



Emergency First Response  
30151 Tomas Street  
Rancho Santa Margarita, CA 92688  
+1 949 766 4261 [emergencyfirstresponse.com](http://emergencyfirstresponse.com)

## Emergency Preparedness and You

### Family First Aid Kit

You can build a well-stocked first aid kit using these items:

Durable non-corrosive case

Emergency First Response Participant manuals (Primary Care, Secondary Care and Care for Children)

Emergency phone numbers/coins/phone card

Gloves

Ventilation barriers

Large absorbing dressings in various sizes

Sterile gauze pads, various sizes

Clinging rolled bandages, various sizes

Adhesive bandages, various sizes

Adhesive tape

Non-adherent dry pads (for burns)

Large triangular bandages to immobilize dislocations and fractures

Sterile cotton

Cotton tipped swabs

Tongue depressors

Sterile sewing needle

Tweezers

Safety Pins

Pen light

Oral thermometer

Splints

Emergency blanket

Cold packs and hot packs

Denatured alcohol

Antiseptic solution or wipes

Antibiotic ointment

Hydrocortisone ointment

Aspirin and non-aspirin pain relievers

Antihistamine tablets

Sugar packets, candy or fruit juice

Activated charcoal

Antacid and anti-diarrhea medication

5 day supply of all prescription medication for each family member