



Accidents can happen at any time. A well-stocked first aid kit offers basic and instant care for common medical injuries. This is important because having the right supplies ahead of time can help you handle an emergency at a moment's notice:



Keep a first aid kit in your home and in your car:

Make sure everyone in your house, including babysitters and other caregivers, know where the kit is and how to use it.



Carry a first aid kit with you:

Not going to be around your home, car or other place where a kit is readily available? Make sure you bring your own kit. Many first-aid kits are designed for specific activities, such as hiking, camping or travelling.



Know where to find first aid kits at work:

First aid kits can play a major role in reducing the severity of accidents that happen within the workplace. Providing immediate and effective first aid may reduce the severity of the injury or illness.

Be sure to check your kits regularly and replace missing or expired items. Read the manuals so you understand how to use the items. If your kids are old enough to understand, make sure they know how to use it.

[Click here for past newsletters and other emergency preparedness tips](#)



How is your emergency kit coming along? We want to see it. Send pictures of your progress to communications@tvwd.org. We will feature customer photos in future publications.

