

## HOW TO BE SAFE

### Assembling a First Aid Kit

#### Disaster and First Aid Kits

<http://www.secureyourheart.com/disaster/index.htm>

Activated charcoal (use only if instructed by poison control center)  
Adhesive tape  
Antiseptic ointment  
Band-Aids (assorted sizes)  
Blanket  
Cold pack  
Disposable gloves  
Gauze pads and roller gauze (assorted sizes)  
Hand cleaner  
Plastic bags  
Scissors and tweezers  
Small flashlight and extra batteries  
Syrup of ipecac (use only if instructed by poison control center) Note: Ipecac is a medicine that can be purchased in any pharmacy without a prescription that, when given to a child or an adult, will induce vomiting.  
Triangular bandage

#### First Aid Kit Tips

Whether you buy a first-aid kit or put one together, make sure it has all the items you may need. Include any personal items, such as medications and emergency phone numbers, or other items your physician may suggest. Check the kit regularly to be sure the flashlight batteries work. Check expiration dates and replace any used or out-of-date items. Remember, the contents of a first-aid kit can be dangerous in the hands of young children, so it should be stored out of their reach.

## **Assembling a Go Bag**

According to the Office of Emergency Management, every household should assemble a "go bag"—a collection of items each person might need in the event of an evacuation. A go bag should contain:

Copies of your important documents in a waterproof and portable container (insurance cards, photo ids, proof of address, and other such items).

Extra set of car keys and house keys.

Credit and ATM cards and cash, especially in small denominations (have \$50 to \$100 on hand).

Bottled water and nonperishable food such as energy or granola bars.

Flashlight, battery-operated AM/FM radio and extra batteries. You can also buy a wind-up radio that does not require batteries.

Medication and other essential personal items. Be sure to refill medications before they expire. Keep a list of the medications each member of your household takes, why they take them, and their dosages.

A complete first-aid kit.

Sturdy, comfortable shoes, lightweight raingear, and a Mylar blanket.

Contact and meeting-place information for your household, and a small regional map.

Child care supplies or other special care items.

## **Go Bag Tips**

Each household member's go bag should be packed in a sturdy, easy-to-carry container such as a backpack or suitcase on wheels.

A go bag should be easily accessible if you have to leave your home in a hurry.

Make sure it is ready to go at all times of the year.