

September 22, 2019

Health and First Aid Supplies

Health Supplies and Preparedness

This is one of the areas our Area Seventy president has asked us to prepare in. Hopefully we will never need these things, but it is much better to have what we need and not use it than to need it and not have it.

Medications: Today, many people are taking prescription drugs and medications that require consistent use. Interruption can be dangerous or even fatal. If you or a family member use such medications it is recommended to have as much of a supply on hand as possible. In many situations it is not possible to have any past the amount of your prescription. If that is the case, keep up on prescriptions so that you have as much as possible. If you can even have a two-week supply on hand this can make a big difference in something like a natural disaster. If a disaster is not too wide spread it is very possible that you will be able to get a refill after two weeks. Use your ingenuity and wisdom to make sure that you are not down to the last pill before you rush out to refill.

Skills: I have mentioned before that having skills, knowledge, and training is a great way to be prepared. You can not only help yourself and your family in this way, but if you have adequate skill and training you may be able to provide help to others. Training that is updated and relevant in CPR, the Heimlich maneuver, CERT training, and basic first aid can be invaluable. If you are already a trained healthcare professional that is awesome! Consider learning some of these skills as you consider how you can improve yourself and better prepare.

A Sick Box: Once I was helping my daughter pack up her things after a semester at collage. I came across a little box and wondered

what it was. It had a package of soda crackers, a Gatorade, a can of chicken noodle soup, some Tylenol... When she told me it was her emergency box in case she got sick I was impressed that she had thought of that.

Having a "sick box" is a good idea for anyone, but especially those who are single or live alone. In an emergency you may not be able to get to a store. Everybody gets sick from time to time. Usually we all recover without incident. However, we sometimes need a little help to get back up and running, like something that helps to hydrate us after a bout with stomach flu or food poisoning, and maybe some things that are easy on our stomach. We may need cough drops, tissues, cold medication, or other things. Most people can make a list of what they need when they get sick. You may not need anything big, but a "sick box" is a truly good preparedness idea.

First Aid Kit and Knowledge

Along with a radio, all families should have easy access to a first aid kit. Having one in your home and in your car is a good idea. These can be purchased ready-made or can be assembled. *I recommend checking and replacing this kit every 6 months when you change your water and update a 72-hour kit. Years ago I felt I was prepared because I had such a kit in my car. Well, the one time I needed it I found it depleted because my kids had raided it. I didn't even know they were aware it was there. We also have kept what I thought was a complete kit in my basement. Now, 30 years after we purchased it, there are things that need to be replaced. I have learned that buying a kit once is not enough. This is something like short-term food storage. You need to keep it current and rotated.

First Aid Kit

I found the list of things recommended by the Mayo Clinic for a kit to be excellent. It is my favorite one I have seen so far. I think that I will tape this list in the top of my first aid kit so that I can do a checkup on it and know what should be there. I recommend visiting their site:

<https://www.mayoclinic.org/first-aid/first-aid-kits/basics/art-20056673> Here are their lists:

Basic supplies

- Adhesive tape
- Elastic wrap bandages
- Bandage strips and "butterfly" bandages in assorted sizes
- Super glue
- Rubber tourniquet or 16 French catheter
- Nonstick sterile bandages and roller gauze in assorted sizes
- Eye shield or pad
- Large triangular bandage (may be used as a sling)
- Aluminum finger splint
- Instant cold packs
- Cotton balls and cotton-tipped swabs
- Disposable non-latex examination gloves, several pairs
- Duct tape
- Plastic bags, assorted sizes
- Petroleum jelly or other lubricant
- Safety pins in assorted sizes
- Scissors and tweezers
- Hand sanitizer
- Antibiotic ointment
- Antiseptic solution and towelettes
- Eyewash solution
- Thermometer
- Turkey baster or other bulb suction device for flushing wounds
- Sterile saline for irrigation, flushing
- Breathing barrier (surgical mask)
- Syringe, medicine cup or spoon
- First-aid manual
- Hydrogen peroxide to disinfect

Medications

- Aloe vera gel
- Calamine lotion
- Anti-diarrhea medication
- Laxative
- Antacids
- Antihistamine, such as diphenhydramine
- Hydrocortisone cream
- Cough and cold medications
- Personal medications that don't need refrigeration
- Auto-injector of epinephrine, if prescribed by your doctor
- Pain relievers, such as acetaminophen (Tylenol, others), ibuprofen (Advil, Motrin IB, others)

Consider keeping aspirin in your first-aid kit as well. Aspirin may be life-saving in an adult with chest pain. If you or someone else has new or unexplained chest pain or may be having a heart attack, call for emergency medical help immediately. Then chew a regular-strength aspirin. However, don't take aspirin if you are allergic to aspirin, have bleeding problems, or take another blood-thinning medication, or if your doctor previously told you not to do so.

* Never give aspirin to children.

Emergency Items

- Emergency phone numbers, including contact information for your family doctor and pediatrician, local emergency services, emergency road service providers, and the poison help line, which in the United States is 800-222-1222.
- Emergency space blanket
- Medical consent forms for each family member
- Medical history forms for each family member
- Small, waterproof flashlight or headlamp and extra batteries
- Waterproof matches
- Small notepad and waterproof writing instrument
- Cell phone with solar charger
- Sunscreen
- Insect repellent

Give your kit a checkup

Check your first-aid kits regularly to be sure the flashlight batteries work and to replace supplies that have expired or been used up.

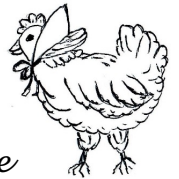
Consider taking a first-aid course through the American Red Cross. Contact your local chapter for information on classes.

Prepare children for medical emergencies in age-appropriate ways. The American Red Cross offers a number of helpful resources, including classes designed to help children understand and use first-aid techniques.

Notes from Red Hen

Dear Red,

Have you every stopped to think of the good you are doing? The things you have learned to do to take care of yourself are now helping others. I just got a note from Silkey. She is happier than she has ever been. I wish your momma could have seen you. She would be so proud. Your chicks are moving forward doing good things too. I know that you are still learning. I think that you will be doing that your whole life. Maybe that is what keeps you young, learning and working. I am going to try that out.



— Love, Aunt Bitty