



# First Aid Preparedness

In any emergency, you or a family member may be cut, burned or suffer other injuries. Keep the following basic first aid supplies so you are prepared to help when someone is hurt:

- 2 pairs of disposable gloves
- Adhesive bandages in a variety of sizes
- Antibiotic ointment to prevent infection
- Burn ointment
- Cleansing agent/soap and antibiotic towelettes to disinfect
- Eye wash solution to flush the eyes or as general decontaminate
- Over-the-counter medicines such as Aspirin or other pain reliever, laxative, anti-diarrhea medication
- Prescribed medical supplies such as glucose monitoring equipment or blood pressure monitor
- Prescription medications you take every day such as insulin, heart medicine, or asthma inhaler
- Scissors
- Sterile dressings to stop bleeding

## Receiving First Aid Training

First aid training can be obtained in our community by contacting the York-Poquoson Chapter of the American Red Cross by phone at 757-898-3886 or learn more by visiting the American Red Cross website.



**American  
Red Cross**