



Family Emergency Procedures

Providence City

164 North Gateway Drive • Providence, Utah 84332 • (435) 752-9441 • Fax (435) 753-1586
Fire, Police, and Medical Emergencies: 9-1-1 • Poison Control Center: 1-800-456-7707

In case of an emergency and the family is separated, the family should have a plan that will reunite the various family members. Location sites should be selected adjacent to the family home, at a neighbor's, in the neighborhood, and in the community to allow for various levels of emergencies.

List these locations for your family emergency plan below:

Home Area: _____

Neighbor: _____

Neighborhood: _____

Community: _____

Medical and First Aid Supplies

A well-supplied First Aid Kit must be tailored to the individual needs of your family. Existing health problems in the family, for example, heart disorders, diabetes, serious allergies, asthma, or ulcer, may make it necessary to include specific medicines in your First Aid Kit. It is also necessary to consider the ages of family members and what special needs they might have:

- Elderly members of the family may have special needs.
- Infants or small children within the family may need items such as baby oil, etc.
- Should a member of the family be pregnant, you must provide your First Aid Kit with supplies for emergency childbirth and the aftercare of the mother and infant.

List of Basic Supplies

Antiseptic Solution – Iodine compounds such as Chlorohexidine. (Ask your pharmacist for these.)

NOTE: Do not use Mercurochrome or Merthiolate.

Neosporin

Antiseptic Soap

Normal Saline Solution- 1 teaspoon table salt to 1 pint water

Water Purification – for each gallon of water, use 4 purification tablets, or 12 drops of Tincture of Iodine, or 8 drops of liquid chlorine bleach. If water is cloudy, double these amounts.

Rubbing Alcohol – 70%



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Aspirin tablets
Acetaminophen (Tylenol)
Diarrhea Medicine
Nausea Medication – such as Emetrol
Petroleum Jelly
Thermometer
Tweezers
Scissors
Safety Pins – assorted sizes
Measuring Spoons
Matches – in waterproof case
Paper Drinking Cups – for administering liquids
Heavy String
Small Splints – Popsicle sticks, tongue depressors, etc.
Band-Aids – assorted sizes
Cotton – sterile, absorbent
Gauze Rolls – 2 in, 3 in, and 4 in
Dressings – 4 x 4 in, sterile
Tape Roll – 2 in wide (micropore tape, paper tape, or adhesive tape)
3 Triangular Bandages (slings) – 40 in
Sanitary Napkins – can be used for dressings or for splint padding.
Insect Repellent
Caladryl
Syrup of Ipecac
Individual Medical Needs

Care and Maintenance of Supplies

Medicines in your emergency supplies should be carefully labeled with the name of the medicine, directions for use, and necessary warnings (i.e., POISON, “External Use Only”, etc.) These labels should be clearly visible. All stored medicines should be placed out of reach of children, packed to prevent breakage, and stored in a cool dry place. Best storage temperature should be below 70°, but above freezing. Rotation of medical and emergency supplies is strongly urged to prevent waste due to deterioration and to eliminate the danger of using outdated medications