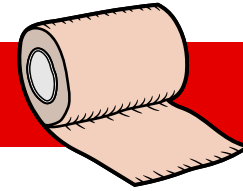


Kids FIRST AID KIT Checklist



Your first aid kit is like a tool belt for helping with small injuries and emergencies. Having it ready means you're always prepared!

What You'll Need:

- **Container:** Find a clean, sturdy container to hold your first aid items. It can be a plastic box, a zipper pouch, or even a resealable plastic bag.
- **Adhesive Band-Aids:** These are for covering small cuts and scrapes. Make sure to have different sizes.
- **Antiseptic Wipes:** Use them to clean wounds and prevent infection.
- **Medical Tape:** It's for holding bandages in place.
- **Sterile Gauze Pads:** These are for bigger cuts or to stop bleeding.
- **Scissors:** To cut tape or gauze if you need to.
- **Tweezers:** Handy for removing splinters or foreign objects.
- **Disposable Gloves:** Keep your hands clean and safe when helping others.
- **Personal Medications:** If you take any specific medications, it's important to have them in your kit.
- **Pain Relievers:** Check with an adult before including over-the-counter pain medication.
- **Thermometer:** For checking if someone has a fever.
- **Cotton Swabs and Cotton Balls:** Use these to apply ointments or clean wounds.
- **Emergency Contact Information:** Write down important phone numbers, including emergency services like 911.
- **First Aid Manual or Guide:** A small book or printed instructions for basic first aid procedures.

Putting It All Together:

- Place all these items in your chosen container, making sure they fit comfortably.
- Keep the container in a safe and accessible place. It's a good idea to let an adult in your family know where it is and how to use it.
- Check your first aid kit regularly to ensure that nothing has expired or been used. Replace any items as needed.





FIRST AID SCENARIOS

Let's set up some interactive scenarios for the kids. These scenarios will not only test their first aid skills but also empower them to handle various situations confidently.

Scenario 1: The Ouchie Oasis

Situation: Your friend has fallen while playing and has a small cut on their knee.

Task: Using your first aid kit, clean the wound with an antiseptic wipe, apply an adhesive band-aid, and comfort your friend.

Scenario 2: The Splinter Showdown

Situation: Your little brother has a splinter in his finger after playing in the backyard.

Task: Grab your first aid kit, use the tweezers to carefully remove the splinter, and then put on a band-aid.

Scenario 3: The Nosebleed Nebula

Situation: Your friend suddenly has a nosebleed during a playdate.

Task: Remembering your first aid training, help your friend lean forward, pinch their nostrils, and reassure them until the nosebleed stops.

Scenario 4: The High Fever Harbor

Situation: Your sibling feels really hot and complains of a headache.

Task: Use your first aid knowledge to get a thermometer, check their temperature, and let an adult know if it's too high.

Scenario 5: The Burn Battle

Situation: While helping in the kitchen, you accidentally touch a hot pan and get a burn on your finger.

Task: Act fast! Run the burn under cool water for a few minutes and then use a sterile gauze pad from your first aid kit to cover it.

Scenario 6: The Playground Patrol

Situation: You see another kid fall off the swing and twist their ankle.

Task: Grab your first aid kit, provide comfort, and use the RICE method (Rest, Ice, Compression, Elevation) to help with the sprain.



EMERGENCY NUMBERS

Scenario 7: The Choking Challenge

Situation: Your friend is choking on a piece of apple during lunch.

Task: Shout for an adult, and if none are around, use the abdominal thrust maneuver to help your friend, if you were taught it.

Scenario 8: The Buzzy Bite

Situation: You discover a bee sting on your arm while playing in the garden.

Task: Use your first aid kit to apply an antihistamine cream and a cold pack to soothe the sting.

Scenario 9: The Bruise Brigade

Situation: Your friend has a bruise on their arm from bumping into a table.

Task: Offer comfort, and remember the RICE method – Rest, Ice (if there's swelling), Compression, and Elevation.

Scenario 10: The Emergency Evacuation

Situation: You witness someone faint during an event.

Task: Call for help, check for breathing, and place them in the recovery position until professional help arrives.

