

SUMMIT HOME CARE

EMERGENCY KIT & SUPPLIES LIST

First Aid Kit

Assemble a first aid kit for your home and one for each car. The following are recommended items to be included in a comprehensive first aid kit.

Recommended items for a basic first aid kit:

- 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
- Waterless alcohol-based hand sanitizer
- Antiseptic
- Thermometer
- Tongue blades (2)
- Tube of petroleum jelly or other lubricant
- Assorted sizes of safety pins
- Cleansing agent/soap
- Latex gloves (2 pair)
- Non-prescription drugs
- Sunscreen
- 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)

Contact your local American Red Cross chapter to obtain a basic first aid manual

Source: American Red Cross

Basic First Aid Kit:

- Two pairs of Latex or other sterile gloves
- Sterile dressings
- Cleansing agent/ soap
- Antibiotic ointment
- Adhesive tape
- Adhesive bandages (variety of sizes)
- Eye wash solution
- Thermometer
- Scissors
- Prescription medication and/or supplies
- Aspirin and non-aspirin pain relievers

www.ready.gov/america/getakit/firstaidkit.html

Source: The Department of U.S Homeland Security

Additional resources:

www.pep-c.org

www.72hours.org

EMERGENCY PREPAREDNESS KIT

Prepare different kits for different places and situations (Carry on You, Grab-and-Go, Bedside, Home)

A "carry-on you**" kit is for the essential items, such as medications, contact names and phone numbers, health information etc., you need to keep with you at all times.

** "**Grab-and-go** kits" are easy-to-carry kits you can grab if you have to leave home (or school, workplace, etc.) in a hurry. They have the things you cannot do without but are not so big or heavy that you cannot manage them.

** A "**home** kit" is your large kit with water, food, first aid supplies, clothing, bedding, tools, emergency supplies, and disability-specific items. It includes all the things you would most likely need if you had to be self-sufficient for days either at home or in an evacuation shelter.

A "bedside** kit" has items you will need if you are trapped in or near your bed and unable to get to other parts of your home.

A "car** kit" has items you will need if stranded in your car.

Keep important items in a consistent, convenient, and secured place, so you can quickly and easily get to them. (Items such as teeth, hearing aids, prostheses, canes, crutches, walkers, wheelchairs, respirators, communication devices, artificial larynx, sanitary aids, batteries, eyeglasses, contact lens with cleaning solutions, etc.)

EMERGENCY SUPPLIES KITS (Carry on You, Grab-and-Go, Bedside, Home)

- Emergency health information
- Cell phone
- Standard telephone (does not need to be plugged into an electric outlet)
- Essential medications
- Other medications
- Flashlights and extra batteries. (People with limited reach or hand movement should consider low-cost battery-operated touch lamps.)
- Extra batteries for oxygen, breathing devices, hearing aids, cochlear implants, cell phone, radios, pagers, PDAs.
- Copies of prescriptions
- Emergency food
- Assorted sizes of re-closeable plastic bags for storing, food, waste, etc.
- Sturdy work gloves to protect your hands from sharp objects you may try to lift or touch by mistake while walking or wheeling over glass and rubble
- Lightweight flashlight (on key ring, etc.)
- Small battery-operated radio and extra batteries
- Signaling device you can use to draw attention to you if you need emergency assistance (whistle, horn, beeper, bell(s), screecher)
- A container that can be attached to the bed or nightstand (with cord or Velcro) to hold hearing aids, eyeglasses, cell phones, etc., oxygen tank attached to the wall, wheelchair locked and close to bed. This helps prevent them from falling, flying, or rolling away during an earthquake or other jarring, jolting event
- A patch kit or can of "sealant" to repair flat tires and/or an extra supply of inner tubes for non-puncture-proof wheelchair/scooter tires

Keep needed equipment close to you so you can get to it quickly. If available, keep a lightweight manual"

- wheelchair for backup

Source: <http://www.ready.gov/>

SUPPLY LIST

From the Department of Homeland Security

<http://www.ready.gov/america/getakit/index.html>

Recommended Items to Include in a Basic Emergency Supply Kit:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, Store at least a three-day supply of non-perishable food
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food
- Local maps
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- Whistle to signal for help
- Sterile gloves (if you are allergic to Latex)
- Sterile dressings to stop bleeding
- Cleansing agent/soap and antibiotic towelettes to disinfect
- Antibiotic ointment to prevent infection
- Burn ointment to prevent infection
- Adhesive bandages in a variety of sizes.
- Eyewash solution to flush the eyes or as general decontaminant.
- Prescription medications you take every day such as insulin, heart medicine and asthma inhalers. *You should periodically rotate medicines to account for expiration dates.*
- Prescribed medical supplies

Additional Items to Consider Adding to an Emergency Supply Kit:

- Glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Important family documents such as copies of insurance policies, identification, and bank account records in a waterproof/portable container
- Cash or traveler's checks and change
- Emergency reference material such as a first aid book or information from www.ready.gov

- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long-sleeved shirt, long pants, and sturdy shoes.
- Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper - When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Books, games, puzzles, or other activities for children