

Title:

13 Things Every First Aid Kit Should Have

Word Count:

521

Summary:

Everyone should have a home first aid kit ready to go in case an emergency should arise. If yo

1. An Antiseptic (such as Bactine): Cleaning scrapes or wounds is important for preventing inf

Keywords:

first aid,health,wellness,sickness,ambulance

Article Body:

Everyone should have a home first aid kit ready to go in case an emergency should arise. If yo

1. An Antiseptic (such as Bactine): Cleaning scrapes or wounds is important for preventing inf

2. Band-aids and gauze pads. Band-aids help treat injuries of all sizes. Your best bet is to buy

For gauze pads, buying larger sizes works best, because you can always cut them down to the si

3. Scissors. Speaking of cutting, scissors are often overlooked in many first aid kits. Scisso

4. Ace Bandages. Ace bandages come in handy in a variety of situations, such as sprains and br

5. Instant Cold and Hot Pack. These packs are for one-time use only, so it's a good idea to st

6. Adhesive Tape

Adhesive tape can be used to form splints, tape gauze, and secure any other bandages.

7. Tweezers. Like scissors, tweezers are often overlooked, but come often come in handy. They

8. Latex Gloves. Latex gloves are a helpful addition to any first aid kit. Latex gloves will p

9. Analgesic. An analgesic is a pain reliever. Include a small bottle of aspirin or ibuprofen

10. Antibiotic Ointment. A small tube of antibiotic ointment can go a long way. Antibiotic oin

11. Rubbing alcohol and disinfectant. These are helpful for cleaning insect sting bites or for

12. Antihistamine. In the case that someone may suffer from severe allergies, having some sort

13. A list of emergency phone numbers. Keep an index card with the numbers of your doctor, the

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