

First Aid Box At Home

Important things to remember

- Should be not a one-time thing - must check it once a year for expiry dates etc
- Should be of an average size-not too small, not too big.
- Should preferably be transparent to facilitate easy visualization of items inside
- Should be attractive, visible with signage, accessible.
- Should have sticker on emergency contacts-doctors, ambulance service etc
- Be careful about access to children, avoid glass bottles

Important contents

1. If any member has a pre-existing illness, keep a backup of those things first, examples:
 - asthma-have a back up inhaler available at home
 - heart attack in the past or coronary artery disease- Aspirin, Sorbitrate tablets should be available
2. For day to day household emergencies, a basic kit should include:
 - Band-aids of all sizes
 - 4" by 4" Gauze pads - for cleaning wounds
 - 4" by 4" Dressing bandages - for wounds, cuts, and abrasions
 - 2" Dressing rolls - for wrapping and bandaging injuries
 - Adhesive tape ,safety pins,tissue papers
 - Cotton balls
 - Alcohol pads - or a 16 oz. bottle of isopropyl alcohol for cleaning wounds
 - Medicated hand wash solution
 - Sterile water- 16 oz. bottle
 - Bandage - wrapping sprains and contused soft tissue
 - Arm sling
 - Ice pack
 - Hot pack
 - Thermometer
 - Tweezers
 - Scissors
 - Clean string - for a variety of uses
 - Sterile gloves

Simple, but important over-the-counter medications that should be kept in a first aid kit and updated regularly (check the expiration dates) include:

- Antibiotic ointment - for cuts and scrapes of the skin
- Medicated sunburn spray or cream
- Calamine lotion
- Paracetamol – for fever and pain
- Ibuprophen - anti-inflammatory for pain, swelling, and fever
- Diphenhydramine - antihistamine for allergic reactions, itching, and runny nose
- Silver sulphadizine cream - for severe burns

- Cough suppressant
- Throat lozenges

Remember:

- Being organized is the key to creating and keeping a good kit.
- Remember to label everything properly. Keep a list of everything on a 3X5 card that stays in the kit.
- Refer to it when items need to be replaced.
- Items should be kept as clean and sterile as possible. Medicines should be stored in secure containers with proper name, number of pills, how and when to take it, and what it is specifically used for.
- The quantity of items in your kit generally depends on who lives in your household

Made for general guidance by-
Dr. Mahesh Joshi
Consultant & Head, Emergency Medicine Department
Apollo Hospitals-Hyderabad