



Assemble a first aid kit

A well-stocked first aid kit can help you respond effectively to common injuries and emergencies. The Cayman Islands Red Cross recommends that all first aid kits include the following:

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| <input type="checkbox"/> First aid kit box.....1 | <input type="checkbox"/> Latex-free gloves 1 pair |
| <input type="checkbox"/> Multi-trauma dressing 12x301 | <input type="checkbox"/> Ammonia inhalants 10 per box 1 |
| <input type="checkbox"/> Dynarex 1/2-inch cloth tape roll1 | <input type="checkbox"/> Sooth-a-Sting swabs 10 per box 1 |
| <input type="checkbox"/> Dynarex 1-inch cloth tape roll1 | <input type="checkbox"/> Irrigating eye solution 4 oz 1 |
| <input type="checkbox"/> Sterile 4x4 (8-ply) packages in 2s8 | <input type="checkbox"/> Instant junior ice pack2 |
| <input type="checkbox"/> Triangular bandage 40x40x562 | <input type="checkbox"/> CPR shield barrier 1 |
| <input type="checkbox"/> Sterile 5x9 gauze pads.....5 | <input type="checkbox"/> Providone iodine prep pads 10010 |
| <input type="checkbox"/> 1x3 plastic adhesive bandage 100 per box1 | <input type="checkbox"/> Ace bandage 3-inch 1 |
| <input type="checkbox"/> Small trauma scissor 1 pair | |

KEEP IT UP-TO-DATE

Whether you buy a first aid kit or assemble one yourself, make sure it has all the items you may need.

- ✦ Include any personal items such as medications and emergency phone numbers or other items your healthcare provider may suggest.
- ✦ Check expiration dates and replace used or outdated contents.
- ✦ Check the kit regularly and store it in a dry place