


\_\_\_\_\_ Family  
  
First Aid Kit

Family First Aid Kit  
**Dial 911 for Emergency**

Home Phone Number: \_\_\_\_\_

Physical Address:  
\_\_\_\_\_  
\_\_\_\_\_

**Emergency Contacts:**  
Sherriff's Office:  
Pediatrician:  
Local Hospital:  
Nurse First Triage:  
Mom:  
Dad:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Poison Control #  


# Wound Care

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2 in. roll gauze  
1 in. tube gauze  
Mole skin  
Steri-strips  
Liquid Bandage  
Super Glue  
Saline Irrigation  
Transparent Tape  
Paper Tape  
Electrical Tape  
2x3 inch gauze pad  
2 inch "Ace" Wrap  
1 inch Coban  
alcohol prep pads  
Assorted Band-Aides

Super Lysine  
Orajel  
Sulfadiazine 1%  
Insect Bite Spray  
Burn Relief  
Eye Wash w/ cup  
Drawing Salve  
Antifungal Cream  
Colloidal Silver  
Bacitracin  
Visine  
Eye Drops

## Ointments - Salves - Oils

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### Roller Bottles:

- Frankincense - soothe skin, treat imperfections, balance mood
- On Guard - energizing, purifying, protective
- Lavender- calming, grounding, soothes skin irritations
- Tea Tree -antifungal/antimicrobial for skin
- Oregano - purifies, antibacterial, antiviral
- Peppermint- uplift mood, reduce tension, HA or repel insects
- Rescuer - blend to release muscle tension
- Breathe - eases breathing/opens airways

# Stomach & Pain

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Colace  
Senna-Kot S  
Immodium  
Antacids  
Motion Sickness  
Fleet Enema  
Glycerin Supp  
Arnica Tabs  
Children's Liquid TY  
Children's Liquid IB  
Infant's Motrin  
Infant's Tylenol  
Ibuprofen Tabs  
Tylenol Tabs

Benadryl Cream  
Hydrocortisone Cream  
Children's Benadryl Chew  
Children's LIQ Benadryl  
Benadryl Caps  
Sudafed  
Mucinex DM  
Homeopathic Cold  
Homeopathic Allergy  
Zantac/Famotidine  
Zyrtec/Certrizine  
Cough/Throat Drops  
Nasal Sprays  
Epi. Inhaler  
Albut. Inhaler

## Cold/Cough & Allergy

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### **HIVES:**

Zyrtec 10mg twice daily  
Zantac 150mg twice daily  
Benadryl 25-50mg every 4-6 hrs  
Albuterol for shortness of breath

CPR Mask

Quick Clot

Trauma Tourniquet

2in Coban

Liquid IV

Thermometer

Finger Splints

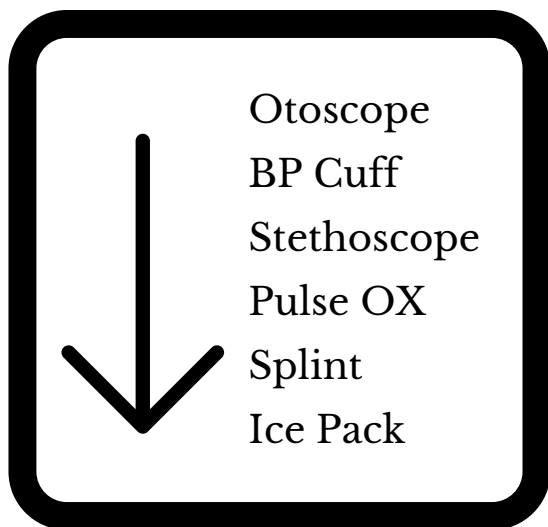
Cotton Balls/ Towelettes

Trauma Sheers/ Sewing Kit/ Multi-Tool

Hot packs

Gloves

Extra batteries



Wound Seal

Safety Pins

Sharpie & Pen

Tongue Depressors

Mini tool Set

Tweezer

Fingernail Clipper

ASA 81mg chew

# Suture Set