



1.3 First aid and medical

Folder with resources and templates: **1.4 First aid and medical**

| Systems | Stuff |
|---|---|
| <ul style="list-style-type: none"> <input type="checkbox"/> Connect with First Responders and/or rescue squads that serve your area. Types of services: fire departments, first responders (EMTs, back country rescue, etc), ambulance transport <input type="checkbox"/> <u>Create (and circulate!) a list</u> of local emergency response numbers for acute crises and if 911 services are down - identify local paid and volunteer first responders/agencies. Information to collect <ul style="list-style-type: none"> <input type="checkbox"/> what fire department and ambulance service covers your town <input type="checkbox"/> contact information <input type="checkbox"/> how they are funded and whether any are in danger of going under (sustainability) <input type="checkbox"/> Create town-wide inventory of where AEDs are placed and who is trained in CPR. Grants available at https://www.aedgrant.com/. | <p>Build and store first aid kits, AEDs across the community.</p> <p>First Aid Supplies:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Adhesive and elastic bandages (multiple sizes) <input type="checkbox"/> Emergency bandages, sterile gauze and adhesive tape <input type="checkbox"/> Antiseptic wipes and solution (Povidone-Iodine/chlorhexidine) <input type="checkbox"/> Antibiotic ointment (Neosporin) <input type="checkbox"/> A&D Burn ointment <input type="checkbox"/> Tweezers & blunt scissors <input type="checkbox"/> CPR face shield <input type="checkbox"/> Latex gloves (many pairs/sizes) <input type="checkbox"/> Alcohol pads & cotton swabs <input type="checkbox"/> Tourniquet(s) <input type="checkbox"/> SAM Splint(s) <input type="checkbox"/> Hand sanitizer (60%+ Alcohol) <input type="checkbox"/> Menstrual products <input type="checkbox"/> N95/KN95 masks <p>Medications:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Epi-pen(s) <input type="checkbox"/> Narcan <input type="checkbox"/> Pain Reliever (Acetaminophen, Ibuprofen, Naproxen) <input type="checkbox"/> Anti-histamines (Benadryl) <input type="checkbox"/> Anti-diarrheal (Loperamide) and rehydration salts <input type="checkbox"/> Motion sickness tablets (Dramamine) <input type="checkbox"/> Hydrocortisone cream <input type="checkbox"/> Water purification tablets (Iodine) <p>Equipment:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Waterproof dry bag and waterproof pouches <input type="checkbox"/> Mylar emergency blankets <input type="checkbox"/> Hand & foot warmers <input type="checkbox"/> Duct tape <input type="checkbox"/> Flashlight and headlamp <input type="checkbox"/> First Aid manual (waterproof) and notebook & pen <input type="checkbox"/> Emergency whistle <input type="checkbox"/> Biohazard bags <input type="checkbox"/> Copies of personal IDs, medical Insurance and Aid Certification |