

First Aid and Emergency Supply Lists

First Aid Items

The following first aid supplies should be in all classroom first aid kits ^{1(p463-464)-4}:

- a.** Adhesive bandages (assorted sizes) and tape (available from your local Red Cross)
- b.** Antiseptic solution (hydrogen peroxide) or antiseptic wipes
- c.** Cold pack
- d.** Cotton-tipped swabs
- e.** Disposable powder-free, latex-free gloves
- f.** Eye patch
- g.** Fever-reducing medications (eg, acetaminophen/ibuprofen) to be used ONLY for children with an order from a primary health care provider and signed parental consent
- h.** Flexible roller gauze
- i.** Liquid hand soap and/or handwashing gels
- j.** Mouthpiece for giving cardiopulmonary resuscitation (CPR)
- k.** Pen/pencil and notepad
- l.** Plastic bags (for disposing of blood and other body fluids)
- m.** Safety pins
- n.** Sanitary pads, individually wrapped (to contain bleeding of injuries)
- o.** Small scissors
- p.** Sterile eyewash
- q.** Sterile gauze pads (various sizes)
- r.** Thermometer—digital or tympanic (ear)—should not contain glass/mercury
- s.** Triangular bandages
- t.** Tweezers
- u.** Water (2 L of sterile water for cleaning wounds or eyes)

When children are on a walk or are transported to another location, the transportable first aid kit should include ALL items listed previously AND the following emergency information/items:

- a.** A roster of all children enrolled
- b.** Contact information and list of approved family/guardians authorized for pickup
- c.** List of emergency phone numbers (eg, poison control, hospital/emergency facilities)
- d.** Special health care plans/emergency medications for both children and caregivers
- e.** Special health care documents
- f.** Signed emergency release forms for each child
- g.** First aid/choking/CPR chart (American Academy of Pediatrics or equivalent)
- h.** Up-to-date first aid manual
- i.** Written transportation policy and contingency plan (up-to-date and easily accessible)
- j.** Maps
- k.** Cell phone
- l.** Radio
- m.** Whistle
- n.** Flashlight

Disaster and Emergency Supplies

First aid kits for emergencies and disasters should contain all items in a classroom first aid kit as well as the following items ^{1(p382–383), 2}:

- a. Batteries (assorted sizes for radios and flashlights)
- b. Blankets
- c. Nonelectric can opener
- d. Disposable gloves
- e. Disposable tissues
- f. Disposable towels
- g. Eye shields (hard and soft)
- h. Fever-reducing medications (eg, acetaminophen/ibuprofen) to be used ONLY for children with an order from a primary health care provider and signed parental consent
- i. Battery-powered flashlight
- j. Gauze pads (sterile, assorted sizes)
- k. Hand sanitizer (alcohol based)
- l. Nonstick bandage pad
- m. Plastic bags (for disposing of items that might have blood and other body fluids on them)
- n. Plastic-lined trash can and replacement liners
- o. Protective (medical, non-latex) gloves
- p. Battery-powered radio
- q. Household chlorine bleach and medicine dropper along with instructions for making disinfectant solution
- r. Soap (liquid)
- s. Tape (duct, medical, and masking)
- t. Thermometer (not glass/mercury)
- u. Water (half-gallon for cleaning wounds)
- v. Whistle to signal for help
- w. List of activity ideas and related supplies

Shelter-in-Place Supplies

Child care centers should consider keeping additional supplies within disaster and emergency supply kits in case a disaster requires sheltering in place for a more extended period. These additional supplies could include the following ^{1(p384)}:

- a. Books, games, puzzles, and other activities for children
- b. Cellular telephone with appropriate chargers
- c. Drinking and sanitation water (1 gallon per person per day for at least 3 days)
- d. Duct tape
- e. Household chlorine bleach and medicine dropper along with instructions for making disinfectant solution
- f. Infant formula, baby/toddler food, diapers, and wipes
- g. Matches stored in a waterproof container
- h. Mess kits or food-serving supplies such as paper plates, napkins, and plastic silverware
- i. Nonperishable food (at least 3-day supply per person)
- j. Prescription and over-the-counter medications with written authorizations
- k. Sleeping bags or blankets

- l. Utilities/building map
- m. Wrench or pliers to turn off utilities

ADDITIONAL RESOURCES

Ready.gov. Build a kit. <https://www.ready.gov/build-a-kit>. Accessed August 20, 2019

Centers for Disease Control and Prevention. Stay put—learn how to shelter in place. <https://emergency.cdc.gov/shelterinplace.asp>. Reviewed September 29, 2017. Accessed August 20, 2019

National Center on Early Childhood Health and Wellness, US Department of Health and Human Services Administration for Children and Families Office of Head Start. *Emergency Preparedness Manual for Early Childhood Programs*. <https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/emergency-preparedness-manual-early-childhood-programs.pdf>. Accessed August 20, 2019

REFERENCES

1. American Academy of Pediatrics. *PedFACTs: Pediatric First Aid for Caregivers and Teachers*. 2nd ed. Burlington, MA: Jones & Bartlett Learning; 2014
2. Federal Emergency Management Agency. Emergency supply list. https://www.fema.gov/media-library-data/1390846764394-dc08e309debe561d866b05ac84daf1ee/checklist_2014.pdf. Accessed August 20, 2019
3. KidsHealth. First-aid kit. <https://kidshealth.org/en/parents/firstaid-kit.html>. Reviewed August 2018. Accessed August 20, 2019
4. eXtension. First aid in child care. <https://articles.extension.org/pages/25746/first-aid-in-child-care>. Published September 14, 2015. Accessed August 20, 2019