

Living Safely

with disabilities and special health needs

First Aid Kit Checklist

A first aid kit is helpful to have when someone gets hurt.

The quicker a first aid kit can be accessed, the sooner a person can use it. That's why it's important to know where the first aid kits are, and to make sure they are stocked with necessary items. Two places to keep a first aid kit are in a house or apartment and in a car.

You can put together your own first aid kit or you can buy one already made. First aid kits are available in many drugstores, department stores, grocery stores, and online. When making your own first aid kit, you can find the items you need in many of the same places. Remember, you can contact your health care provider or a person you go to for support if you are not sure what to do.

To put a first aid kit together, find a plastic container or box with a lid or a large bag. Write your address on the outside of the kit as a reminder in case you need to call 911

Here are some items that you can put into your first aid kit.

- A sheet of paper that includes the following information:
 - Your health care providers (Be sure to include any specialists you visit.)
 - A few family members and/or friend who can be called in case of an emergency (Be sure to let them know they are on your list.)
 - The phone number for the Poison Help Line (The toll free phone number for anyone in the United States is 800-222-1222)
 - A list of all your prescription and other medicines that you take (Include vitamins and other natural supplements you might take)
 - It is helpful to have a list of your family's healthcare needs. You can ask your family for important health information such as any illnesses, conditions, and medications.

- A few pairs of disposable non-latex gloves to wear while cleaning a wound. Gloves help to prevent infection when caring for a wound. It might be helpful to have large size gloves so they can fit on different sized hands.

- Hand sanitizer to clean germs from your hands

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- Five packets of antiseptic wipes or pads for cleaning cuts or scrapes

- Sterile cotton gauze and bandages to cover different size cuts and scrapes. This is a list of the most helpful types and sizes.
 - 1 roll of gauze that is three inches wide
 - 1 roll of gauze that is four inches wide
 - 5 sterile gauze pads that are three inch squares
 - 5 sterile gauze pads that are four inch squares
 - 2 absorbent bandages that are five inches by 9 inches
 - 25 adhesive bandages in different sizes
 - 2 triangular bandages
 - 1 large triangular bandage or piece of cloth that can be used as an arm sling. A scarf or bandana can be used.
 - 1 roll of adhesive cloth tape that is ten yards long and one inch wide

- 2 small packets of aspirin (each aspirin pill is 81mg) Aspirin helps to relieve minor aches and pains.

- 1 emergency blanket. An emergency blanket looks like aluminum foil but it is made specially to protect a person's body from cold.

- 1 breathing barrier (with one-way valve)

- 2 hydrocortisone ointment packets

- 1 oral thermometer A thermometer checks if a person has a fever. Be sure that the thermometer is not made of glass and does not contain mercury.

- 1 pair of tweezers Tweezers are helpful to remove splinters from the skin.

- 1 small pair of scissors to cut the bandages or the tape

- 1 instant cold compress or ice pack for swelling or pain

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- plastic zip lock bags for ice or for used bandages
- sterile saline to wash wounds or if things get stuck in your eye
- medications including:
 - Antibiotic ointment or cream to put on cut or scrape before bandage
 - Aloe Vera gel for sunburn
 - Hydrocortisone cream for itchy rash or bug bite
 - Aspirin (Don't take aspirin if you are allergic to aspirin, have bleeding problems or take another blood-thinning medication, or if your doctor previously told you not to do so. Never give aspirin to children.
- If you or someone you live with has a severe allergy, include antihistamine medicine and an epinephrine injector, if prescribed by your doctor
- small, waterproof flashlight or headlamp and extra batteries to help you see in case of dark
- small notepad and waterproof writing instrument to write important information
- Emergency space blanket to keep warm
- If you or someone you live with has diabetes:
 - include a juice box,
 - glucose tablets and gels
 - an emergency glucagon injection kit as directed by your doctor

Don't forget to check the kit twice a year to

- replace any used contents
- replace any expired medications
- replace old batteries

We value the expertise of our partners in safety who have demonstrated their commitment to inclusive healthy communities. Portions of this resource have been adapted from the American Red Cross <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/anatomy-of-a-first-aid-kit.html>).

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