# First Aid and Medicine Basics

Having the basics in one place, and a current medicine list, makes small injuries simpler and helps anyone caring for your family.

## CHECKLIST

| | | |
|---|---|---|
| ☐ | Stocked first aid kit; check it twice a year | $24 |
| ☐ | Digital thermometer | $10 |
| ☐ | Disposable nitrile gloves | $15 per 100 |
| ☐ | Written list of each person's medicines, doses as prescribed, and allergies | free |
| ☐ | Ask your pharmacist or doctor how to keep a small extra supply | cost varies |
| ☐ | Pill organizer for the week | $11-19 |
| ☐ | Copies of insurance and pharmacy cards in a zip bag | cost varies |
| ☐ | Note which medicines need refrigeration and ask your pharmacist about backup storage | free |
| ☐ | Take a Red Cross first aid class | cost varies |

## DO IT THIS WEEKEND

1. Open your first aid kit; toss expired items and restock.
2. Write each person's medicine and allergy list; keep one copy in the kit.
3. Call your pharmacy and ask about early refills and storage.
4. Look up a Red Cross first aid class near you.

## LEARN MORE

**BLACKOUT.NETWORK: Medication storage**
blackout.network/guides/medical.html

**Ready.gov: Medicine and medical needs**
ready.gov/people-disabilities



**blackout.network/ready#first-aid**

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