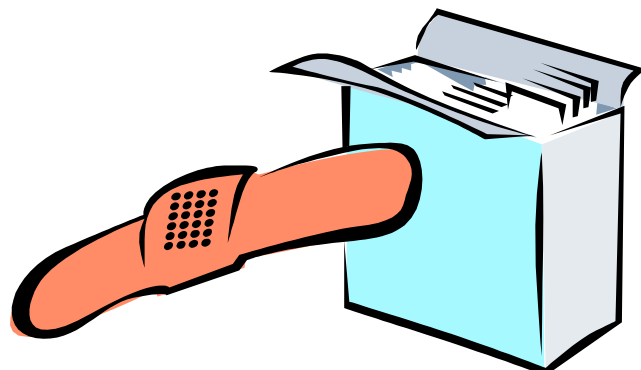


First Aid Kit Contents

4-H Center for Youth Development

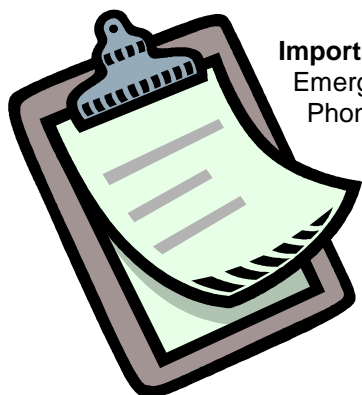
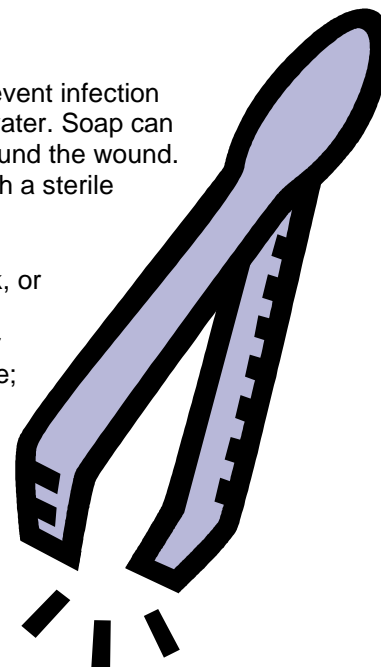
- First Aid Instruction booklet with current emergency numbers written
- Acetaminophen and ibuprofen – consider having liquid form of one of these (see health form before administering)
- Aloe Vera
- Antiseptic wipes
- Band-Aids, assorted. sizes
- Calamine lotion
- Cold pack or Ice bag
- Cotton balls
- Cotton-tipped swabs
- Elastic wrap bandages
- Eye pads
- Female personal hygiene (tampons, pads)
- Gauze bandages - rolls and pads, assorted sizes
- Gloves – non-latex
- Hydrogen peroxide
- Safety pins
- Scissors
- Soap
- Tape – cloth or adhesive
- Tissues
- Triangular bandage with safety pins
- Tums (see health form before administering)
- Tweezers



Explanation of First Kit Items

Check the kits regularly. Replace missing items or medicines that may be expired.

- Adhesive bandages in assorted sizes.
- Adhesive tape to hold gauze bandages in place.
- Antibiotic ointment, such as bacitracin, to dab on cuts and scrapes to prevent infection while healing. For fresh cuts and scrapes, wash first with cool, running water. Soap can irritate wounds, but mild soaps may be used to gently clean the area around the wound. Once the wound is clean, dab on a little antibiotic ointment and cover with a sterile bandage.
- Antiseptic wipes for disinfecting wounds or cleaning hands
- Calamine lotion to treat the itching and irritation of poison ivy, poison oak, or insect bites.
- Cold pack to bring down swelling from sprains or insect bites. The newer ones developed for emergency kits don't need to be frozen ahead of time; you just squeeze them to start the cooling reaction.
- Cortisone cream. Cortisones are anti-inflammatory drugs useful for soothing rashes. Any 1 percent hydrocortisone cream can be bought without a prescription and relieve itching and redness, and is generally safe for infants and children when used in moderation.
- Elastic wrap bandage to use for sprains, slings or to wrap larger injuries.
- Hydrogen peroxide (3 percent) or rubbing alcohol for disinfecting and cleaning superficial wounds. Alcohol can be useful to sterilize tweezers or a needle used to remove splinters.
- Latex gloves as a precaution against infection.
- Safety pins to hold splints in place or fasten large bandages.
- Scissors with rounded tips for cutting adhesive tape, gauze, or clothing.
- Sterile gauze dressings in rolls and two-inch and four-inch pads to clean up scrapes and stop bleeding.
- Thermometer. To be safe, choose one that's digital rather than mercury-filled glass.
- Tweezers for removing splinters, shards of glass, ticks, and so on. Invest in a pair with a narrow point and solid grip.



Important Information to Keep

Emergency consent forms

Phone numbers taped to the inside of the first aid kit:

- Local poison control center or US national poison control center at 1-800-222-1222
- Closest hospital
- Local fire and rescue squad (911 should also work)

Also make sure you fill out the 4-H Event/Activity Incident Report