

# How to Build a Medical Emergency Kit

These are important tools to have in your  
medical emergency kit.

Swipe >>>

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**Bandages**



**Ointment**



**Antiseptic  
Wipe Packets**



Using a combination of antiseptic wipes, ointment and bandages over a small cut or scrape will clean and protect the affected area from dirt, germs, and further injury

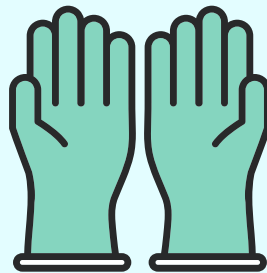
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## Instant Cold Compress



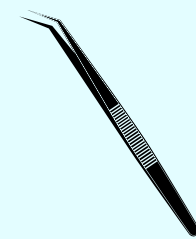
Reduce swelling and relieve discomfort from bites

## Non-Latex Gloves



Shields from bacteria, viruses, bodily fluids, abrasive materials

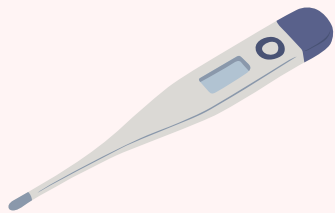
## Tweezer



Can be used to remove things like splinters

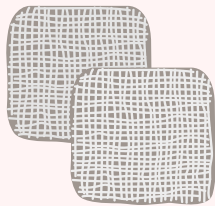
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## Oral thermometer



Adult fever:  
Above 99°F  
Adult hypothermia:  
Below 95°F

## Gauze Pads/ Rolls



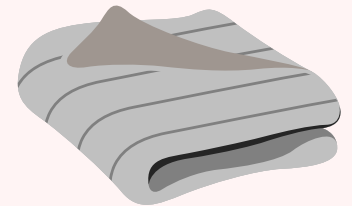
Draws fluids away from wounds and cleans dirt and germs

## Aspirin



Reduces fevers and relieves mild to moderate pain

## Emergency Blanket



Traps body heat and lessens the risk of hypothermia

# Places to keep or locate an emergency kit:

Home



Vehicle



Work



School



## Things to keep in mind:

- Include any items such as medical prescriptions, emergency phone numbers, or other items your health-care provider suggests.
- Check the kit regularly for expiration dates and replace any used or out-of-date contents.
- In a medical emergency call 911.