

Health Safety

City of Lockport Fire Department

TRAVELER'S TIPS

The American College of Emergency Physicians has compiled the following list of items for a Travel First Aid Kit. This list will provide you with the necessary "tools" to handle many medical emergencies.

Prior to foreign or domestic travel, check with your doctor, travel clinic, or public health department to learn of the specific immunizations and documentation you will need.



For the kit itself, a small tote bag is recommended because it is large enough to hold all items listed and is

easy to carry. Never store your kit in your luggage: put it in your carry-on bag. Always keep it with you.

Take the same precautions with your first aid kit that you would with any medicine. Store it out of the reach of children and only use products with child safety caps.

BEFORE YOU LEAVE

- ✓ **Acetaminophen, ibuprofen, and aspirin tablets:** For headaches, pain, fever, and simple sprains or strains (Aspirin should not be used for the relief of flu symptoms or given to children).
- ✓ **Decongestant cough/antihistamine**
- ✓ **Anti-nausea/motion sickness medicine.**
- ✓ **Bandages of assorted sizes:** For covering minor cuts and scrapes.
- ✓ **Adhesive tape and 2" gauze:** For dressing wounds.
- ✓ **Elastic wraps:** For wrapping minor wrist, ankle, knee, and elbow injuries.
- ✓ **Triangular bandages:** For wrapping injuries and making an arm sling.
- ✓ **Scissors with rounded tips.**
- ✓ **Disposable, instant ice bags:** For icing injuries and treating high fevers.
- ✓ **Antibiotic ointment:** For minor burns, cuts, and scrapes.
- ✓ **Thermometer with case.**
- ✓ **Sun screen:** Number 15 or higher.
- ✓ **Insect Repellant:** Those that contain 35-55% DEET with stabilizer.
- ✓ **Anti-diarrhea medications**
- ✓ **Anti-malaria medications if indicated**
- ✓ **Water purifying pills or liquid (Tincture of iodine or Halazone tablets) or mechanical filtration devices,** such as water purifier.
- ✓ **Steroidal cream:** Such as hydrocortisone cream for insect bites.
- ✓ **Tweezers:** To remove small splinters and ticks.
- ✓ **Safety pins:** To fasten bandages.
- ✓ **Rubber gloves:** To protect yourself and reduce the risk of infection *when treating open wounds.*