

First Aid Kit

Every household should have a fully stocked first aid kit stored in an easily accessible location in your home. Consider storing your first aid kit in your Emergency Go Kit, in the event you need to leave your home quickly during an emergency or disaster.



Adhesive bandages



Sterile gauze pads



Adhesive tape



Tweezers



Scissors



CPR pocket mask



Disposable gloves



Sterile roller bandage



Resealable waterproof storage bag



Medical masks



Non-prescription pain relievers



Antiseptic ointment



Antacid



Allergy medication



Other necessary medications



Antiseptic wipes or antiseptic solution

Review the items in your kit every 6 months and replace any items that have been used or have expired.

For more information on how to prepare for an emergency or disaster, visit

Manitoba.ca/EMO