**First aid kit**

A well-stocked first-aid kit can help you respond effectively to common injuries and emergencies. Keep at least one first-aid kit in your home and one in your car. Store your kits in easy-to-retrieve locations that are out of the reach of young children. Children old enough to understand the purpose of the kits should know where they are stored.

A first-aid kit should include:

**Basic supplies**



* Adhesive tape
* Antibiotic ointment
* Antiseptic solution
* Bandages, including a roll of elastic wrap ,and bandage strips (Band-Aid) in assorted sizes
* Instant cold packs
* Cotton balls and cotton-tipped swabs
* Disposable latex or synthetic gloves, at least two pair
* Gauze pads and roller gauze in assorted sizes
* Plastic bags for the disposal of contaminated materials
* Scissors and tweezers
* Sterile eyewash, such as a saline solution
* Triangular bandage

**Medications**

* Activated charcoal (use only if instructed by your poison control center)
* Pain relievers
* Calamine lotion
* Hydrocortisone cream
* If prescribed by your doctor, drugs to treat an allergic attack, such as an auto-injector of epinephrine (EpiPen)

**Emergency items**

* Emergency phone numbers
* Small, waterproof flashlight and extra batteries
* Emergency space blanket
* First-aid instruction manual

**Give your kit a checkup**   
Check your first-aid kits regularly, at least every three months, to be sure the flashlight batteries work and to replace supplies that have expired.