Anatomy of a First Aid Kit

A well-stocked first aid kit is a handy thing to have. To be prepared for emergencies, keep a first aid kit in your home and in your car. Carry a first aid kit with you or know where you can find one. Find out the location of first aid kits where you work. First aid kits come in many shapes and sizes. Your local drug store may sell them.

You may also make your own. Some kits are designed for specific activities, such as hiking, camping or boating. Whether you buy a first aid kit or put one together, make sure it has all the items you may need. Include any personal items such as medications and emergency phone numbers or other items your health-care provider may suggest. Check the kit regularly. Make sure the flashlight batteries work. Check expiration dates and replace any used or out-of-date contents.

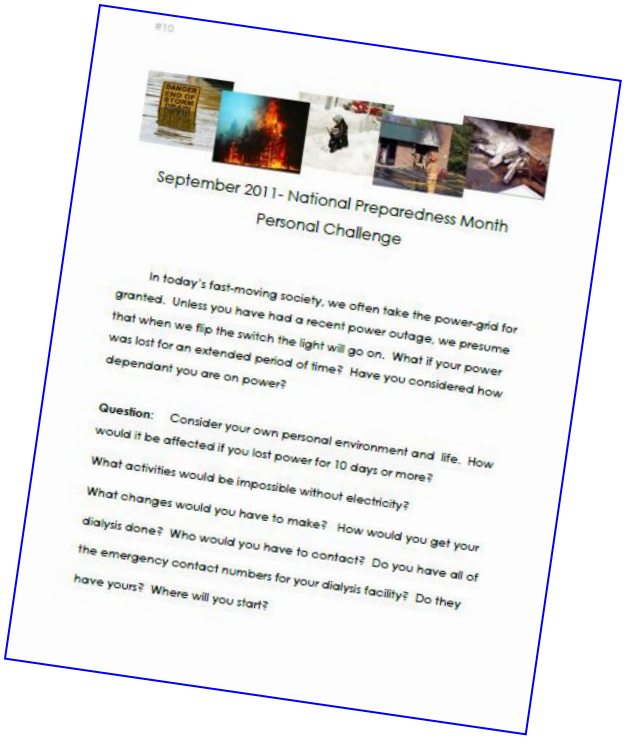
The American Red Cross recommends that all first aid kits for a family of four include the following:

- 2 absorbent compress dressings (5 x 9 inches)
- 25 adhesive bandages (assorted sizes)
- 1 adhesive cloth tape (10 yards x 1 inch)
- 5 antibiotic ointment packets (approximately 1 gram)
- 5 antiseptic wipe packets
- 2 packets of aspirin (81 mg each)
- 1 blanket (space blanket)
- 1 breathing barrier (with one-way valve)
- 1 instant cold compress
- 2 pair of non-latex gloves (size: large)
- 2 hydrocortisone ointment packets (approximately 1 gram each)
- Scissors
- 1 roller bandage (3 inches wide)
- 1 roller bandage (4 inches wide)
- 5 sterile gauze pads (3 x 3 inches)
- 5 sterile gauze pads (4 x 4 inches)
- Oral thermometer (non-mercury/non-glass)
- 2 triangular bandages
- Tweezers
- First aid instruction booklet

September was declared National Emergency Preparedness Month in 2004. This was done in part as recognition for the events of September 11th, 2001 but also to encourage all of us to make sure we are prepared.

At the beginning of this month, the Network sent out to your facility 12 handouts for the patients to ask them to think about emergencies.

Did you see them yet? They looked like this one-



#10

September 2011- National Preparedness Month
Personal Challenge

In today's fast-moving society, we often take the power-grid for granted. Unless you have had a recent power outage, we presume that when we flip the switch the light will go on. What if your power was lost for an extended period of time? Have you considered how dependant you are on power?

Question: Consider your own personal environment and life. How would it be affected if you lost power for 10 days or more?

What activities would be impossible without electricity?

What changes would you have to make? How would you get your dialysis done? Who would you have to contact? Do you have all of the emergency contact numbers for your dialysis facility? Do they have yours? Where will you start?

If you haven't seen them yet, be sure to ask your nurse to get one for you. Look on the other side of this page for information about first aid kits.

Remember:

An emergency stops being one when you are prepared.