

PERSONAL MEDICAL PLAN

FIRST AID KITS

A first aid kit is an essential part of any emergency kit, especially after a large, regional earthquake. Your kit should include the following items to treat injuries that commonly result from earthquakes:

- First aid book
- Bandages
 - Adhesive strips
 - Butterfly bandages
 - 3" elastic bandages
 - Roller bandages
- Dust masks
- 4x4 sterile gauze dressings (individually wrapped)
- Magnifying glass to see splinters
- Nonallergenic adhesive tape
- Safety pins
- Scissors
- Triangular bandages
- Antiseptic wipes
- Blunt-tipped scissors
- Latex gloves
- Small plastic cup to wash/rinse eyes
- Space blanket
- Thermometer
- Antibiotic ~~salve~~
- Tweezers
- High-absorbency pads
- Tincture of benzoin or other disinfectant
- Saline for eye irrigation
- Small paper cups
- Aspirin and acetaminophen
- Liquid soap
- Disposable towels
- Tissues

COMMON INJURIES

Earthquakes can cause a number of injuries. The five most common are:

- Stopped breathing
- Bleeding
- Cuts from flying/broken glass
- Shock
- Broken bones

TIPS TO TREAT INJURIES:

Stopped breathing: If the victim appears to be unconscious, tap and shout, "Are you okay?" and proceed as follows:

Open the airway; use head-tilt/chin-lift and check

breathing for 3-5 seconds unless you suspect a spinal injury.

If there is no breathing, give 2 breaths—1-1/2 seconds per breath.

Check the victim's breathing and pulse at the side of the neck for 5-10 seconds.

If there's a pulse but no breathing and the victim is an adult, give him or her 1 breath every 5 seconds.

If there's no pulse, begin CPR and get medical assistance.

Bleeding: Using a sterile dressing or clean cloth, apply firm, steady pressure. Elevate the wound if you don't suspect a broken bone. If bleeding continues, press harder with a new dressing on top of the old one.

Shock: Keep the victim lying down; elevate his/her feet if there is no spinal injury. Prevent chilling; obtain medical help as soon as possible.

Breaks, sprains: Immobilize injuries such as broken, dislocated or sprained bones with splints or slings. Keep the victim quiet.

Adapted from a variety of sources, including "American Red Cross Training Catalog," American Red Cross, Los Angeles Chapter; and "Student Workbook for First Aid," American National Red Cross.

Take courses: Take time to learn cardiopulmonary resuscitation (CPR) and first aid techniques. Courses for adults and children are available through local chapters of the American Red Cross, hospitals and community organizations.

Safety tip: Common household items that can be used as first aid supplies include:

- Sheets for bandages
- Rolled up magazines for splints
- Doors for stretchers

