

Preparing a First-Aid Kit Transcript

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In an emergency, you or someone in your family might be injured. It is important to have a first-aid kit with some basic supplies. You should have one first-aid kit in your home and one in your car. Here are some things you might find in a first-aid kit.

For small cuts or burns:

- bandages of different sizes
- antibiotic ointment
- antiseptic wipes (for cleaning cuts)
- scissors (for cutting bandages)

For someone with a fever or pain:

- a thermometer (for taking a temperature)
- non-prescription medicines, such as the pain reliever acetaminophen

Where should you put your first-aid kit? It should be in a place that is easy for you to get to but where children cannot find it. It should be in a plastic box, and the box should be easy to open. Check the supplies in your first-aid kit often. Check the expiration dates of medicines.

Remember! In a serious emergency,¹ you should always call emergency services. Ask them how to use first aid before the doctor or other help arrives.

