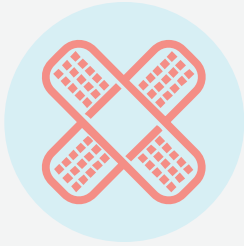


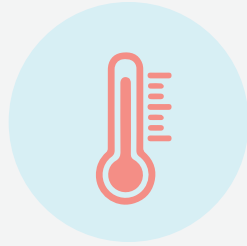
BE PREPARED WITH A FIRST-AID KIT



First-aid kits are your first line of treatment and care after an injury occurs. While emergencies are life-threatening and require immediate care, some situations are better suited for routine care at home, such as the following:



Minor cuts and sprains



Fevers below 103 degrees Fahrenheit



Headaches



Sore throats



Upper respiratory infections



Common neck and back pain

A well-stocked first-aid kit can help you respond quickly and effectively to common injuries. Keep at least one first-aid kit in your home and in your vehicle. Consider keeping the following basic supplies and over-the-counter (OTC) aids on hand:

Basic Supplies

- Bandages of various sizes
- Elastic bandage wrap
- Flashlight and batteries
- Hydrogen peroxide
- Instant hot and cold packs
- Scissors
- Sterile gauze pads and tape
- Thermometer
- Tweezers

OTC Aids

- Aloe vera gel
- Antacids
- Antidiarrheal products
- Antibiotic ointment
- Antihistamine
- Decongestants
- Hydrocortisone cream
- Pain and fever medications (e.g., ibuprofen or acetaminophen)
- Sunscreen