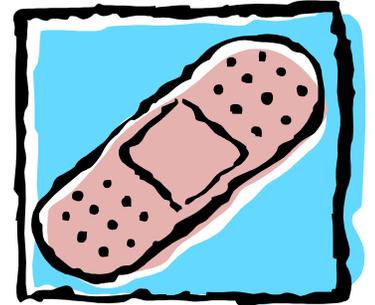


Home First Aid Kit Recipe

- A fishing tackle box or a rectangular sealed plastic container makes an ideal first-aid kit. It is wise to keep one in your home, car, boat, and camper. Stock your first-aid kit with the following items.
- One roll of absorbent cotton
- Antihistamine for allergic reactions
- Povidone-iodine antiseptic solution
- Aspirin (for adult use only) and acetaminophen and ibuprofen (in child and adult dosages)
- 1-inch wide adhesive tape
- Bacitracin ointment to treat cuts, scrapes, or puncture wounds
- Bandages in various sizes
- Bar of soap
- Butterfly bandages and thin adhesive strips to hold skin edges together
- Calamine lotion
- Cold pack
- Mouthpiece for protection when performing mouth-to-mouth resuscitation



Home First Aid Kit Recipe

(continued)

- Cotton-tipped swabs
- Syrup of ipecac to induce vomit
- Elastic bandage or wrap
- Eyedropper for irrigating
- Flashlight
- 4-inch x 4-inch gauze pads
- Disposable surgical gloves
- Matches
- Saline eye drops
- Scissors
- Safety pins
- Sewing needle to help remove a splinter
- Four packets of sugar in a sealed plastic bag to use in case of low blood sugar (for diabetics)
- Thermometer
- Two triangular pieces of cloth to use as slings or to cut up as bandages or straps
- Tweezers

