

“MAKE FIRST AID SAFETY A PRIORITY IN THE HOME”

Considering how much time we spend at our homes and how many opportunities our homes provide for us to injure ourselves, having a well stocked first aid kit around the house simply makes good sense.

Many emergency room cases involve injuries that occurred at the patients' home at the patients' homes, with falls, burns and poisoning being some of the most common types. A well stocked first aid kit can help with just about any home medical emergency.

Ready-made kits are available and can be bought from a pharmacy or over the internet. Check the contents carefully to make sure that it includes the items you need. A self-made kit may be more expensive, but it is more likely to have the items you need.

While there is no official standard for first aid kits, there are certain items that every kit should include. Quantity of each item will depend on the number of people in your home and the activities that you do at home.

Some things to keep in mind regarding your first aid kit:

- Items should be kept in a waterproof container large enough for the contents to be arranged so that items can be found quickly when needed. A plastic container or solid rectangular tin container with a closely fitting lid would be suitable.
- Containers should be marked with either a cross or appropriately labeled for easy recognition by everybody.
- Emergency telephone numbers should be posted on the lid of the kit. The list should include numbers for the police, fire department, EMS, poison control, family doctors and hospital.
- Every adult and teenager in the home should know where the kit is kept.
- Keep a portable first aid manual with the kit.
- Replace any used items immediately and check expiration dates from time to time, so that you can discard and replace out-of-date items.
- Store prescription medicines and medical supplies separately from the home first aid kit.

Items to include in your home first aid kit:

- First aid manual.
- Adhesive bandages of various sizes. These will likely be used regularly, so you should keep at least five in stock.
- Several non-adherent, sterile gauze pads.
- One-inch-wide adhesive tape. Should be made of porous cloth, not waterproof.
- Thermometer.

- Latex or vinyl gloves (at least six pairs).
- Moleskin or molefoam, for preventing blisters on the feet.
- Triangular bandage, which has many uses, including making the classic arm sling.
- Soap.
- Antiseptic wipes and solutions. Wipes allow you to clean your hands before and after treating someone's wound, while solutions help you clean wounds. Few solutions are considered gentle enough to use directly on or in a wound. Betadine cleanser is one of them.
- Antibiotic ointment (such as Neosporin).
- Disposable instant cold packs for bumps on the head, sprains and heat exhaustion.
- Cotton swabs.
- Needle, which is good for draining blisters.
- Tweezers that are sharp and not unmanageably small.
- Sharp scissors or knife.
- Safety pins, which are useful for fastening arm slings and bandages.
- Razor blade, which can substitute for scissors. It can also be used to shave skin before applying tape or the suction cup of a snake bit kit.
- Nonprescription medications (anti-diarrhea medications, potassium iodide, pain relief medication, antacids, laxatives, antihistamine tablets).
- Antihistamine cream for insect bits (do not use on broken or infected skin).

Finally it is strongly recommended that adults and adolescents receive first aid training, which is provided by such organizations as the American Red Cross and YMCA.

If you have more questions or would like more information, talk to your physician.

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