



Block Champion Guide

Neighbors Helping Neighbors



A first aid kit should include:

Non-prescription drugs:

- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Laxative

Contact your local American Red Cross chapter to obtain a basic first aid manual. Assemble a first aid kit for your home and one for each car. A first aid kit should include



First Aid Kit

<ul style="list-style-type: none"><input type="checkbox"/> Sterile adhesive bandages in assorted sizes<input type="checkbox"/> 2-inch sterile gauze pads (4-6)<input type="checkbox"/> 4-inch sterile gauze pads (4-6)<input type="checkbox"/> Hypoallergenic adhesive tape<input type="checkbox"/> ACE bandages – ones that self-adhere<input type="checkbox"/> Triangular bandages (3)<input type="checkbox"/> 2-inch sterile roller bandages (3 rolls)<input type="checkbox"/> 3-inch sterile roller bandages (3 rolls)<input type="checkbox"/> Scissors<input type="checkbox"/> Tweezers<input type="checkbox"/> Needle<input type="checkbox"/> Moistened towelettes<input type="checkbox"/> Antiseptic – soap and water, or hydrogen peroxide	<ul style="list-style-type: none"><input type="checkbox"/> “Vial of Life” (seniors, disabled)<input type="checkbox"/> Thermometer<input type="checkbox"/> Tongue blades (2)<input type="checkbox"/> Tube of petroleum jelly/lubricant<input type="checkbox"/> Assorted sizes of safety pins<input type="checkbox"/> Cleansing agent/soap<input type="checkbox"/> Latex gloves<input type="checkbox"/> Sunscreen<input type="checkbox"/> Space blanket<input type="checkbox"/> Chemical ice packs<input type="checkbox"/> Duct tape<input type="checkbox"/> Hand sanitizer<input type="checkbox"/> Antibiotic cream
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