



Accidents happen. Whether at home, in the car or on the go, having a well-stocked first-aid kit on hand helps to treat injuries and prevent medical emergencies from escalating. Local pharmacies may carry first-aid kits for purchase but building a kit at home is easy and ensures that the kit contains all the necessary items.

**Here are a few tips to keep in mind when building a first-aid kit:**

- **Make sure the kit has essential items.** Bandages, gauze, dressings, ointments, antiseptic wipes and nonlatex gloves are items most likely to be necessary in treating injuries. For more details on what to include, visit the Red Cross website.
- **Regularly check and replace contents.** Frequently check the first-aid kit to ensure that it is well-stocked with essential items and that products have not expired. If an item is missing or out-of-date, replace it as soon as possible.
- **Include personal items.** Emergency phone numbers, insurance information and medications are all important personal items to have on hand in a medical emergency.
- **Know where to locate kits.** If you can't bring your kit with you or happen to forget it, know where to find first-aid kits at work or in public places.

Source: [redcross.org](http://redcross.org)

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