

BASIC FIRST AID KIT

SURREY EMERGENCY PROGRAM

Note: The recommendations of this kit are for a very basic kit therefore the contents may not serve all the needs for serious injuries.

Contents

- 12 Antiseptic towelettes, (alcohol swabs)
- 30 Cleansing towelettes
- 2 Rolls of bandage gauze, cling type, 3-inch
- 1 Box of various size adhesive dressings, (Band-Aids)
- 6 Sterile gauze, 4" x 4"
- 4 Pressure dressing, 4" x 6"
- 2 Crepe bandage, 3" x 5 yards
- 4 Adhesive tap, 1" x 5 yards
- 1 Pair of bandage scissors
- 1 Pair of tweezers, (with long points)
- 1 Package assorted safety pins
- 6 Cotton tip applicators
- 1 Pocket mask
- 6 Pairs of latex gloves
- 1 Small bottle of calamine lotion
- 1 Bottle of pain killers
- 1 Bottle of nausea pills
- Triangular Bandages

Optional

- Emergency Blanket
- Small pocket flashlight
- Plastic bags, 6' x 10"
- Hot and cold compresses (instant)
- Zinc Oxide ointment
- Eye ointment
- First Aid instruction booklet
- (Other items of personal choice, e.g. Pencil/record book etc.)

Suggested Items for **EMERGENCY GRAB & GO BAG**

- 4 L Labelled Water container (& stacking cups)
:Note.: ideally four litres of water per person, per day (ie. 3 days = 12 litres of water per person) – Add extra for pets.
- Water Pouches (3 day supply)
- Water purifier tablets
- Three Day Food Bars
- Dry Pet Food
- First Aid Kit Extra
- Clothing, Walking Shoes
- Work Gloves
- 12 Hour Light Sticks
- Dust Mask
- Emergency Poncho
- Emergency Blanket
- Folding Shovel
- Goggles
- Hatchet
- Multi Purpose Knife
- Battery operated Radio
- Flashlight
- Batteries
- Sportsman's Saw
- Survival Bag (Shelter)
- Whistle
- Pouch & Money (should include coins)
- Games: ie. Deck of Cards
- For Family: Favourite Toy /Picture of family etc
- Personal Toiletries: toothbrush/paste; soap, face cloth, mirror, comb etc.
- Medicine (should include Rx, Rx glasses etc. – don't forget pets Rx)
- Pad & Pencil – especially useful for leaving notes
- Large garbage bags
- String - misc. uses i.e. shoelaces etc.
- Duct tape - to repair poncho, plastic bags etc.



Hint: Save samples from hotels, plane trips etc to put towards kit. If you require further information, please call the Surrey Emergency Program at 604-543-6795. Or email at SurreyEmergencyProgram@surrey.ca. Website: www.sep.surrey.ca

Are you Ready to Get Ready!



IS YOUR FAMILY
PREPARED?



Get ready to be prepared for
(3 days).

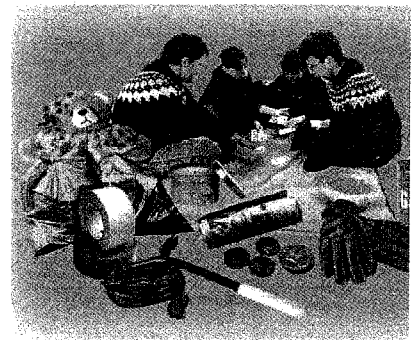
more than 72 hours

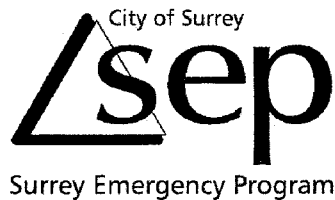
Emergencies can happen anywhere at any time. It could be a fire, a big winter storm, an earthquake, or a time when the power goes out.

Don't be scared – Be Prepared! It's easy, and knowing what to do will help you stay safe.

Ask your parents for help with these projects:

- Make a list of emergency telephone numbers. Keep it near the phone.
- Make an emergency preparedness kit for your home and car.
- Plan how to leave your home in an emergency.
- If you have pets, include them in your family's emergency plan.
- Choose someone who lives outside of your town to be the person everyone in your family should call if you can't reach each other.
- If you live in an apartment, find out where the emergency exits and fire alarms are. Learn how to use them. In a fire or other emergency, don't use elevators.
- Find out how your school has planned for emergencies.





**Emergency Preparedness Week
May 2 – 8 2010**

Get Prepared!

COMPLIMENTARY PRESENTATIONS

To Register please call

604-543-6795

Tuesday, May 4th, 7:00-8:30 p.m

New City Facility:

Chuck Bailey Recreation Center

13458 107A Ave

or

Wednesday, May 5th, 7:00-8:30 p.m

South Surrey Recreation Centre

Multi-Purpose Room

14601 20th Avenue

For further information on preparedness visit the following web site:

www.sep.surrey.ca

