

Youth Health Bulletin



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THIS MONTH'S TOPIC:

WHAT IS IN A FIRST AID KIT?



Wally Cat knows that accidents happen. Whether there is a scrape, cut or burn, a first aid kit has the items needed to help you treat the problem at home. If you have ever seen the inside of a first aid kit, then you may know that there are many different items. Wally Cat is going to share with you why a first aid kit is important and what should be in it.

Why should you have a first aid kit at home?

Having a first aid kit at home is very important. A first aid kit can keep in one place all the items that may be needed in an emergency. Accidents and emergencies can happen at any time, in any place. When there is a first aid kit in the house, everyone knows exactly where to go to get the items

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If you already have a first aid kit or plan to create one, make sure that you remember where it is.

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needed for the injured person. A first aid kit also has everything needed to either treat the problem, or protect the area from infection until an emergency responder is available to help. If there is a first aid kit in your home, do you know where it is?

What is in a first aid kit?

There are many different items inside a first aid kit. It has items that help treat common troubles like cuts, scrapes and burns. There are also items that help wrap a joint if there is a strain or sprain. There are kits that come already made or you can help your mom or dad make one. If you are going to make one, first you will need something to put all of the items in, such as an airtight container like a plastic art supply box or old tackle box (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%)



BANDAGES?
CHECK!
TWEEZERS?
CHECK!
FLASHLIGHT?
CHECK ...



- Acetaminophen
- Ibuprofen
- Tweezers
- Safety pins
- Instant cold packs
- Calamine lotion
- Alcohol wipes
- Thermometer
- Non latex plastic gloves
- Flashlight (and extra batteries)
- A list of emergency numbers

Optional items may include:

- A first aid manual
- A blanket

The first aid kit is an important tool to have when someone gets hurt. If you already have one or plan to create one, make sure that you remember where it is. The next time there is an accident in your home you can be a big help by getting the first aid kit.

SOURCE:

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

Youth
Health Bulletin

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