

Essential First Aid Kit Checklist & Basic Emergency Care

Must-Have First Aid Kit Supplies

Keeping a well-stocked first aid kit is **essential** for every home. You don't need every medical supply out there—just the basics to handle **cuts, burns, fevers, and minor emergencies**.

Pain & Fever Relief

- Acetaminophen (Tylenol) or ibuprofen (Advil)
- Aspirin (not for children under 12)
- Digital thermometer

Wound Care & Bandages

- Adhesive bandages (variety of sizes)
- Gauze pads & medical tape
- Butterfly closures (for small cuts that need extra support)
- Antiseptic wipes or hydrogen peroxide (for cleaning wounds)
- Antibiotic ointment (like Neosporin)
- Liquid bandage (for small cuts or blisters)

Skin & Allergy Relief

- Hydrocortisone cream (for rashes, bug bites, mild skin irritations)
- Antihistamines (like Benadryl for allergic reactions)
- Aloe vera gel (for burns and sunburns)
- Bug spray

Cold, Flu & Respiratory Relief

- Cough medicine or lozenges
- Decongestant (for stuffy noses)
- Electrolyte packets (like Pedialyte) for hydration
- Vapor rub (for congestion relief)

Burn & Injury Care

- Burn cream or aloe vera
- Cold packs (instant ice packs for swelling)
- Small condiment packets (mustard, ketchup) frozen for burn relief
- Tweezers (for splinters and ticks)
- Scissors (for cutting gauze or tape)

Miscellaneous Essentials

- Emergency contact list (family, doctor, poison control)
- CPR instruction guide
- Disposable gloves
- Small flashlight & batteries



How to Treat Basic Emergencies

1 Cuts & Scrapes


1. Wash hands before touching the wound.
2. Rinse the cut under cool water to remove dirt.
3. Apply antiseptic wipes or hydrogen peroxide.
4. Cover with a **bandage or gauze** if needed.
5. Change the bandage daily and watch for infection (redness, swelling, pus).

2 Burns (Minor & Moderate)

For mild burns (red, painful skin):

1. Run **cold water** over the burn for 10-15 minutes.
2. Apply **aloe vera or burn cream**.
3. Avoid popping blisters.
4. Cover with a **loose bandage** if needed.

For severe burns (blistering, deep burns):

 Seek **immediate medical help**. Keep the area **covered with a clean cloth** and **do NOT apply butter or ice!**

3 Nosebleeds

1. Sit **upright and lean forward** slightly.
2. Pinch the **soft part of the nose** (not the bridge) for 5-10 minutes.
3. Avoid **tilting your head back** (it can cause swallowing blood).
4. If bleeding lasts longer than **20 minutes**, seek medical help.

4 Sprains & Strains (Twisted Ankle, Wrist, etc.)

Use **R.I.C.E. Method**:

- ✓ **Rest** – Avoid using the injured limb.
- ✓ **Ice** – Apply a cold pack for 15-20 minutes at a time.
- ✓ **Compression** – Wrap lightly with an elastic bandage.
- ✓ **Elevation** – Keep the limb raised to reduce swelling.

5 Fevers & Flu Symptoms

- Stay **hydrated** with water or electrolyte drinks.
- Take **Tylenol or ibuprofen** to reduce fever.
- Use a **cool washcloth on the forehead** for comfort.
- Seek medical help if fever is **over 103°F or lasts more than 3 days**.

6 Allergic Reactions (Mild to Severe)

● Mild (itching, sneezing, rashes):

- Take **antihistamines** (like Benadryl).
- Apply **hydrocortisone cream** for rashes.

● Severe (swelling, breathing issues, anaphylaxis):

 **Call 911 immediately.**

- Use an **EpiPen** if available.
- Keep the person **calm and sitting upright**.