

SUGGESTED CHILD CARE FIRST AID KIT

GUIDELINES:

Kit should be portable and tightly sealed. Arrange items for easy access. Contents should be sanitary. Restock kits after each use. Regularly check expiration dates. Have **emergency contact information** and **health forms** on each child and staff present. Include the following information for each person:

- name
- birth date
- allergies or medical alerts
- emergency phone numbers for parents, doctor, and dentist
- current medications

FIRST AID KIT CONTENTS:

- Adhesive strip bandages (1/2 inch, 3/4 inch, 1 inch strips)
- Bandage tape
- Bottled water
- Coins for telephone calls
- Commercial cold pack
- Disposable latex gloves
- Eye dressing or pad
- Face mask or microshield (for use in rescue breathing)
- First aid chart & booklet or American Red Cross **"First Aid Fast"**
- Flashlight with charged batteries
- Gauze pads (nonstick, sterile, various sizes)
- Liquid soap
- Note pad & pen or pencil
- Paper towels
- Poison Control telephone number
- Rolled flexible or stretch gauze
- Safety pins
- Scissors
- Small plastic cups
- Splints (if possible)
- Thermometer (non-breakable)
- Triangle bandages
- Tweezers

These items should be available on site. They must be kept in a locked container.

- Syrup of ipecac / activated charcoal
(use **only** with instructions from Poison Control Center or physician)