

Title:

Minimize Injury With A First-Aid Kit

Word Count:

339

Summary:

Imagine if an accident or something terrible happens to your friends or families, or children

What you must do is to give a first aid. CPR, for example. Having first-aid equipments is another

In other words, you must prepare for emergency. The first-aid kit is so important in this kind of

What you need to have is a set of first-aid ...

Keywords:

parenting

Article Body:

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What you need to have is a set of first-aid equipments. In general, here's your first-aid kit

first-aid manual

thermometer (a digital one is preferred)

acetaminophen (to lower fever and relieve pain)

prescription medications

sterile gauze

adhesive tape

liquid soap (use mild type which will not endanger your children's skin)

scissors (always check if they are sharp)

alcohol wipes

antiseptic wipes

emergency phone numbers (your physician's or pediatrician's)

flashlight and batteries

disposable gloves

blankets

sunscreen lotion

Have you gathered all those gears? Keep them in a durable container. Choose one that is roomy,

The first-aid kit should be available at home and in the car. Put it carefully, out of reach of

Don't forget to check the kit regularly. See whether some medicines are outdated or not and ma

Now, have you been trained to use the kit? You probably have seen people doing CPR or any other

The American Red Cross has programs aimed at giving anyone the confidence to act in response to

Here's the address of the American Red Cross programs:

<http://www.redcross.org/services/hss/courses/>

You can bookmark this web address for your handy emergency guide.

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