



ABC's OF HEALTHY KIDS | P: Prepare for Takeoff

Creating a First Aid Kit

Keep your First Aid Kit in an easily accessible water-resistant container. Contents should be refreshed and kept up-to-date. Print out extra copies of this checklist and include them if needed.

Wound Care

- Antibiotic cream
- Hydrogen peroxide
- Bandages
- Elastic wrap bandages
- Gauze pads
- Petroleum jelly
- Disposable gloves
- Medical tape
- Tweezers
- Cotton balls
- Cotton swabs

Stop the Itch

- Hydrocortisone cream
- Allergy medication/
Antihistamine
- Insect repellent

Hot or Cold?

- Heating pad
- Ice pack
- Digital thermometer

Keeping Clean

- Antiseptic wipes
- Rubbing alcohol
- Hand sanitizer

Misc. Meds

- Pain reliever/
Fever reducer (e.g. Ibuprofen
and Acetaminophen)
- Nausea treatment
- Antacid
- Cough drops

Date: _____



SNOHOMISH
HEALTH DISTRICT
WWW.SNOHD.ORG