

Essential items to include in First Aid Kit at Home

Handling Emergency at Home with First Aid

Accidents and medical emergencies can happen at any time. Keeping a well-equipped first aid kit with appropriate medical supplies in your house is important for ensuring safety and preparedness for such unforeseen events. The first aid kit should be kept at an easily accessible place known to all.

Essential items that should be included :

<p>Cotton balls</p>	<p>Strelle gauze</p>	<p>Soft towel</p>	<p>Stretch bandage</p>
<p>Band-aid</p>	<p>Non-stick gauze pads</p>	<p>Scissor, tweezer & safety pins</p>	<p>Mepore bandage</p>
<p>Hand Sanitizer</p>	<p>Disposable glove</p>	<p>BP Instrument</p>	<p>Cold gel pack</p>
<p>Petroleum jelly & Aloe vera gel</p>	<p>Antiseptic solutions/ Dettol / Savlon</p>	<p>Antihistamine medicine / Allegra 120 & Avil 25</p>	<p>Pain Killer/ Paracetamol</p>
<p>Aspirin medicine/ Sorbitrate for the heart (not for children)</p>	<p>Oral rehydration Salts ORS</p>	<p>Glucometer (If anyone is diabetic in the family)</p>	<p>Thermometer</p>

Essential items to include in First Aid Kit at Home

Make sure to check your First Aid kit regularly and check with your GP (general practitioner) about any special medicine for any specific medical condition in your family that should be included. Replace any expired items or used supplies. Keep the kit in a location that is easily accessible to all family members.

Display a list of ICE (In Case of Emergency) numbers and your GP doctors' numbers in multiple locations.

To know more:

- [Lists of emergency numbers in India](#)
- [Red Cross First Aid manual](#)

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