

First Aid Kit for Home

Are you ready?

- Your daughter cuts her finger on some broken glass.
- A playmate twists his ankle while playing outside.
- Uncle Sal burns his hand fixing the car.

Having a first aid kit handy will help you take care of injuries like these at home. You can buy a first aid kit or make one out of a lunch box, tote bag or tackle box. Make sure it is big enough and easy to carry.

Kit contents

Information:

- Emergency phone numbers: 911, Poison Center, doctor, dentist and crisis line
- First aid book

Supplies:

- Band-Aids in assorted sizes
- Gauze pads and rolled gauze
- Adhesive tape
- Instant cold pack (disposable)
- Elastic roller bandage, like an Ace bandage
- Safety pins
- Triangular bandage (to wrap injury or make an arm sling)
- Cotton swabs and balls
- Bottle of water
- Soap
- Thermometer
- Flashlight with extra batteries
- Plastic gloves
- Tweezers



- Scissors with rounded tips
- Blanket (stored nearby)

Medicine:

- Acetaminophen, like Tylenol
- Aspirin (do not give aspirin to children under 12)
- Anti-itch medicine taken by mouth, like Benadryl (antihistamine)
- Electrolyte solution, like Pedialyte
- Calamine lotion
- Hydrocortisone cream
- Antibiotic cream

First Aid Kit for Home

Tips for use

- Keep this list with your kit. Check it yearly, and replace missing and old items.
- Keep a kit in your home and in each car.
- Remember to bring a first aid kit on trips.
- Show your babysitters and older children where the kit is.
- Keep the kit where adults can easily reach it, but young children can't.
- Post the number for the Poison Center near each phone: 800-222-1222. The American Academy of Pediatrics recommends that syrup of ipecac no longer be used in the home to treat poisoning.

Have a plan for when you are feeling too much stress. Include a list of three people or places you can call when the stress of parenting is getting to you.

To Learn More

- www.seattlechildrens.org
- Call for the free booklet "What to Do for Childhood Emergencies and Illnesses." Select option 5 when calling.
- Your child's healthcare provider

Seattle Children's will make this information available in alternate formats upon request. Call Marketing Communications at 206-987-5205 or 206-987-2280 (TTY).

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

© 1995, 2003-2006, 2010 Seattle Children's Hospital, Seattle, Washington. All rights reserved.

3/10
CE091