



KEARNEY COUNTY
HEALTH SERVICES

BUILD A FIRST AID KIT

A well-stocked first aid kit can help you handle common injuries and unexpected emergencies.

Keep a kit at home and another in your vehicle, stored somewhere easy for adults and older children to access but safely out of reach of young children.

WHERE TO KEEP FIRST AID KITS

- ✓ HOME
- ✓ VEHICLE
- ✓ WORKPLACE
- ✓ TRAVEL BAG

PERSONALIZE YOUR KIT TO YOUR HOUSEHOLD'S SPECIFIC NEEDS



Call 911 for serious or life-threatening emergencies including:

TROUBLE BREATHING OR SEVERE SHORTNESS OF BREATH
CHEST PAIN OR PRESSURE
SIGNS OF A STROKE
SEVERE BLEEDING THAT WON'T STOP
LOSS OF CONSCIOUSNESS
SEVERE ALLERGIC REACTION
SERIOUS HEAD, NECK OR SPINE INJURY
MAJOR BURNS

SEIZURE LASTING SEVERAL MINUTES OR REPEATED SEIZURES
ANY SITUATION WHERE SOMEONE'S LIFE MAY BE IN IMMEDIATE DANGER



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FIRST AID KIT SUPPLIES

BASIC SUPPLIES

- | | |
|---|---|
| ☐ Adhesive Bandages | ☐ Instant Cold Pack |
| ☐ Sterile Gauze Pads | ☐ Tweezers |
| ☐ Gauze Roll | ☐ Scissors |
| ☐ Medical or Adhesive Tape | ☐ Thermometer |
| ☐ Elastic Bandage | ☐ CPR Face Shield |
| ☐ Sterile Wound Dressings | ☐ Emergency Blanket |
| ☐ Antiseptic Wipes | ☐ Eyewash Solution |
| ☐ Disposable Gloves | ☐ Cotton Balls/Swabs |
| ☐ Syringe, Cup or Spoon | ☐ First Aid Manual |

MEDICATIONS/OINTMENTS

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| ☐ Pain Reliever/Fever Reducer | ☐ Burn Gel or Aloe |
| ☐ Antihistamine | ☐ Calamine Lotion |
| ☐ Antibiotic Ointment | ☐ Antacid |
| ☐ Hydrocortisone Cream | ☐ Anti-Diarrheal Medication |
| ☐ Laxative | ☐ Prescriptions |
| ☐ Aspirin | ☐ Epinephrine if Prescribed |

TOOLS & HELPFUL EXTRAS

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| ☐ Emergency Contact Info | ☐ Bleeding Control Kit |
| ☐ Flashlight/Batteries | ☐ Sterile Absorbent Pads |
| ☐ Hand Sanitizer | ☐ Fabric Tape |
| ☐ Saline Solution | ☐ Safety Pins |
| ☐ Plastic Bags for Disposal | ☐ Emergency Whistle |