

[First Aid Quick Guide](#)

(Amazon \$6.95)



[Stop The Bleed](#)



[Naloxone \(opioid overdose\)](#)



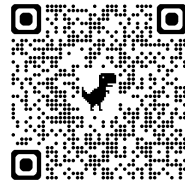
[Epipen \(anaphylaxis\) video](#)



[Red Cross First Aid Training](#)



[Personal Disaster Preparedness Planner](#)



[Sandy City Preparedness Website](#)



[CPR & Lifesaving Guide](#)

(Amazon \$6.95)



[First Aid Kits/Medical Supplies](#)



[First Aid Kit Must-Haves](#)

(From The Red Cross, family of 4):

- o A first aid guide
- o 2 absorbent compress dressings (5 x 9 inches)
- o 25 adhesive bandages (assorted sizes)
- o 1 adhesive cloth tape (10 yards x 1 inch)
- o 5 antibiotic ointment packets
- o 5 antiseptic wipe packets
- o 2 packets of aspirin (81 mg each)
- o 1 emergency blanket
- o 1 breathing barrier (with one-way valve)
- o 1 instant cold compress
- o 2 pair of nonlatex gloves (size: large)
- o 2 hydrocortisone ointment packets
- o 1 3-inch gauze roll (roller) bandage
- o 1 roller bandage (4 inches wide)
- o 5 3 x 3-inch sterile gauze pads
- o 5 sterile gauze pads (4 x 4 inches)
- o A thermometer (non-mercury/non-glass)
- o 2 triangular bandages
- o Tweezers