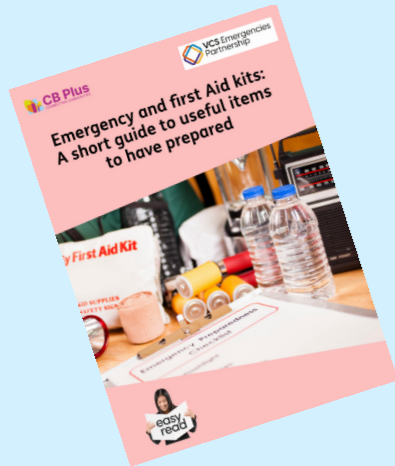


Emergency and first aid kits: A short guide on useful items to have prepared



Emergencies



This booklet will tell you about what things you can keep at home to help you in an emergency.



You may be warned about emergencies:

- On television
- On the radio
- On social media
- Or by an alert on your phone



An emergency could be:

- A big fire
- Flooding
- Extreme weather, like very strong winds or very heavy snow
- Or something else that can put people at risk

First aid kits



It is important to have at least 1 first aid kit in an easy to reach place in your home.



You should remember where your first aid kit and let any carers that help you in the home know too.

You can write down where you keep it.



A first aid kit can help treat injuries and stop them from getting worse before you get professional help.



Having a first aid kit full and ready can help you and any visitors stay safe.

In your first aid kit, you should have:



Plasters in different shapes and sizes



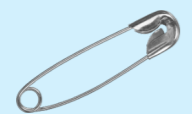
gauze dressings in different sizes



triangular bandages



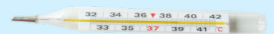
A roll of bandages



Safety pins



Clean disposable gloves



A thermometer



painkillers like paracetamol, ibuprofen, or aspirin



Non-alcohol cleaning wipes

Emergency kit



If you live in a remote area, or an area at risk of flood or heavy snow, you should prepare a general emergency kit.



Floods can cause power cuts and make your home unsafe.



Floods, blocked roads, or heavy snow might make it difficult for people to reach you or to help you.



Sometimes you may be warned about risks and dangers and need to leave quickly, having things prepared can make this easier.



Your emergency kit should meet your needs and emergency plan, not all kits will be the same.

Your emergency kit could contain:



A battery powered torch with spare batteries



A battery powered radio or wind up radio



A mobile phone charger (if you have a mobile)



A first aid kit



Bottled water and some food that won't go off



Enough cash for a day or two of food and drink



Pens and paper



Copies of important documents and contact details.



A list of your prescriptions and any medication that you need to take

