



First Aid and Non-Prescription Drugs

FIRST AID KIT

Assemble a first aid kit for your home and one for each car.

- (20) adhesive bandages, various sizes
- (1) 5" x 9" sterile dressing
- (1) conforming roller gauze bandage
- (2) triangular bandages
- (2) 3 x 3 sterile gauze pads
- (2) 4 x 4 sterile gauze pads
- (1) roll 3" cohesive bandage
- (2) germicidal hand wipes or waterless alcohol-based hand sanitizer
- (6) antiseptic wipes
- (2) pair large medical grade non-latex gloves
- Adhesive tape, 2" width
- Anti-bacterial ointment
- Cold pack
- Scissors (small, personal)
- Tweezers
- CPR breathing barrier, such as a face shield

NON-PRESCRIPTION DRUGS

- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Laxative
- Activated charcoal (use if advised by the American Association of Poison Control Centers)



Make sure your flood insurance is up to date with proper coverage.

If your home isn't located in a flood zone, that doesn't mean you don't need to have the proper precautions in place, including flood insurance — especially in Florida. Hurricanes are unpredictable and dangerous, and the water they produce is more deadly than the wind. It's important to remember that water doesn't stop at a line on a map.

Get bug spray for the entire family, including your pets.

In addition to the waves of both water and frustration a hurricane brings, there are tides of mosquitoes to contend with. Those nasty 'skeeters are annoying and could spread disease, so protect your family with an EPA-registered insect repellent. And don't forget about your furry family members — the DEET often found in human repellents can harm your pets, so make sure they have their own animal-friendly product!



Chlorine bleach can be your best friend when it comes to keeping clean through a hurricane.

Bleach can be used to disinfect a wide variety of things, but the most important one is water. The FDA advises using $\frac{1}{8}$ teaspoon of bleach per 1 gallon of water — it'll be safe to drink in just half an hour!



Laminate copies of important documents for extra protection.

Keeping essential documents in waterproof bags might do the trick — but if you want the ultimate peace of mind, make copies of your identification and important documents and then laminate them. Don't forget to print out a contact information sheet so you'll have the names and numbers you need in case your phone dies and you're unable to connect to power.

Keep a list of what's in your fridge!

With an inventory of your refrigerator's contents, you'll know exactly what's inside — minimizing how many times you open the door out of boredom, wondering what there is to eat. Take it a step further by mapping out where each product is — you'll be able to grab exactly what you need in a matter of seconds, preserving the precious cold air that's keeping your food from spoiling.



Keep yourself cool with a battery-powered fan.

Once the A/C is out, the notorious Florida humidity will start creeping up in no time. Stay comfortable with a battery-powered fan, and don't forget those extra batteries! If the power goes out during a colder time of the year, have some hand warmers ready to go.

