



Emergency Preparedness: Basic First-Aid Supplies

Introduction

Being Prepared helps families alleviate fears and reduce potential losses related to disasters. In the event of emergencies or disasters, injured people need to receive help within the first hour of the incident. Often family members and co-workers are the initial first responders. First-aid kits are a necessity for attending to victims and should be kept in homes, vehicles, schools and workplaces.

- You may purchase first-aid kits or customize your own kits for families, schools and businesses. Some kits are designed for specific activities, such as hiking, camping or boating.
- Make sure your kits have all the supplies you may need. Include personal items, such as medications and emergency phone numbers, or other items your health-care provider may suggest.
- Check kits regularly.
 - Make sure the flashlight batteries work.
 - Check expiration dates and replace any used or out-of-date contents.

Basic First-Aid Kits may include these supplies, though variations can easily be made to meet the specific needs of families, schools and workplaces. Animal issues can impact public health and safety.

- Adhesive tape
- Aluminum finger splints
- Antibiotic ointment
- Antiseptic solution or towelettes
- Bandages, including a roll of elastic wrap and assorted bandage strips
- Instant cold packs
- Cotton balls and cotton-tipped swabs
- A box of disposable latex or synthetic gloves
- Save-a-tooth storage device containing salt solution and a travel case
- Scissors, tweezers and a needle
- Soap or instant hand sanitizer
- Sterile eyewash, such as a saline solution
- Thermometer
- Triangular bandage
- Turkey baster or other bulb suction device for flushing out wounds
- Activated charcoal (use only if instructed by Poison Control Center)
- Anti-diarrhea medication
- Over-the-counter oral antihistamine (i.e., Benadryl, others)
- Aspirin and nonaspirin pain relievers (never give aspirin to children)
- Calamine lotion
- Over-the-counter hydrocortisone cream
- Personal medications
- Syringe, medicine cup or spoon
- Sunscreen
- Mylar emergency blanket
- Disposable diapers
- Personal hygiene items
- Towels, sheets, linens, pillows
- Scarf (sling)
- Blankets

Information Sources:

www.eden.lsu.edu; www.fema.gov; www.ready.gov;
www.redcross.org



*Reviewed by Daniel L. Goerlich, Associate Director
Economy, Community, and Food, Virginia Cooperative
Extension, Virginia Tech*

Visit Virginia Cooperative Extension: ext.vt.edu

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; M. Ray McKinnie, Administrator, 1890 Extension Program, Virginia State University, Petersburg.

2020

VCE-409NP