



TIP OF THE MONTH #4 DECEMBER 2020

From the GHNA Disaster Prep Committee

Your Medicines and Your First Aid Kit

Recommended Items for your First Aid Kit:

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| <input type="checkbox"/> Absorbent Compress Dressings | <input type="checkbox"/> Emergency Blanket |
| <input type="checkbox"/> Adhesive Cloth Tape (1-2 inches wide) | <input type="checkbox"/> Breathing Barrier |
| <input type="checkbox"/> Antibiotic Ointment Packages | <input type="checkbox"/> Instant Cold Compresses |
| <input type="checkbox"/> Antiseptic Wipe Packets | <input type="checkbox"/> Non-Latex Gloves |
| <input type="checkbox"/> Aspirin | <input type="checkbox"/> Hydrocortisone Ointment Packets |
| <input type="checkbox"/> Conforming Roller Gauze Bandage 5x9
sterile dressing | <input type="checkbox"/> A Gauze Roll Bandage |
| <input type="checkbox"/> 3" and 4" Sterile Gauze Pads | <input type="checkbox"/> Sterile Gauze Pad |
| <input type="checkbox"/> Cotton Balls | <input type="checkbox"/> Small Scissors |
| <input type="checkbox"/> Tube of Petroleum Jelly or other lubricant | <input type="checkbox"/> Oral Thermometer (avoid glass
thermometers which can break) |
| <input type="checkbox"/> Germicidal hand wipes or waterless
alcohol-based hand sanitizer | <input type="checkbox"/> Triangular Bandages (which can also work
as a sling) |
| <input type="checkbox"/> Rubbing Alcohol | <input type="checkbox"/> Tweezers |
| <input type="checkbox"/> Hydrogen Peroxide | <input type="checkbox"/> An Emergency First Aid Instructional Guide |
| <input type="checkbox"/> Pair of non-latex medical gloves | |

The Red Cross has a store which sells first aid kits for various purposes.

<https://www.redcross.org/store/first-aid-supplies>

Plan Ahead for your Family's Medications in case of Disaster

- Make sure you have a printed list of everyone's prescribed and over-the-counter medicines.
- Keep track of how much medicine you have on hand. Keep a calendar of when you need to refill. Do not let medicines expire.
- Place medicines in a water-tight container or bag.
- Have a cooler available if you have medicines that require refrigeration.
- Before the disaster, request a vacation override for medications from your insurance provider. If approved, you can then put the extra medication in your emergency Go Bag.



GARFIELD HEIGHTS NEIGHBORHOOD ASSOCIATION

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