First Aid Kit

A first aid kit should be readily available wherever children are in care, including during field trips, outdoor play, and transportation.

- First aid supplies must be stored in a clearly marked closed container.
- First aid kit must be accessible to child caregivers, but out of children’s reach.
- Restock kit after each use.
- Include a checklist of items. Check inventory monthly; replace missing or unusable items.
- Do NOT include any medications, unless prescribed for a specific child (i.e., Epi-pen Jr.™)
- Do not store in a hot vehicle or leave in direct heat.

Recommended items:

- Disposable non-porous gloves (latex and vinyl).
- Liquid soap.
- Pre-moistened cloths and hand sanitizer (if water is not available to wash hands).
- Tweezers.
- Ear thermometer or other non-glass digital thermometer (with instructions).
- Adhesive strip bandages (assorted sizes).
- Sterile gauze pads.
- Flexible roller gauze.
- Bandage tape.
- Triangular bandages.
- Safety pins.
- Eye shield.
- Small plastic or metal splints.
- Any prescribed emergency medication needed for specific child (i.e., Epi-pen Jr.™).
- Instant cold pack.
- Cloth to protect skin from cold pack.
- Water.
- Plastic zipper bags (assorted sizes).
- Bandage scissors.
- Current standard first aid chart or first aid guide.
- Pen/pencil and note pad.
- Coins or phone card for use in a pay phone.
- Telephone numbers of poison control center, paramedics, and other emergency numbers.
- List of home, cell, and work phone numbers for parents, family, or emergency contact person.
- Plastic bags to dispose of contaminated supplies.
Additional items and recommendations for first aid supplies:

- Cold packs
  - “Instant” cold packs are useful in first aid kits, especially kits available during transportation, on field trips, or playing outdoors.
  - Cold packs can be made by putting ice in a plastic bag or wrapping ice in a cloth
  - A closed bag of frozen vegetables can be used as a cold pack.
  - **Important** – A cold pack or ice can injure skin and tissue (frostnip) if placed directly on the child’s skin. Always wrap the cold pack in a cloth, or place a cloth or thick gauze over the child’s skin before applying the cold pack. **Do not** place ice or a cold pack directly on the surface of the skin.

- The “Save-A-Tooth” and “EMT Tooth Saver System” include appropriate supplies in case a tooth is knocked out.
- Disposable mouth guards may be included for rescue breathing.
- A bottle of sterile *non-preserved* ophthalmic saline solution can be included in the first aid kit and used to flush eyes. Solution is for **one-time use only**. Any unused solution must be disposed of and replaced with an unopened bottle.
- Activated charcoal (to be administered only with instruction from Poison Center or physician)

An abbreviated first aid kit containing essential items may be more practical for playground or outside activities taking place near the facility. Supplies may be carried in a clearly marked fanny pack worn by the staff member.

- Disposable non-porous gloves.
- Pre-moistened cloths and hand sanitizer (if water is not available to wash hands).
- Tweezers.
- Adhesive strip bandages (assorted sizes).
- Sterile gauze pads.
- Flexible roller gauze.
- Bandage tape.
- Any prescribed emergency medication needed for specific child (i.e., Epi-pen Jr.™).
- Instant cold pack.
- Cloth to protect skin from cold pack.
- Plastic zipper bags (assorted sizes).
- Scissors.
- Pen/pencil and note pad.
- Telephone numbers of poison control center, paramedics, and other emergency numbers.
- Plastic bags to dispose of contaminated supplies.