

## First Aid Kit Contents

### \*ACFAS MINIMUM RECOMMENDED FAMILY KIT CONTENTS

Assemble a first aid kit to include in your Disaster Supplies Kit and one for each vehicle.  
Include:

**Additional items may be added to personalize or customize this kit.**

#### Family First Aid Kit Content

Absorbent Compress 5x9 dressing  
Adhesive Bandages (Assorted Sizes)  
Adhesive Tape (cloth) 1"  
Antibiotic Ointment packets (approx 1 g)  
Antiseptic wipe Packets  
Aspirin (Chewable) 81 mg  
Blanket (Space Blanket)  
CPR Breathing Barrier (w/one-way valve)  
Instant Cold Compress  
Gloves (large), disposable, non-latex  
Hydrocortisone Ointment Packets (approx 1 g)  
Scissors  
Roller Bandage 3" (individually wrapped)  
Roller Bandage 4" (individually wrapped)  
Sterile Gauze Pad 3x3  
Sterile Gauze Pad 4x4  
Thermometer, Oral (Non-Mercury/Non-Glass)  
Triangular Bandage  
Tweezers  
First Aid Instruction booklet

#### Suggested Use

Cover and protect open wounds  
Cover and protect open wounds  
To secure bandages or splints  
Anti-infection  
Wound cleaning/germ killer  
For symptoms of a heart attack\*\*  
Maintain body temperature for shock  
Protection during rescue breathing or CPR  
To control swelling  
Prevent body fluid contact  
External rash treatment  
Cut tape, cloth, or bandages  
Secure wound dressing in place  
Secure wound dressing in place  
To control external bleeding  
To control external bleeding  
Take temperature orally  
Sling or binder/splinting  
Remove splinters or ticks  
Self explanatory

\*ACFAS is the American National Red Cross Advisory Council on First Aid and Safety

**Note:** Remember to include prescription drugs in a Disaster Supplies Kit. Because the storage requirements of prescription drugs vary, some may have to be added to the kit at the last minute. You may want to pin or tape a note to the outside of your kit container reminding you to take along prescription drugs if you have to evacuate.