

# FIRST AID SUPPLIES

This is an alphabetical list of first aid supplies with those considered especially useful after an earthquake in bold.

**Adhesive bandage strips**

- Antacid tablets
- Antibiotic ointment
- Anti-diarrhea medication
- Antiseptic\*
- Aspirin and acetaminophen\*\***

**Bags, plastic, resealable**

- Bandage, elastic, 3"**
- Bandage, roller gauze, 2"**
- Bandage, roller gauze, self-clinging, 4"**

Basin for handwashing

**Blankets**

**Butterfly, adhesive**

- Calamine lotion
- Cups, drinking, small

**Eye wash**

First Aid Textbook

**Flashlight**, with extra batteries and bulbs

**Gauze dressing**

**Gauze dressing, pads 7½" x 8"**

**Green soap**

**Ice packs**

- Matches
- Needles, for splinters
- Paper, writing
- Pencil, & small sharpener
- Petroleum Jelly

**Pins, safety**

Pitcher

**Sanitary napkins**

Scissors

**Soap for handwashing**

**Splints**, (can be improvised by tightly rolling newspaper, cardboard or magazines)

**Sugar cubes/hard candies**

**Swabs**, alcohol wipes, cotton

**Tape**, adhesive non-allergenic, 2" & 3"

- Tissue**, facial
- Thermometer, oral
- Tongue depressor
- Triangular bandage, large**
- Tweezers**, pointed
- Wash and wipes**

It is wise to use bottled water, for administering medications and for washing.

\* Caution: some people experience allergic reaction to antiseptics. Ask the victim before you treat him/her. If in doubt, use only green soap and water to cleanse wounds.

\*\* Caution: some people experience allergic reactions to aspirin. Ask the victim before treatment. Do not give aspirin to children under 16 years of age. If in doubt use acetaminophen

Source: American Red Cross, Los Angeles Chapter

**EXPERIENCE SAYS...**

It is also important to be psychologically ready to meet the crisis of a major earthquake. The preparedness measures that can help minimize the psychological effects are:

- Maintain physical care with exercise and sufficient sleep.
  - Practice how to appropriately respond during the shaking.
  - Have an up to date family plan.
  - Learn to acknowledge and understand your emotions.
- Training saves lives. take a First Aid and CPR course. Read the First Aid Handbook.

**COMMON INJURIES RESULTING FROM AN EARTHQUAKE**

Source: Michael E. Durkin, Michael E. Durkin and Associates

Injury	Common Causes
Cut, Laceration	Stepping on broken glass Hit by sharp objects falling from ceiling, walls, shelves Cut by broken glass or screen when attempting to open jammed window
Sprain, Dislocation, Fracture	Tripping or falling on stairs Falling against or thrown against a heavy object Heavy objects (e.g. bookcase) thrown against or falling on you
Abrasion, Bruise, Contusion	Bumping into, falling against, or thrown against heavy object such as coffee table or kitchen counter Hit by falling object
Burn	Boiling water or grease splattering or spilling Container of hot liquid falling off kitchen stove
Poisoning	Young child eating or drinking cleaning agent that has spilled on kitchen floor
Animal Bite	Pets and other domestic animals sometimes behave abnormally following earthquakes

Many injuries happen after the shaking has stopped, as people evacuate buildings, inspect damage, or sift through rubble to retrieve belongings. Keep this in mind and use caution when responding to the disaster.