

## EMERGENCY FIRST AID

### 1. GET YOUR STUFF TOGETHER – in a KNOWN ACCESSIBLE PLACE:

A typical home "First Aid Kit" is NOT OKAY!

When a major event – earthquake, tornado, or even a cooking fire – happens, these kits with a few adhesive bandages, a couple gauze pads, toy scissors, and some small packets of antiseptic and ointment will simply not be enough to treat the injuries and prevent serious or life threatening outcomes. The kit doesn't have anywhere near enough stuff and not all of the right stuff.



### So – TIME TO GET SERIOUS ABOUT YOUR LOVED ONES' HEALTH:

#### 1) Get a 60-day supply of your Rx Medications.

- a) Talk with your health care provider
- b) Learn which of your medications are most critical to your survival if you can't get renewals for an extended periods.
- c) Secure the supply in a place that you'll be able to get to if your house walls/roof/floor is unstable or badly damaged.

#### 2) Assemble a good first aid treatment pack:

##### a) Either buy a really good pre-made kit or assemble one yourself!

- i) Cost will be around \$40 – 50
- ii) Review these top-tier recommendations:
  - (1) Mayo Clinic: First-aid kits: Stock supplies that can save lives (click or copy and paste into your computer's browser)  
[https://www.mayoclinic.org/first-aid/first-aid-kits/basics/art-20056673%20/?utm\\_source=newslet%E2%80%A6](https://www.mayoclinic.org/first-aid/first-aid-kits/basics/art-20056673%20/?utm_source=newslet%E2%80%A6)
  - (2) Red Cross: How To Prepare For Emergencies - Make a First Aid Kit:  
<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/anatomy-of-a-first-aid-kit.html>

##### b) There must be sufficient supplies available for several cuts, abrasions, sprains, even broken bone for each person in your home for immediate and then weeks' of need.

Don't assume that rescue teams will be able to reach or help you in time.

Of course, as CERT5 Captain Don Baron wrote last month, "We hope that none of this will be necessary in our lifetime," but why not be ready to help your loved ones when no one else is available?!

#### 3) LEARN HOW TO USE EVERYTHING IN THE KIT

##### a) At least TWO people in every home must know CPR (basic) and FIRST AID TREATMENT.

- i) If only one person knows, what if that person gets hurt?! (as my wife, Carol, points out 😊)
- ii) Time is of the ESSENCE: CERT5 will not be able to get to every home in a few hours after the event – NOR will Sequim/Clallam FD3 EMTs!
- iii) We HAVE TO BE PREPARED TO CARE FOR OUR LOVED ONES until more advanced help arrives (IF it arrives).

**YOU CAN DO THIS – YOU CAN SAVE LIVES OF PEOPLE YOU LOVE!**

Here's to your continued health & happiness,

Bob Marine, Medical Team Co-Leader - CERT TEAM 5