

# Section 7: First aid kits

Every home should have a first aid kit, and they're even more important when you live in the country.

They come in many shapes and sizes and can be purchased from St John or the Red Cross. You'll also find them in your local chemist or supermarket, or you can make your own.

## What you need

A basic first aid kit should contain:

- plasters (in a variety of sizes and shapes)
- sterile gauze dressings (small, medium and large)
- sterile eye dressings (at least two)
- triangular bandages
- crepe rolled bandages
- safety pins
- disposable sterile gloves
- tweezers
- scissors
- alcohol-free cleansing wipes
- hand sanitiser
- sticky tape
- thermometer (preferably digital)
- skin rash cream (such as hydrocortisone)
- cream or spray to relieve insect bites and stings
- antiseptic cream
- painkillers, such as paracetamol (and infant paracetamol for children), aspirin (not to be given to children under 16), and ibuprofen

- cough medicine
- antihistamine cream or tablets
- any personal medication you or your family take
- distilled water for cleaning wounds
- eye wash and eye bath
- CPR breathing barrier with one-way valve (for protection during rescue breathing or CPR).

It's also a good idea to complete a first aid course. Your training could literally be life-saving. Giving first aid is about dealing with minor injuries and preventing them from getting worse, but it can also mean trying to keep someone alive until professional help arrives.

## **First aid kit for animals**

These items could be added to your own first aid kit to cover your pets:

- elastic bandages
- vet-wrap
- your veterinarian's contact details
- towel
- tape
- wound ointment.



For more information about first aid requirements for your animals, please talk to your vet.

A detailed list of what to include in your pet first aid kit can also be found at <http://mpi.govt.nz/getpetsthru>

Pre-made first aid kits are available at local animal stores.