



The Red Cross recommends that a first aid kit for a family of four includes the following. We recommend a similar kit be maintained for a youth sports' team:

SOURCE: AMERICAN RED CROSS

Emergency First Aid guide shared by Jennifer Martin RN (previously Kanagawa)

- 2 absorbent compress dressings (5 x 9 inches) (Similar item available in the Red Cross Store)
- 25 adhesive bandages (assorted sizes), also found within our Family First Aid Kit (Similar item available in the Red Cross Store)
- 1 adhesive cloth tape (10 yards x 1 inch) (Similar item available in the Red Cross Store)
- 5 antibiotic ointment packets (approximately 1 gram) (Similar item available in the Red Cross Store)
- 5 antiseptic wipe packets (Similar item available in the Red Cross Store)
- 2 packets of aspirin (81 mg each) (Similar item available in the Red Cross Store)
- 1 emergency blanket
- 1 breathing barrier (with one-way valve)
- 1 instant cold compress, also found within our First Aid Kit
- 2 pair of nonlatex gloves (size: large)
- 2 hydrocortisone ointment packets (approximately 1 gram each) (Similar item found within the Be Red Cross Ready First Aid Kit)
- 1 3 in. gauze roll (roller) bandage
- 1 roller bandage (4 inches wide) (Similar item available in the Red Cross Store)
- 5 3 in. x 3 in. sterile gauze pads (Similar item available in the Red Cross Store)
- 5 sterile gauze pads (4 x 4 inches) (Similar item available in the Red Cross Store)
- Oral thermometer (non-mercury/nonglass), also within the Deluxe All Purpose First Aid Kit
- 2 triangular bandages (Similar item available in the Red Cross Store)
- Tweezers



If you know of someone in crisis, please contact the National Suicide Prevention Lifeline:

1-800-273-TALK

1-800-273-8255

SUICIDE WARNING SIGNS

Signs of Concern in Adults, Young Adults and Adolescents:

- Confused thinking
- Prolonged depression (sadness or irritability)
- Feelings of extreme highs and lows
- Excessive fears, worries and anxieties
- Social withdrawal
- Dramatic changes in eating or sleeping habits
- Strong feelings of anger
- Growing inability to cope with daily problems and activities
- Suicidal thoughts
- Numerous unexplained physical ailments
- Substance abuse

Signs of Concern In Older Children and Pre-Adolescents:

- Substance abuse
- Inability to cope with problems and daily activities
- Changes in sleeping and/or eating habits
- Excessive complaints of physical ailments
- Changes in ability to manage responsibilities-at home and/or at school
- Defiance of authority, truancy, theft, and/or vandalism
- Intense fear
- Prolonged negative mood, often accompanied by poor appetite or thoughts of death
- Frequent outbursts of anger

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Please go to www.TheBMSProject.org for additional information regarding suicide signs and what to do; then click on "Suicide Warning Signs" on the main menu.