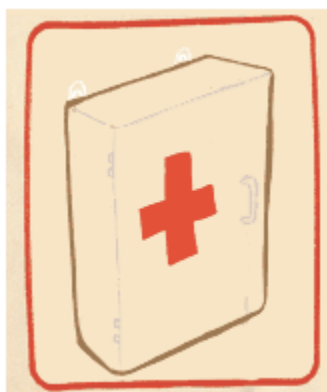


First Aid Kit Essentials

What do I need in a first aid kit?



The first aid kit must be installed in an accessible and known by the inhabitants of the house place but out of reach of children. It must be an airtight box and easy to transport if necessary. Its content has to allow us to cope with situations that most often occur in the home environment, so its composition may vary depending on the circumstances. It's highly recommended to contain at least the following elements:

Self-protection material:

Mask face protection: use it if necessary to do artificial respiration mouth to mouth. Thus, we avoid direct contact with possible secretions, vomiting, etc. of the person we are addressing.

Latex or vinyl gloves: always use that when you will make a cure. They protect you from direct contact with blood and other fluids, secretions, etc.

Alcohol swabs: use them to disinfect your hands before making a cure; remember NOT for use directly on the wounds.

Material hemostasis:

Hemostatic bandages (of different sizes), to control bleeding.

Material cures:

Saline: we use it to clean wounds.

Antiseptic (povidone type), to prevent infection in the case of wounds.

Gauze to cover wounds and / or burns (different sizes).

Sticking plaster.

Plasters (band strips to adapt to the needed size).

Scissors rounded tips. Tweezers without teeth.

Material for protection of wounds, burns and trauma, triangular scarf (Approximate size: 140x100x100 cm). We need both to improvise a sling, to cover wounds, burns, improvising a bandage, etc.
Bandages of different sizes.



Warning! The first aid kit for home should not contain medicines: one thing is the first aid kit and the other is the small dispensary that we have at home, which should contain items such as a thermometer, apparatus blood pressure, analgesics / antipyretics, an anti-inflammatory cream, ointment for small burns, an antihistamine cream, etc.