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HOME FIRST AID KIT

FAMILY	KIT KEPT IN	CHECKED ON	NEXT CHECK

DRESSINGS

- ❑ Adhesive bandages, assorted sizes _____
- ❑ Sterile gauze pads _____
- ❑ Roller bandage _____
- ❑ Elastic wrap bandage _____
- ❑ Adhesive tape _____
- ❑ Blister plasters _____

TOOLS

- ❑ Digital thermometer _____
- ❑ Tweezers _____
- ❑ Small scissors _____
- ❑ Disposable gloves _____
- ❑ Instant cold packs _____
- ❑ Flashlight and spare batteries _____

CLEANING AND CREAMS

- ❑ Antiseptic wipes _____
- ❑ Antibiotic ointment _____
- ❑ Burn gel or aloe _____
- ❑ Hydrocortisone cream _____
- ❑ Saline solution _____

MEDICINES (CHECK DOSES ON THE LABEL)

- ❑ Pain and fever reliever, adult _____
- ❑ Pain and fever reliever, children _____
- ❑ Antihistamine _____
- ❑ Anti-diarrhea medicine _____
- ❑ Oral rehydration salts _____
- ❑ Family prescriptions (list) _____

FAMILY EXTRAS

- ❑ Spare glasses / contact lenses _____
- ❑ Allergy medicines or auto-injector _____
- ❑ Copy of allergy card _____
- ❑ First aid guide or app _____

FAMILY NOTES: ALLERGIES, CONDITIONS, REGULAR MEDICINES (AS PRESCRIBED)

FAMILY DOCTOR	POISON CONTROL	NEAREST URGENT CARE / ER