

13. TO YOUR HEALTH

Preparing a first aid kit

WHY ACT?

Emergencies shift the front lines of health care from hospitals and doctors' offices to the city's homes and neighborhoods. Therefore, it is essential for every family to have ready access to basic first aid supplies. While most of us have a few first aid supplies in the medicine cabinet, a more complete selection gathered in a single kit may be the only medical supplies available to you in an emergency situation.

PREPAREDNESS ACTION

Step 1: Assemble a comprehensive first aid kit using the following list as a guideline, or purchase a kit from a pharmacy, which is usually more economical and certainly simpler. The New York City Department of Health and Mental Hygiene recommends that the following items be included in your kit:

- ▶ Adhesive bandages and sterile dressing
- ▶ Antibiotic ointment
- ▶ Sterile cloths
- ▶ Pain reliever
- ▶ Alcohol pads
- ▶ Tweezers
- ▶ Scissors
- ▶ Latex or other sterile gloves
- ▶ Eyewash solution

Step 2: If possible, keep this first aid kit separate from your daily first aid supplies. Tell your household this kit is for emergency use only.

MATERIALS

All of the items listed above in your first aid kit.

TIME

Negligible if you purchase a ready-made kit on a regular shopping trip; 30-40 minutes to hand pick the items.

RESILIENCY GAIN

Basic home nursing capability.