

## 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.<sup>TM</sup>).
- 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.