

First Aid Kits for Home and Away

Are you ready?

Having a well-stocked first aid kit handy will help you take care of injuries at home and on the go. You can buy a first aid kit or make one out of a lunch box, tote bag or tackle box.

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
- Antiseptic wipes
- Thermometer
- Flashlight with extra batteries
- Plastic gloves (2 pairs)
- Tweezers
- Scissors with rounded tips
- Space blanket or regular blanket (stored nearby)



Medicines:

- Acetaminophen like Tylenol
- Ibuprofen, like Advil
- 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
- Aloe vera gel
- Saline wash

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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.
- Know the location of the first aid kit where you work.
- 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 and add it to your contacts in your cell phone: 800-222-1222. The American Academy of Pediatrics recommends that syrup of ipecac no longer be used in the home to treat poisoning.
- Consider taking a first aid and CPR class. Visit seattlechildrens.org/classes, or contact your local fire department, hospital or American Red Cross chapter.

To Learn More

- **Child Health Advice Instructions**, seattlechildrens.org/conditions/symptom-index
- **Disaster Supplies Kit**, seattlechildrens.org/health-safety/keeping-kids-healthy/prevention/disaster-supplies-kit
- **Your child's healthcare provider**

Seattle Children's will make this information available in alternate formats upon request. Call Marketing Communications at 206-987-5323.

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.

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