

THE KATY PARENTS' GUIDE



Instant Cold Packs

Use to prevent swelling from a strain, break, or hard bump to the head.



Thermometer

Call your physician for a temperature of 103 F or more in adults and 100.4 F or more in kids.

Calamine Lotion
Relieves pain and itching from allergic reactions and poisons in ivy, sumac, and oak plants.



Emergency Eye Wash

Remove loose material or pollutants like ragweed and pollen from the eye.

Red Washcloth
Use to clean up and mask the sight of blood to avoid alarming your kids.



Moist Towelettes

Disinfect the area around a wound by removing dirt or debris.



TO A COMPLETE FIRST-AID KIT

Stocking your home with the essentials for handling any emergency

Written by Kimberly P. Taylor and Katy Magazine's Editors

Bandages

For little ones, try using bandages that depict their favorite movie or cartoon character.



We all know that in a family setting, accidents can, and do, happen. Here are the must-have items for creating your family's first-aid kit.

Fever Reducers

Alternate Children's Tylenol and Advil every four hours to reduce fever.



Other Must-have Items

- Aspirator bulb
- Bandages used to wrap a sprain
- Blood pressure monitor
- EpiPen for severe allergic reactions (by prescription only)
- Flashlight and batteries
- Hydrocortisone cream for relief of burning, itching skin
- Paper or plastic bags for nausea
- Sterile gauze
- Surgical tape
- Tweezers

Antibacterial Cream

Use to block out dirt and bacteria before placing a bandage over a wound.



Important Tips

- Lock it up, and keep it out of reach.
- Consider the specific health needs of loved ones like diabetes, allergies, and asthma.
- Check expiration dates on medications and rescue inhalers, and do not use if the date on the label has passed.
- Keep a list of important numbers taped to the inside of your kit.



Benadryl

Helps with common allergy symptoms like sneezing, runny nose, and itching.



The American Red Cross

recommends that at least one adult in every family be trained in CPR. Visit redcross.org/prepare to find a class in your area.