

Medications

- Pain relievers (Tylenol, aspirin, etc.)
- Anti-inflammatory (Ibuprofen, Motrin, Advil, etc.)
- Antihistamine (Benadryl, etc.)
- Antacid
- Laxative
- Anti-diarrhea
- Emetic (Ipecac; induces vomiting)
- Hydrocortisone cream
- Activated charcoal (for help with poison control issues)
- Cough and cold medicine
- Epinephrine auto-injector

Some things to keep in mind

Purchasing supplies in bulk can save you time and money. Pre-packaged first aid kits don't always have everything that you need in an emergency situation, so consider stocking up on certain items and combining them to make multiple kits. Include LED flashlights in your kits along with batteries, writing instruments, sunscreen, insect repellent, and emergency blankets.



Where should I store my first aid kit?

You should have a first aid kit in your home, in your vehicle, and at work. Store these kits in a cool, dry location. Pre-packaged kits often come with their own carrying case, too. If you build your own kit, put it in a hard or soft-shelled container to keep everything organized.

Credits

Oregon Office of Emergency Management

Websites

iema.illinois.gov
ready.illinois.gov



First Aid: Be Your Own First Responder



- GET FIRST AID CERTIFIED
- GET FIRST AID PHONE APPS



Introduction to “Two Weeks Ready”

Taking time to prepare for potential disasters could save your life and the lives of people that you know. Having three days of emergency supplies on hand is a great way to be ready for power outages or temporary evacuations, but bigger disasters that destroy roads and infrastructure demand more preparation. Acquiring supplies and assistance will be far more difficult under those circumstances, which is why individuals, families, communities, and businesses should have plans to be self-sufficient for two weeks.



First aid basics

First aid kits should include any medications that you and any family members take, phone numbers of healthcare providers, copies of health insurance cards, medical history information, prescription labels, and any other health essentials used regularly.

Make sure that you and others know what items are in your kits and how to use them. Things in the kit that get used should be replaced immediately, and inspections should be done every month to check for expired contents.

Customize your kits by adding location-specific gear, like rain ponchos, reflective vests, and LED beacons. Let your individual needs determine what should be included in kits for your home, car, and work activities.



What should my first aid kit contain?

Supplies

- Hypoallergenic adhesive tape
- Elastic wrap bandages
- Bandage strips in assorted sizes and types
- Non-stick sterile bandages and roller gauze
- Triangular bandages
- Aluminium and cardboard splints
- Instant hot and cold packs
- Cotton balls and swabs
- Non-latex disposable gloves
- Petroleum jelly or other lubricant
- Plastic bags
- Safety pins
- Blunt scissors and tweezers
- Hand sanitizer and soap
- Polysporin or non-allergenic antibacterial
- Antiseptic solution and towelettes
- Eye dropper
- Eyewash solution
- Sterile eye pad or shield
- Oral thermometer
- Bulb suction device for wound flushing
- Syringe and spoon or medicine cup
- Disposable CPR breathing barrier
- First aid manual