

Q

Questions for the PharmacistRx

Home First Aid Kit checklist

It is always a good idea to have a first aid kit handy because you never know when you'll need one. Keeping one in the house and one in the car is ideal.

They are widely available in pharmacies in the first aid aisle, but you can easily make up one at home as chances are you might have a lot of the items lying around.

Remember to check your kit regularly to make sure the items are still in date and safe for when you need them. Every 6 months is ideal.

Different kits contain different items, and each kit can be personalized to suit your household depending on health conditions of your family members. In general, the items needed in a first aid kit are:

Basic Kit:

- Band-Aids of different sizes
- Gauze
- Alcohol wipes
- Antibiotic ointment
- Hydrocortisone ointment
- Antihistamine cream
- Latex-free gloves
- Tape
- Hand Sanitizer
- Saline spray
- Antiseptic solution
- Scissors
- Instant ice pack

- Wrap bandages
- Tweezers
- Acetaminophen for adults and children
- Ibuprofen for adults and children

Extra Items:

- Eye shield
- Petroleum jelly
- Eye wash solution
- Thermometer
- Epi-pen (if it is needed in your household)
- Aspirin 81mg tablets
- Oral Antihistamine for adults and children
- Glucose tablets
- Glucagon kit

If you are interested in First Aid training courses, you can click the following links for more information:

[Training by American Red Cross](#)

[Training by the Department of Homeland security](#)

Disclaimer: This is not an exhaustive list and is for information only. This is not medical advice. Please consult your doctor or pharmacist if you need personal treatment options or have any questions that affect you directly.