



myURGENCYMD

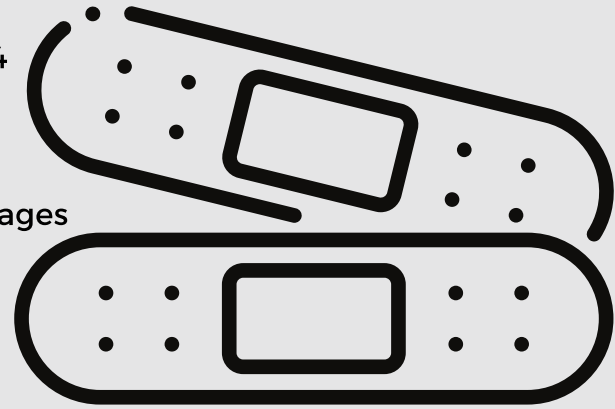
WHAT EVERY HOME 1ST AID KIT SHOULD HAVE

POISON CONTROL

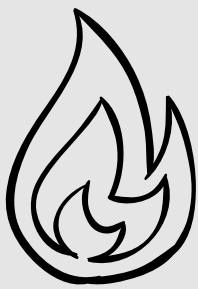
800-222-1222

1 WOUNDS

Sterile Gauze Pads 2x2 and 4x4
Adhesive Tape
Non-adhesive Pads (Telfa)
Different Sized Adhesive Bandages
Cleansing Agent/Soap
Cotton Balls
Hydrogen Peroxide



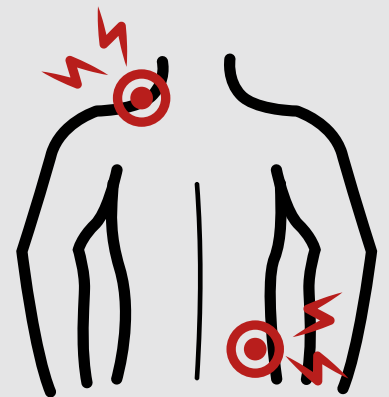
2 SKIN & ALLERGY RELATED



Anesthetic Spray (Bactine) or lotion (Calamine)
Diphenhydramine (Benadryl)
Hydrocortisone
Burn ointment
Antibiotic Ointment

3 FEVER & PAIN

Thermometer
Aspirin 2 81mg tablets (for chest pain)
Ibuprofen (Motrin, Advil)
Acetaminophen (Tylenol)
Acid reducer



4 SPRAINS & STRAINS



Triangular bandage - use as sling, towel, tourniquet
2", 3", 4" Ace bandages
Cold Compress/Ice Pack

5 OTHER MEDICATIONS

Anti-diarrheal
Anti-nausea medication
Antacid for upset stomach
Laxative for constipation



6 OTHER SUPPLIES

Alcohol Wipes
Tweezers
Scissors
Safety pins
Non-latex gloves (at least two pair)
Cotton tipped swabs
myURGENCYMD 1st Aid Guide



MYURGENCYMD.COM

WHEN LIFE SENDS YOU URGENCIES, NOT EMERGENCIES