

## AMERICAN RED CROSS FIRST AID MANUAL

- Sterile adhesive bandages in assorted sizes
- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Hypoallergenic adhesive tape
- Triangular bandages (3)
- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls)
- Scissors
- Tweezers
- Needle
- Moistened towelettes
- Antiseptic
- Thermometer
- Tongue blades (2)
- Tube of petroleum jelly or other lubricant
- Assorted sizes of safety pins
- Cleansing agent/soap
- Latex gloves (2 pair)
- Sunscreen
- Nonprescription drugs
- Aspirin or non aspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
- Laxative
- Activated charcoal (use if advised by the Poison Control Center)
- Needles, thread
- Medicine dropper
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This first aid kit is only one element in your emergency kit. You should have both before a disaster strikes. Store them in a container such as a backpack or duffel bag. Ideally, you should have one in your home and one in your car and one in your place of business and child's locker.

Your emergency kit should include the following (use judgment when making a kit for a child for school):

- A supply of water (one gallon per person per day). Store water in sealed, unbreakable containers. Identify the storage date and replace every six months
- A supply of nonperishable packaged or canned food and a non-electric can opener
- Plastic cups, utensils, napkins, and plates that are disposable
- A change of clothing, rain gear and sturdy shoes
- Blankets or sleeping bags
- First aid kit and manual

- prescription medications
- Soap, liquid detergent
- Paper, pencil
- Shutoff wrench, to turn off household gas and water
- Whistle
- Plastic sheeting
- Map of the area (for locating shelters)
- Toilet paper, towelettes
- Feminine supplies
- Personal hygiene items
- Plastic garbage bags, ties (for personal sanitation )
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach
- Manual can opener
- Utility knife
- Fire extinguisher: small canister, ABC type
- Tube tent
- Pliers
- Tape
- Compass
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare
- An extra pair of glasses
- A battery powered radio, flashlight and plenty of extra batteries
- Credit cards and cash
- An extra set of car keys
- A list of family physicians
- A list of important family information; the style and serial number of medical devices such as pacemakers
- Hat and gloves
- Thermal underwear
- Sunglasses
- Sturdy shoes or work boots
- Rain gear
- Blankets or sleeping bags
- Special items for infants, elderly or disabled family members
- Games, books and other things to pass time
- Important family documents if you do not have a fireproof and waterproof safe

**And for your car, include the following:**

- Maps, Shovel, Flares
- Tire repair kit and pump

- Booster cables
- Fire extinguisher (5 lb., A-B-C type)
- Bottled water and nonperishable high energy foods such as granola bars, raisins and peanut butter

### **Create an Emergency Plan Before Disaster**

- Find out which disasters could occur in your area.
- Ask how to prepare for each disaster.
- Ask how you would be warned of an emergency.
- Learn your community's evacuation routes.
- Develop a community plan and assign disaster jobs.
- Ask about special assistance for elderly or disabled persons.
- Ask your workplace about emergency plans.
- Learn about emergency plans for your children's school or day care center.
- Meet with household members to discuss the dangers of fire, severe weather, earthquakes and other emergencies. Explain how to respond to each.
- Find the safe spots in your home for each type of disaster.
- Discuss what to do about power outages and personal injuries.
- Draw a floor plan of your home. Mark two escape routes from each room.
- Show family members how to turn off the water, gas and electricity at main switches when necessary.
- Post emergency telephone numbers near telephones.
- Teach children how and when to call 911, police and fire.
- Instruct household members to turn on the radio for emergency information.
- Pick one out-of-state and one local friend or relative for family members to call if separated during a disaster (it is often easier to call out-of-state than within the affected area).
- Teach children your out-of-state contact's phone numbers.
- Pick two emergency meeting places. 1) A place near your home in case of a fire. 2) A place outside your neighborhood in case you cannot return home after a disaster.
- Take a basic first aid and CPR class.
- Keep family records in a water and fireproof container.

