

Del Webb
- LAKEWOOD RANCH -



CERT Monthly Safety Tip

First Aid Kit Checklist

Keep a well-stocked first aid kit in your home and car. Include a first aid guide and personalized emergency contacts list, plus the following supplies:

- Assorted bandages
- Adhesive Tape
- Instant cold packs
- Cotton balls/swabs
- Gauze roll bandage
- Sterile gauze pads
- Non-latex gloves
- Antiseptic wipe packets
- Antibiotic ointment packs
- Hydrocortisone cream
- Aloe vera gel
- Eyewash solution
- Sterile saline
- Aspirin packets (81mg)
- Ibuprofen (Advil)
- Acetaminophen (Tylenol)
- Hydrogen peroxide
- Antihistamine tablets
- Bulb suction device
- Scissors
- Tweezers
- Finger splints
- Warming (space) blanket
- Flashlight or glow sticks
- Thermometer
- Stop-the-bleed kit

Check your first-aid kits regularly to be sure batteries work and to replace supplies that have expired or been used up.

Join us on Thursday, January 19 at 10AM in the Oasis Card Room for our next meeting. For more info on joining CERT, contact Lyle Weissbach, fetzer3@aol.com.