



Get first-aid certified

Get first-aid apps for your phone

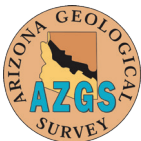


Where should I store my first aid kit?

You should keep a first aid kit in your home, in your vehicle, and at work stored in a cool, dry location to the best of your ability. You should be able to get to it easily and quickly. If you purchase a pre-packaged kit it will likely already have a carry case. If you build your own you can keep it in any hard or soft-shelled container that fits your needs.

Credits

We thank the Oregon Office of Emergency Management for sharing their 'Two Weeks Ready' Flyer.



For more information:

azgs.arizona.edu

<https://azgs.arizona.edu/center-natural-hazards/earthquakes>

First Aid Basics:

Your first aid kit should include any medications you or members of your family take regularly, phone numbers of health care providers, a copy of health insurance cards for each member of your family, medical history information, photocopies of prescriptions, and any other health essentials used regularly. Once you have built your first aid kit, make sure your family members know what items it contains and how to use them. Replace items as soon as they are used and check your kit periodically for expired contents to replace. You can customize your kit to make it work for you and your family such as including a reflective vest, rain poncho, and LED road flares in your car kit. Consider your individual needs when designing your kits for your home, work, and car.



First Aid

Be your own first responder



Introduction to "Two Weeks"

Preparing for disasters can be done over a period of time. The traditional three days supplies is a good start, and helpful in the event of short-term power outages or temporary evacuation. But a large earthquake could leave much of the area's transportation routes destroyed, making the delivery of assistance and supplies difficult to impossible. Arizonans may have to count on each other in the community, in the workplace and at home in order to be safe until responders can reach them. It is recommended that families, neighborhoods and communities strive to be self-sufficient for two weeks.



Some things to keep in mind

Purchasing contents in bulk can save you time and money. Many pre-packaged first aid kits contain primarily Band-Aids. Shop smart and buy in bulk to create first aid kits that fit your family's needs. You may be without power or in a situation that stretches your first aid kit; consider including a small flashlight and batteries, notepad and writing utensil, sunscreen, insect repellent, and an emergency blanket.

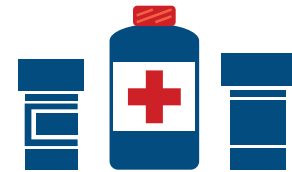
What should my First Aid Kit contain?

SUPPLIES

- + Hypoallergenic adhesive tape
- + Elastic wrap bandages
- + Bandage strips and "butterfly" bandages in assorted sizes
- + Nonstick sterile bandages and roller gauze in assorted sizes
- + Triangular bandages
- + Aluminum splits, cardboard
- + Instant hot and cold packs
- + Cotton balls and cotton-tipped swabs
- + Disposable non-latex gloves, several pairs
- + Petroleum jelly or other lubricant
- + Plastic bags, assorted sizes
- + Safety pins in assorted sizes
- + Blunt scissors and tweezers
- + Hand sanitizer or soap
- + Antibiotic ointment
- + Antiseptic solution and towelettes
- + Eye dropper
- + Eyewash solution
- + Sterile eye pad or shield
- + Oral thermometer (digital)
- + Bulb suction device for flushing wounds
- + Syringe, medicine cup or spoon
- + Disposable resuscitation face shield (breathing barrier)
- + First-aid manual / instructions

MEDICATIONS

- + Pain reliever (Tylenol or acetaminophen, aspirin, etc.)
- + Anti-inflammatory (Ibuprofen, Motrin, Advil, etc.)
- + Antihistamine (such as diphenhydramine)
- + Antacid
- + Laxative
- + Anti-diarrhea
- + Emetic (induces vomiting such as activated charcoal)
- + Hydrocortisone cream
- + Cough and cold medication
- + Auto-injector of epinephrine, if prescribed by your doctor



Buy a first aid kit or make one with supplies you have at home

Basic first aid and CPR certification can save lives