



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, key emergency contact list, plus the following supplies:

- Assorted Band-Aids
- Adhesive tape
- Instant cold compress
- Cotton balls/swabs
- ACE bandage wraps
- Triangular bandage
- Sterile gauze squares
- Antiseptic wipe packets
- Antibiotic ointment packs
- Eyewash solution
- Sterile saline
- Hydrogen peroxide
- Hydrocortisone cream
- N95 Face masks
- Hand sanitizer
- Non-latex gloves
- Scissors
- Tweezers
- Flashlight or glow sticks
- Thermometer
- OTC Painkillers
- Family medicines
- Antihistamine tablets
- Warming (space) blanket
- Stop-the-bleed kit

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

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