

### **First Aid Kit Checklist**

The following items should be included and checked monthly for adding or replacing contents:

- Disposable gloves
- Scissors
- Sealed packages of alcohol/antiseptic wipes
- Tweezers
- Thermometer
- Bandage tape
- Sterile gauze pads
- Flexible roller gauze
- Triangular bandages
- Safety pins
- Eye dressing
- Syrup of Ipecac
- Soap
- Cold pack
- Insect sting preparation
- First aid guide
- Poison control center number

**REMEMBER! Keep your name, address, phone number, and emergency numbers (including the poison center) next to your phone.**

Police, Fire, Ambulance: 911  
Washington Poison Center: 1.800.222.1222

Basic First Aid and CPR classes are offered at various locations throughout Pierce County. Everyone who cares for children can benefit from attending these classes.

*(Checklist adapted from Children's Hospital & Medical Center)*