Great ShakeOut Message 7 – First Aid

Date: September 10, 2010

Look in your First Aid kit. If it only has a couple Power Puff Bandaids® and a dried out bottle of iodine, you have some work to do. The suggested BASICS are:

**Supplies**
--Adhesive bandages of different sizes, but bigger ones are probably more useful.
--Scissors (so you can cut those big bandages Sue told you to get to sizes you really need)
--Absorbent bandages (sanitary pads work really well for this!)
--Elastic bandages (3-inch width are the most versatile,... plus, you have scissors!)
--Cotton cloth to use as slings, holding bandages
--Gauze, rolls and pads (Self-sticking gauze is like the duct tape of the First Aid world.)
--Tissues

Remember earthquakes will cause mostly scrapes, cuts and burns. If you have sensitive skin or are taking blood thinner, even small bumps can make it seem like you had a close encounter with a porcupine, so pack extra bandages.

**Medications** (check the expiration date as they lose potency over time)
--Topical antibiotic ointment
--Ibuprofen and/or Acetaminophen
--Antiseptic wipes
--Eye wash solution
--Burn gel
--Keep daily medications in a small bag that you can quickly grab and go. Include the lists of medicines that everyone takes by name and dosage.

Each person or family has different needs, so the rest of your first aid kit should address those needs.

Buy a starter kit, or start your First Aid Kit this weekend like you did your EP Bin: Grab a large zip-type bag and start filling a little each week. Those Power Puff girls just may come to the rescue.

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