



FAMILY STEPS TO SURVIVAL

First Aid Training and Supplies



WHY?

You might be on your own for 72 hours!

After a disaster or an emergency, some people get hurt. Are YOU first aid ready? For example, after a major earthquake, many people are unaware that they might be on their own for up to 72 hours or more. You might have to depend on yourself to treat injured family members, friends and coworkers since outside assistance, including 9-1-1 service, might not be available immediately. If you don't have a first aid kit, NOW is the time to buy or assemble one. If you don't know how to administer first aid and cardiopulmonary resuscitation (CPR), enroll in a first aid and CPR class TODAY.

The reverse side of this Focus Sheet includes tips on common injuries, training, and first aid kits.

These are only suggestions for preparing your family. Use discretion and common sense in your preparations.

STEP 3

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Common Injuries

Earthquakes can cause a number of injuries. Their most common injuries and effects include:

- Bleeding
- Broken bones
- Burns
- Cuts from flying/broken glass
- Shock
- Stopped breathing

First Aid Courses

After a major disaster or other emergency, immediate medical assistance, including 9-1-1, might not be available. You might have to treat family members, friends and coworkers who suffer broken bones, cuts and other injuries. Take time NOW to learn first aid and CPR. Courses for adults and children are available through organizations such as local chapters of the American Red Cross, hospitals and community centers.

First Aid Kits

Make sure you have everything you need to treat injuries that might occur during a disaster or emergency. Assemble and store an emergency first aid kit that includes:

- First aid book
- Bandages
- Adhesive tape
- Butterfly bandages
- 3" elastic bandages
- Roller bandages
- Dust masks
- 4x4 sterile gauze dressings (individually wrapped)
- Magnifying glass to see splinters
- Nonallergenic adhesive tape
- Safety pins
- Scissors
- Triangular bandages
- Antiseptic wipes

- Blunt-tipped scissors
- Latex gloves
- Eye cup or small plastic cup to wash out eyes
- Emergency (foil) blanket
- Thermometer
- Antibiotic salve
- Tweezers
- High-absorbency pads
- Wound disinfectant
- Saline for eye irrigation
- Small paper cups
- Aspirin or acetaminophen
- Liquid soap
- Tissues
- Cold compress
- Smelling salts

Keep this kit with your other emergency supplies.

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