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Week 3 of 52: Emergency Medical Supply (List 1)

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Experts suggest that each home have a [basic medical supply](#) ^[1] that is unique to your family's needs. Many of us have our fair share of band-aids and antibiotic ointment, but do you have medical supplies that can stop dehydration or bleeding, or diarrhea? In the event of a major disaster, such as a hurricane or earthquake, if someone in the home is injured, emergency responders cannot always get to the injured victims in time. Therefore, having necessary medical supplies in the home could save some one's life if they need immediate medical assistance.

Keep in mind that medicines can break down and spoil if they are subject to natural elements such as moisture, temperature fluctuations and exposure to light. Did you know that aspirin has a tendency to begin breaking down when it is exposed to a slight amount of moisture? Find an area in the home that has easy access and preferably located in a cool, dark area that is out of children's reach. Also, check expiration dates periodically to ensure the medicines are still good to use. The below list of items will serve as a foundation for future medical supply lists.

Preps to buy:

- Antacid
- Aspirin or non-Aspirin pain reliever
- Stool softeners
- Kleenex
- Feminine hygiene supplies
- Disposable hand wipes
- Band-aids
- Antibiotic ointment
- Extra baby needs (diapers, wipes, pacifiers, bottles, medicine, etc)
- 1 week of prescription medications
- Extra pair of reading glasses (optional)

Action Items:

Buy a local and state map to put in your vehicle.

Create an evacuation route in case you have to evacuate your town due to a disaster. Map out multiple escape routes to fall back on. Click here to know [the signs of when to evacuate/bug out](#) ^[2] your home or community.

Sign up for a CPR/First aid class with your local area Red Cross or through your local Emergency Management Service department. For those of you who are short on time, you can find online disaster skills training courses that can be done in the convenience of your own home. Click here for a list of [organizations](#) ^[3] that provide online emergency education courses.

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URL to article: http://readynutrition.com/resources/basic-medical-supply_13052011/

URLs in this post:

[1] basic medical supply: http://readynutrition.com/resources/storing-medical-supplies-to-be-ready_18122009/

[2] the signs of when to evacuate/bug out: http://readynutrition.com/resources/when-to-bug-out-knowing-the-signs_10012010/

[3] organizations: http://readynutrition.com/resources/disaster-preparing-with-online-preparedness-courses_06012010/

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