In the moment you’re faced with an emergency, it’s too late to start researching how to respond. Knowing what to do for injuries and health-related emergencies, such as sudden heart attacks or strokes, is an important part of your preparedness plan — for your safety and the safety of your loved ones. This month, make sure you and your family members have at minimum a basic knowledge of first aid, and that your first aid kits are well-stocked and easily accessible in case of emergency.

**Step 9: FIRST AID**

The Oregon Office of Emergency Management recommends having a first aid kit stored in a cool, dry location of your home, vehicle, and workplace. Before you go buy pre-packaged first aid kits, keep in mind that they often contain primarily adhesive bandages and leave out other essentials. Save money and get the items you need by buying the contents in bulk, then packaging the items in containers that work best for you, such as backpacks or plastic totes.

Once your first aid kits have been assembled, make sure each of your family members knows how to use the items. Remember to check your kit periodically for expired contents needing to be replaced.

** Supplies**

- Hypoallergenic adhesive tape
- Elastic wrap bandages
- Assorted sizes of bandage strips
- Nonstick sterile bandages and roller gauze in assorted sizes
- Triangular bandages
- Aluminum, cardboard splints
- Instant hot and cold packs
- Cotton balls, cotton-tipped swabs
- Disposable non-latex gloves
- Petroleum jelly or other lubricant
- Plastic bags (assorted sizes)
- Safety pins (assorted sizes)
- Blunt scissors and tweezers
- Hand sanitizer or soap
- Antibiotic ointment
- Antiseptic solution/towelettes
- Eye dropper
- Eyewash solution
- Sterile eye pad or shield
- Oral thermometer (digital)
- Bulb suction device for flushing wounds
- Syringe, medicine cup or spoon
- Disposable resuscitation face shield (breathing barrier)
- Anti-inflammatory (Ibuprofen, Advil, etc.)
- Pain reliever (Tylenol, aspirin, etc.)
- Antihistamine (such as Benedryl)
- Antacid
- Laxative
- Anti-diarrhea
- Emetic (induces vomiting)
- Hydrocortisone cream
- Activated charcoal
- Cough and cold medication
- EpiPen, if prescribed by your doctor
- Sunscreen
- Insect repellent
- Emergency blanket
- First-aid manual / instructions

**Prepare to Help Others**

In an emergency, your ability to stay calm will be critical. That’s because thinking clearly and quickly depends largely on you keeping your cool. To ensure calm nerves in an emergency that demands quick decisions, the best thing you can do is have adequate first aid and CPR knowledge when you need it. Knowing what to do, whether it’s applying pressure to a wound or administering CPR, can make all the difference in a life-or-death situation.

Check for CPR and first aid trainings available in your area. Make sure at least one member of your household is trained in CPR and first aid.
Share Your Progress and ENTER TO WIN!

Share your photos for a chance to win great emergency preparedness prizes!

Take a photo of your emergency preparedness progress. Your photo can include:
- Your supplies
- A designated storage area
- Activities, such as shopping or packing an emergency kit

Enter our next prize drawing!
Send us your photo(s) by August 21, 2020
- Email photos to TeamEmerald@epud.org,
- Post to our Facebook page (www.facebook.com/EmeraldPUD),
- or mail to EPUD 1 Step Forward
  33733 Seavey Loop Road
  Eugene, OR 97405

Eligibility: Must be an EPUD customer to participate in prize drawings. By submitting your photo, you consent to EPUD using your photo and first name on our social media channels, email communications, and printed publications.

Congratulations to our Winner!

Winners of our monthly photo contest will receive a WeatherX® Radio and loaded Mayday® Survival Kit. The kit includes food, water, flashlight, radio, tent, utility knife, first aid materials, and much more.

KAROL M

Karol from Dexter sent in photos of the progress she’s made in building her emergency supplies.

Karol’s kit includes a supply of water, filtration straw; dehydrated, calorie-rich foods; gas stove, small steel folding stove; first aid kit and scissors; Cascade plant book with maps; emergency blanket; all purpose tool; and solar lanterns.

Great job, Karol!

Thank you for participating in EPUD’s 1 Step Forward program!

View or download past editions of our newsletters at www.epud.org/1-step-forward-monthly/