

## Managing Illness or Injury During Disaster

Items to be collected for emergency kits this month remind us that the emergency medical system will likely be in high demand after a disaster and we may need to depend on ourselves to treat various injuries and illnesses. An important part of being “2 Weeks Ready” is having first-aid supplies organized and ready to use quickly.

The American Red Cross recommends that first-aid kits include the following:

- Compress dressings (5 x 9 inches)
- Adhesive bandages (assorted sizes)
- Adhesive cloth tape
- Antibiotic ointment packets
- Antiseptic wipe packets
- Aspirin
- Emergency blanket
- Breathing barrier with one-way valve
- Instant cold compress
- Non-latex gloves (size large)
- Hydrocortisone ointment packets
- 3-inch gauze roll
- Sterile gauze pads (3 x 3 inches)
- Oral thermometer (non-mercury)
- Triangular bandages
- Tweezers
- Emergency first-aid instructions

To truly be prepared for any kind of disaster, keep a first-aid kit in three places: your home, your vehicle, and in your go bag.

### First-Aid Kits for a Vehicle and Go-Bag

Even these smaller kits have some essentials to include:

- Alcohol wipes
- Cotton tip applicators
- Antibiotic ointment
- Instant cold compress
- Bandages (adhesive and elastic)
- Butterfly closures
- Finger splints
- Gauze pads
- Gloves
- Adhesive tape
- Scissors
- Tweezers

Cold compresses are ideal for treating toothaches, sprains, bruises, muscle strains, migraines, and insect bites.



### Oregon's Good Samaritan Law

Disasters often bring out the best in people trying to help each other recover, but you might wonder about liability issues that could get you into trouble if you try to provide emergency medical aid. Fortunately, Oregon's Good Samaritan Law protects you from liability when rendering emergency medical assistance. Ask permission to help an injured or sick person; if they are confused or critically injured or ill, you can assume that they would want you to help them. This is known as “implied consent.”



# BE PREPARED

## BUILD AN EMERGENCY KIT

Include enough food, water, and medical supplies to prepare in case of an emergency.



## Create a Disaster Preparedness Kit Month Six, November 2024

### To Do:

- Use a camcorder or your smart phone to record the contents of your home for insurance purposes.
- Make a copy of the recording and send it to an out-of-town friend or family member.
- Photocopy important documents; include them in your disaster kit.

### To Collect:

- Laxative
- Antacid
- Anti-diarrheal
- Rubbing alcohol
- Duct tape
- Whistles (one for each member of your family)
- Tarp
- Blank DVDs to record home inventory