### **Find These Hazards In Your Home Before A Disaster**

- Repair defective electrical wiring and leaky gas connections.
- Fasten shelves securely and brace overhead light fixtures.
- Place large, heavy objects on lower shelves.
- Hang pictures and mirrors away from beds.
- Strap water heater to wall studs.
- Repair cracks in ceilings or foundations.
- Store weed killers, pesticides and flammable products away from heat sources.
- Place oily polishing rags or waste in covered metal cans.
- Clean and repair chimneys, flue pipes, vent connectors and gas vents.

## During a Disaster

- Wear protective clothing and sturdy shoes.
- Take your Disaster Supplies Kit.
- Lock your house.
- Use travel routes specified by local officials.
- Shut off water, gas and electricity, if instructed to do so.
- Let others know when you left and where you are going.
- Make arrangements for pets. Animals may not be allowed in public shelters.
- Listen to a battery powered radio for the location of emergency shelters. Follow instructions of local officials.

## Water Storage Rules

Store water in plastic containers such as soft drink bottles. Do not use containers such as milk cartons or glass bottles since they can decompose or break. An average person needs two quarts of water each day. Double that amount in the summer or if you are a very active person. The elderly, sick, very young and nursing mothers also need more than two quarts of water per day. Water does not just mean h<sub>2</sub>o, but can include juice and soda, although you will want to limit the use of such beverages if you are not able to brush your teeth. Safely store one gallon of water per person per day (two quarts for drinking, two quarts for food preparation and sanitation). Keep at least a three-day supply of water for each person in your household.

## Food Supplies Rules

Store a three-day supply of nonperishable food that do not require refrigeration, need little preparation or cooking and do not use too much water. If you must heat food, use a barbecue grill, a bonfire pit, or a can of sterno depending on the circumstances. You should carry foods high in protein and carbohydrates, but low in calories and fat so you will sustain more energy and can go longer between feeding times. If you are caring for infants, elderly people, sick people, people on special diets, make sure you look around for safe resources for them through their doctors. Keep canned formula on hand for babies. Drinks such as Boost, Slim Fast and other such calcium based beverages are great and more digestible forms of milk that come in cans. If you know of an army surplus store, order Meals Ready (to be) Eaten or MREs. They may be disgusting to eat on a normal basis, but will do in a pinch. Have things on hand for snacks, just keep in mind, unless you have also prepared for brushing your teeth, do not stock up on too much candy or junk food. (BTW, if you do not have a toothbrush, at least use a piece of cloth to wipe your teeth clean after each meal. Everything you eat, with very few exceptions, can cause tooth decay.) Don't forget the salt, black pepper, packages of ketchup or whatever you use to make the food more palatable.

## Fire Safety Guidelines

Test your smoke detectors monthly and change the batteries at least once a year. Change batteries in each year. Replace stored water every three months and stored food every six months. Test and recharge your fire extinguisher(s) according to manufacturer's instructions.

- Plan two escape routes out of each room.
- Practice fire drills at least twice a year.
- Teach family members to stay low to the ground when escaping from a fire.
- Teach family members never to open doors that are hot. In a fire, feel the bottom of the door with the palm of your hand. If it is hot, do not open the door. Find another way out.
- Install smoke detectors on every level of your home. Clean and test them at least once a month. Change batteries at least once a year.
- Keep a whistle in each bedroom to awaken household in case of fire.
- Check electrical outlets. Do not overload outlets.
- Purchase and learn how to use a fire extinguisher (5 lb., A-B-C type).
- Have a collapsible ladder on each upper floor of your house.
- Consider installing home sprinklers.

1. [Protection From Dangerous People](#)
2. [Basic First Aid](#)
3. [Earthquake Safety](#)
4. [Flood Safety](#)
5. [Tornado, Hurricane, and High Wind Disasters](#)
6. [Blizzards](#)
7. [Get Out of Your Home Alive During A Fire](#)
8. [Miscellaneous Natural and Manmade Disasters](#)
9. [Avoid Becoming A Victim](#)
10. [Emergency Supplies Everyone Should Have](#)