



**CRISIS PREVENTION & RESTORATION**

Business Emergency Preparedness

We recommend everyone have a basic kit in their car, desk and at home.

### Basic First Aid Kit

#### Bandages

- 16 - Bandage, Adhesive Fabric, 1" x 3"
- 1 - Bandage, Adhesive Fabric, 2" x 4.5"
- 4 - Bandage, Adhesive Fabric, Knuckle
- 4 - Bandage, Butterfly Closure
- 2 - Dressing Gauze, Sterile, 2" x 2", pkg 2
- 2 - Dressing Gauze, Sterile, 3" x 3", pkg 2
- 2 - Dressing Gauze, Sterile, 4" x 4", pkg 2

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#### Bleeding

- 4 - Gloves, Nitrile (Pair), Hand Wipes
- 2 - Trauma Pad, 5" x 9"

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#### Blister / Burn

- 8 - Aloe Vera Gel with Lidocaine, 2oz
- 2 - Dressing, Burn, Water Gel, 4" x 4"
- 4 - Glacier Gel (Large Oval)
- 6 - Moleskin, Pre-Cut & Shaped (14 pieces)

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#### Fracture / Sprain

- 2 - Bandage, Elastic with Velcro 3"
- 2 - Bandage, Elastic with Velcro 4"
- 2 - Bandage Triangular
- 2 - C-Splint, 4" x 36"

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#### Medication

- 10 - Acetaminophen (500mg), Pkg 2
- 6 - After Bite Wipe
- 7 - Antacid, Pkg 2
- 20 - Antihistamine (Diphenhydramine 25mg)
- 10 - Aspirin (325mg), pkg 2
- 5 - Cold Medicine, pkg 2
- 1 - Eye Wash
- 1 - Glucose Paste
- 12 - Ibuprofen (200mg) Pkg 2
- 4 - Electrolytes

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### Basic Emergency Kit

#### Recommended Supplies to Include in a Basic Kit:

- Water, one gallon of water per person per day, for drinking and sanitation - water blocks for the car.
- Food, at least a three-day supply of non-perishable food
- Battery powered radio and a NOAA Weather Radio with tone alert
  - extra batteries for both
- Flashlight and extra batteries
- First Aid Kit
- Whistle to signal for help
- Infant formula and diapers, if you have an infant
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Dust mask or cotton t-shirt, to help filter the air
- Plastic sheeting and duct tape to shelter-in-place
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)

#### Clothing and Bedding:

If you live in a cold weather climate, you must think about warmth. It is possible that the power will be out and you will not have heat. Rethink your clothing and bedding supplies to account for growing children and other family changes. One complete change of warm clothing and shoes per person, including:

- A jacket or coat
- Long pants
- A long sleeve shirt
- Sturdy shoes
- A hat and gloves
- A sleeping bag or warm blanket for each person

Below are some other items for your family to consider adding to its supply kit.

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Rain gear</li> <li><input type="checkbox"/> Mess Kits, paper cups, plates &amp; plastic utensils</li> <li><input type="checkbox"/> Cash or traveler's checks, change</li> <li><input type="checkbox"/> Paper towels</li> <li><input type="checkbox"/> Fire Extinguisher</li> <li><input type="checkbox"/> Tent</li> <li><input type="checkbox"/> Compass</li> <li><input type="checkbox"/> Matches in a waterproof container</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Signal flare</li> <li><input type="checkbox"/> Paper, pencil</li> <li><input type="checkbox"/> Personal hygiene items including feminine supplies</li> <li><input type="checkbox"/> Disinfectant</li> <li><input type="checkbox"/> Water Purification Tablets</li> <li><input type="checkbox"/> Medicine dropper</li> <li><input type="checkbox"/> Important Family Documents such as copies of insurance policies, identification and bank account records in a waterproof container.</li> </ul> |
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