



In an effort to ensure that you and your family is prepared at home and to support National Preparedness Month

The Tip of the Week

First Aid

Things you should have:

- ❖ Two pairs of Latex, or other sterile gloves (if you are allergic to Latex).
- ❖ Sterile dressings to stop bleeding.
- ❖ Cleansing agent/soap and antibiotic towelettes to disinfect.
- ❖ Antibiotic ointment to prevent infection.
- ❖ Burn ointment to prevent infection.
- ❖ Adhesive bandages in a variety of sizes.
- ❖ Eye wash solution to flush the eyes or as general decontaminant.
- ❖ Thermometer (Read more: about Biological Threat at <http://www.ready.gov/>)
- ❖ Prescription medications you take every day such as insulin, heart medicine and asthma inhalers. You should periodically rotate medicines to account for expiration dates.
- ❖ Prescribed medical supplies such as glucose and blood pressure monitoring equipment and supplies.
- ❖ Go to <http://www.ready.gov/> for help in developing a family emergency plan



Alaska Synod
Evangelical Lutheran Church in America
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