

MEDICATIONS

- Pain reliever (Tylenol, aspirin, etc.)
- Anti-inflammatory (Ibuprofen, Motrin, Advil, etc.)
- Antihistamine (such as Benedryl)
- Antacid
- Laxative
- Anti-diarrhea
- Emetic (induces vomiting)
- Hydrocortisone cream
- Activated charcoal (for help with poison issues)
- Cough and cold medication
- Auto-injector of epinephrine, if prescribed by your doctor

Some things to keep in mind

Purchasing contents in bulk can save you time and money. Many pre-packaged first aid kits contain primarily Band-Aids™. Shop smart and buy in bulk to create first aid kits that fit your family's needs. You may be without power or in a situation that stretches your first aid kit; consider including a small flashlight (LED flashlights are rugged and make batteries last much longer) and batteries, notepad and writing utensil, sunscreen, insect repellent, and an emergency blanket.



Where should I store my first aid kit?

You should have a first aid in your home, in your vehicle, and at work stored in a cool, dry location. If you purchase a pre-packaged kit it will likely already have a carry case. If you build your own you can keep in any hard or soft shelled container that fits your needs and contains the contents.

Credits

- Oregon Office of Emergency Management
- Ashland Fire & Rescue
- Department of Geology and Mineral Industries
- Hood River County
- Coos County Emergency Management

Websites

www.Oregon.gov/OEM

www.Ready.gov



First Aid: Be Your Own First Responder

2  **WEEKS**
READY

» GET FIRST AID
CERTIFIED

» GET FIRST AID
PHONE APPS



Introduction to “Two Weeks Ready”

Preparing for disasters can be done over time. The traditional three days of supplies is a good start and helpful for short-term power outages or temporary evacuation. But a large earthquake and tsunami will leave much of the region’s transportation routes destroyed. Delivery of assistance and supplies will be difficult or impossible initially. People will have to count on each other in the community, in the workplace and at home in order to be safe until responders can reach them. It is recommended that families, neighborhoods and communities strive to be self-sufficient for two weeks.



First aid basics

Your first aid kit should include any medications you or members of your family take regularly, phone numbers of healthcare providers, a copy of health insurance cards for each member of your family, medical history information, photocopies of prescriptions, and any other health essentials used regularly. Once you have built your first aid kit, make sure your family members know what items it contains and how to use them. Replace items as soon as they are used and check your kit periodically for expired contents to replace. You can customize your kit to make it work for you and your family such as including a reflective vest, rain poncho, and LED road flares in your car kit. Consider your individual needs when designing your kits for your home, work, and car.



What should my first aid kit contain?

SUPPLIES

- Hypoallergenic adhesive tape
- Elastic wrap bandages
- Bandage strips and "butterfly" bandages in assorted sizes
- Nonstick sterile bandages and roller gauze in assorted sizes
- Triangular bandages
- Aluminum, cardboard splints
- Instant hot and cold packs
- Cotton balls and cotton-tipped swabs
- Disposable non-latex gloves
- Petroleum jelly or other lubricant
- Plastic bags (assorted sizes)
- Safety pins (assorted sizes)
- Blunt scissors and tweezers
- Hand sanitizer or soap
- Antibiotic ointment
- Antiseptic solution and towelettes
- Eye dropper
- Eyewash solution
- Sterile eye pad or shield
- Oral thermometer (digital)
- Bulb suction device for flushing wounds
- Syringe, medicine cup or spoon
- Disposable resuscitation face shield (breathing barrier)
- First-aid manual / instructions