

# Be ready for anything with a first aid kit



Summer is a great time to get outside, travel, and try new adventures. But with all the fun, there's also a chance of scrapes, bug bites, sunburns, and other minor injuries. That's why it's smart to have a first aid kit ready whether you're heading to the beach, going on a hike, or just spending time in the backyard.

## How to build your first aid kit



### Start with the basics

Include bandages in different sizes, gauze pads, adhesive tape, antiseptic wipes, and antibiotic ointment to treat cuts and scrapes.



### Be ready for stings and allergies

If someone has a known allergy, make sure you have their epinephrine auto-injector (like an EpiPen) and know how to use it.



### Add items for common summer needs

Pack tweezers for splinters or ticks, aloe vera for sunburn, hydrocortisone cream for itchy bites, and an ice pack to reduce swelling.



### Include a thermometer and gloves

These tools help with checking temperatures and protecting yourself when giving care.



### Don't forget medications

Include pain relievers like ibuprofen or acetaminophen, allergy medicine like antihistamines, and any personal medications your family may need.



### Check your kit often

Replace anything that's expired, and make sure everything is clean and ready to use.



**One first aid kit is good, but two are better!**

A well-stocked first aid kit can help you take quick action. To be prepared no matter where you are, keep one in your home and another in your car.

## We're here to help

Reach out to us for guidance and resources.



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