

Child care providers should have at least one first aid kit readily available, wherever children are (even in the car, on field trips, playing outside). An injury can happen anywhere and when you least expect it. Being prepared by having a first aid kit and being trained in first aid is very important. First aid supplies should be stored in a closed container, accessible to staff members at all times, but out of the reach of children. Using a fanny pack to carry the first aid kit contents may be helpful when playing outside, going on a walk or field trip, etc. The kit(s) should be restocked after each use and inventory should be checked at least monthly.

The first aid kit should contain at least the following items:

- Disposable nonporous gloves
- Scissors
- Tweezers
- A non-glass thermometer to measure a child's temperature
- Bandage tape
- Sterile gauze pads (Consider substituting with individually wrapped maxi-pads. They work better because they absorb more blood. Use tape or roller gauze to fasten pad on injury.)
- Flexible roller gauze
- Triangular bandages (for making a sling – can also use a clean dish towel)
- Safety pins
- Eye dressing
- Pen/pencil and note pad
- **Activated Charcoal** (ask for "water-based" liquid activated charcoal, NOT with SORBITOL)
 - ** **not required, but recommended** if child care setting is located 1 hour or more away from emergency room
 - ** BEFORE using anything, ALWAYS call the Poison Control Center FIRST (1-800-222-1222)
 - ** ND Department of Health & AAP no longer recommends the use of syrup of ipecac
- Cold pack
- Current American Academy of Pediatrics (AAP) standard first aid chart or equivalent first aid guide
- Coins for use in a pay phone (if you have a cell phone or walkie talkie, bring that too)
- Bottle of water
- Small plastic or metal splints

- Liquid soap
- Kleenex and hand sanitizer to use after wiping a nose
- Adhesive strip bandages, plastic bags for cloths, gauze, and other materials used in handling blood
- Any emergency medication needed for child with special needs
- List of emergency phone numbers (parents' home/work numbers and poison control center number)

Things to Remember:

- ** Child care providers must obtain written parental permission for use of antibiotic ointments or antiseptic wipes
- ** No antiseptic wipes, antibiotic ointment, or alcohol wipes should be kept in the kit (unless child care provider has written parental permission to use them on children)
- ** No medications should be kept in the kit
- ** Activated charcoal should NOT be kept in the kit. It should be available to staff, but stored out of the reach of children.
- ** Injuries should be cleaned with **soap and water only** – it is most effective and it is least likely to cause an allergic reaction