

Working from the same page consistent messages for CDEM

PART A: General information



First aid kits

In this chapter

First aid kit contents	3
First aid kit for pets	4

CORE ACTION MESSAGES IN THIS CHAPTER

- ▶ **Assemble a first aid kit to include with your emergency survival items**
- ▶ **Include additional first aid items for your pets**

First aid kit contents

Assemble a first aid kit to include in your emergency survival items and one for each vehicle. Additional items may be added to personalise or customise this kit.

- Accident register and pencil
- Absorbent compress 5x9 dressing to cover and protect open wounds
- Adhesive wound dressing (bandages) (assorted sizes) to cover and protect open wounds
- Adhesive tape (cloth) 25mm hypoallergenic (1 roll) to secure bandages or splints
- Antibiotic ointment packets (approx 1 g) – anti-infection
- Antiseptic wipe packets - wound cleaning/germ killer
- Antiseptic solution – chlorhexidine steritube 30ml (4)
- Aspirin (chewable) 81 mg for symptoms of a heart attack
- Blanket (space blanket) to maintain body temperature when in shock
- CPR breathing barrier (with one-way valve) for protection during rescue breathing or CPR
- Eye wash container
- Eye wash solution – saline steritube 30ml (1)
- Instant cold compress to control swelling
- Gloves (large), disposable, non-latex to prevent body fluid contact (2 pairs)
- Hydrocortisone ointment packets (approx 1 g) for external rash treatment
- Scissors to cut tape, cloth, or bandages
- Plaster strip dressings (1 packet)
- Roller bandage 50mm (individually wrapped) to secure wound dressing in place
- Roller bandage 75mm (individually wrapped) to secure wound dressing in place
- Safety pins (1 card)
- Splinter forceps (1 pair)
- Sterile gauze pad 7.5x7.5 (2) to control external bleeding
- Sterile non-adhesive pads – small (2) and large (2)
- Sterile eye pad
- Thermometer, oral (non-mercury/non-glass) to take temperature orally
- Triangular bandages (2)
- Tweezers to remove splinters or ticks
- First aid manual
- Card listing local emergency numbers

Note:

Remember to include prescription drugs with your emergency survival items. Because the storage requirements of prescription drugs vary, some may have to be added to the kit at the last minute. You may want to pin or tape a note to the outside of your kit container reminding you to take along prescription drugs if you have to evacuate.

First aid kit for pets

A fully equipped household first aid kit contains almost all of the supplies you may need for your pets. A sample first aid kit for your pets should include these additional items in a waterproof container:

- Adhesive tape, hypoallergenic
- Antiseptic towelettes
- Baby-dose syringe or eye dropper
- Clean cloth
- Compact emergency “blanket” (available in the camping department of many stores)
- Cotton-tipped swabs
- Diphenhydramine, if approved by your veterinarian
- Elastic cling bandage
- Epsom salts
- Gauze roll, 50mm width
- Gauze sponges (a variety of sizes)
- Glucose paste or syrup
- Grooming clippers or safety razor
- Hydrogen peroxide (3 percent)
- Insect sting stop pads
- Instant cold pack
- Latex (or hypoallergenic material) gloves
- List of emergency phone numbers including those for your pet’s veterinarian, an after-hours emergency veterinary hospital, and money to make a phone call.
- Magnifying glass
- Material to make a splint
- Muzzle
- Needle-nose pliers
- Non-adherent sterile pads
- Nylon leash
- Penlight with batteries (AA)
- Petroleum jelly
- Plastic card (such as old credit card) to scrape away stingers
- Rubbing alcohol
- Safety pins (medium size)
- Small scissors
- Sterile eye lubricant
- Sterile saline wash
- Styptic powder or pencil
- Tongue depressors
- Topical antibiotic ointment
- Towel
- Tweezers
- Water-based sterile lubricant

For detailed information on how to provide first aid for your pets, consult your veterinarian or a local branch of the New Zealand SPCA.