

STEP 6: Get a First Aid Kit for your home and vehicle!

In any emergency you or a family member may suffer a minor or major injury. If you have basic first aid supplies, you will be better prepared to help yourself or someone else when they are injured.

Knowing how to treat minor injuries can make a positive difference in the event of an emergency. You may consider taking a first aid class, but simply having the following things can help you stop bleeding, prevent infection and assist in decontamination.

Buy or Build a Kit!

Most drug stores, hardware stores, and warehouse stores have good, moderately priced first aid kits available for purchase. These kits will easily fit under a seat in your vehicle or in the glove compartment of any vehicle. You can obtain a first kit in one (1) of three (3) ways:

- Purchase a kit that already contains all of the recommended supplies listed below
- Purchase a kit and augment it with supplies listed below
- Start from scratch and build your own kit

FEMA recommends that first aid kits contain:

- Two pairs of sterile gloves
- Sterile gauze pads
- Cleansing agent/soap and antibiotic towelettes
- Burn ointment
- Triangle bandages
- Safety pins (assorted sizes)
- Sunscreen
- Adhesive bandages in a variety of sizes
- Eye wash solution to flush the eyes or to be used as general decontaminant
- Prescription medications you take every day such as insulin, heart medicine and asthma inhalers (periodically rotate medicines to account for expiration dates)
- Prescribed medical supplies such as glucose and blood pressure monitoring equipment and supplies

Non-prescription drugs:

- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid
- Laxative
- Antibiotic ointment
- Activated charcoal

Other first aid supplies:

- Scissors
- Tweezers
- Thermometer
- Tube of petroleum jelly or other lubricant

Check into a CPR/AED/First aid class this month! The perfect gift for you and your valentine to do together! Locate a Class: The City of Palm Springs offers courses the second Tuesday of every month. For more information, contact the Fire Department at 760-323-8181.

Emergency services professionals will handle the most critical situations first. It may take three (3) days or longer for them to get to neighborhoods in the event of an emergency. When a disaster affects a large number of people like in Hurricane Sandy, Katrina or even in a wildland fire, preparing our own household is extremely important!

Let's get ready Palm Springs! Step by step, house by house, neighborhood by neighborhood!