

THE IMPORTANCE OF A FIRST AID KIT



First aid kits are important to have in the home. Unfortunately, accidents happen. It is good to know that when they do happen, you have all possible needs in one place. Whether it is a minor injury that needs a little TLC, or a cut or scrape that needs some more attention, knowing that you have the materials to prevent further injury and prevention of infection is a good feeling to have.

Whether you already have a kit or will use this article to help make one, this is a great activity to have your child help. Not only is putting together a first aid kit a great time to talk to your child about first aid and being safe in and around the house, but you can also talk about the different items that are in the kit.

Continued on the back ➔

Make sure to put your first aid kit in a place where all family members have access.

Continued from page 1

This is also a good time to talk about the different conditions that would use each of the materials in the kit. This could be talking through how to clean an injury and how to take care of it. Whether it is a cut, scrape or even a sprain, knowing what should be used is important.

Once you have talked about how important the kit is, make sure you put it in a place where all family members have access. It is also recommended that you have a first aid kit in the car and that you pack it to go with you on vacations and road trips.

There are many different types of first aid kits available. However, it is fairly easy to make your own. The first item to start with is a container to hold all of the smaller parts that make up the first aid kit. An airtight plastic bin with a handle is a good choice. If you have an old craft box or tackle box, those can make great kits (just make sure it is clean).

Here is a list of items you will need:

- Sterile gauze pads (several different sizes)
- Adhesive tape
- Adhesive bandages
- Antiseptic wipes
- Soap
- Antibiotic ointment
- Antiseptic solution (like hydrogen peroxide)
- Hydrocortisone cream (1%)
- Acetaminophen
- Ibuprofen
- Tweezers
- Safety pins
- Instant cold packs
- Calamine lotion
- Alcohol wipes
- Thermometer

Putting together a first aid kit is a great time to talk to your child about first aid and being safe in and around the house.



- Non latex plastic gloves
- Flashlight (and extra batteries)
- A list of emergency numbers

Optional items may include:

- A first aid manual
- A blanket
- Plastic bags with a zip top

Having a first aid kit certainly helps when there is an accident. Although we do not want our little ones to get hurt, it helps to know you have what you need to help when it does happen.

SOURCE:

Nemours KidsHealth <http://kidshealth.org/en/parents/firstaid-kit.html>

Parent
Health Bulletin

Written by: Nicole Peritore
Edited by: Connee Wheeler
Designed by: Rusty Manseau
Stock images: 123RF.com

