

Health & Wellness

Tip of the Week

July is all about **Emergency Planning**. It is the perfect time to remind you about the importance of planning ahead for emergency situations.

Week 28
July 11, 2016

Home Safe Home

It can be easy to forget basic safety measures, even in our homes. June is Home Safety Month, so now is a good time to take a look at how your home safety measures up. Do you have working smoke alarms, carbon monoxide detectors, child safety locks and fire extinguishers? Do you have a first aid kit? Here are some items that the Red Cross suggests you keep in your first aid kit:

- 🦋 Two pairs of non-latex gloves
- 🦋 Sterile dressings to stop bleeding
- 🦋 Cleansing agent/soap or wipes
- 🦋 Antibiotic ointment
- 🦋 Burn ointment
- 🦋 Bandages in a number of kinds, sizes and shapes
- 🦋 Oral thermometer
- 🦋 Aspirin
- 🦋 Scissors
- 🦋 Tweezers
- 🦋 Blanket

Source: U.S. Department of Health and Human Services; American Red Cross



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