

MEDICAL & HEALTH SUPPLIES

Take a minute to check your first aid kit and note any depleted items—then, add them to your shopping list. Don't have a first aid kit? Add that to the list or build a kit yourself. Just add the following items to your shopping list and assemble a first aid kit. Consider creating a kit for each personal GO-bag and each vehicle as well.

Get an extra supply of your regular prescription drugs. Ask your healthcare provider for a prescription. If your insurance will not agree to cover the extra supply, you may need to pay out-of-pocket.

First Aid Kits:

- (20) adhesive bandages, various sizes
- (1) 5" X 9" sterile dressing
- (1) conforming roller gauze bandage
- (2) triangular bandages
- (2) 3 x 3 sterile gauze pads
- (2) 4 x 4 sterile gauze pads
- (1) roll 3" cohesive bandage
- (2) germicidal hand wipes or waterless alcohol-based hand sanitizer
- (6) antiseptic wipes
- (2) pairs of medical grade non-latex gloves
- (1) Adhesive tape, 2" width
- (1) Antibacterial ointment
- (1) Cold pack
- (1) Small scissors
- (1) Tweezers
- (1) First Aid handbook



Non-Prescription and Prescription Drugs:

- Medicines for fever and pain, such as acetaminophen and ibuprofen
- Anti-diarrhea medication (not generally recommended for children)
- Antacid (for stomach upset)
- Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
- Laxative
- Cough syrup, throat lozenges
- Prescribed medicines and supplies, such as glucose meters, diabetic supplies, and blood-pressure monitoring equipment

Other Health Supplies:

- Soap and water
- Alcohol-based hand cleaner
- Sanitizer wipes
- Thermometer
- Vitamins
- Fluids with electrolytes (i.e. Gatorade and Pedialyte)



**BUTTE COUNTY PUBLIC HEALTH DEPARTMENT,
EMERGENCY RESPONSE**

For the full "Could You Survive for 72-hours?" Emergency Planning Guide please visit www.buttecounty.net/publichealth