

**UCLA** Health System

Get Ready  
Stay Ready



Personal Preparedness Challenge 2010

Office of Emergency Preparedness  
UCLA Health System

May 2010

Dear UCLA Health System Faculty, Staff, and Volunteers:

Are you prepared?

Emergencies and disasters can happen anytime and anywhere. They typically strike without warning and disrupt hundreds of thousands of lives each year. Each emergency and disaster has its own lasting effects on individuals, families, and communities. Through preparedness efforts, you can help reduce the fear and anxieties related to these unknown situations as well as reduce the immediate and long term risks to you and your families.

We recognize that emergency planning can be overwhelming if you attempt to think about every situation, so the program is designed so that each month, you can take one step to completing your personal preparedness. At the end of one year, you and your family will have successfully completed a comprehensive emergency plan and put together an all hazards disaster kit.

Each month, we will be sending out a reminder email with the monthly theme. This month we will be focusing on **First Aid Kit**. While we suggest that you perform at least one task a month as outlined, you could choose to complete these personal preparedness tasks at a faster rate. To download the entire program, please go to: <http://disaster.mednet.ucla.edu/2010challenge.pdf>.

Sincerely,

The Office of Emergency Preparedness  
UCLA Health System

PS - Please note that a basic 3-day supply is discussed throughout this program as a minimum kit that can be used at home, or taken with you in the event of an evacuation. After considering the needs of your household, and the disasters or emergencies that may occur in your area, you may wish to increase your level of preparedness to be self sufficient for a longer period of time.

# First Aid Supply Kit

**TASK:** Gather the suggested supplies to create your First Aid Supply Kit.

|  |                          |
|--|--------------------------|
| Adhesive bandages, various sizes   | <input type="checkbox"/> |
| 5 " x 9 " sterile dressing   | <input type="checkbox"/> |
| Conforming roller gauze bandage  | <input type="checkbox"/> |
| Triangular bandages, sling   | <input type="checkbox"/> |
| 2" sterile gauze pads  | <input type="checkbox"/> |
| 4" sterile gauze pads  | <input type="checkbox"/> |
| Roll 3" cohesive bandage   | <input type="checkbox"/> |
| Germicidal hand wipes or waterless, alcohol-based hand sanitizer or moist diaper wipes | <input type="checkbox"/> |
| Antiseptic wipes   | <input type="checkbox"/> |
| Pairs large, medical grade, non-latex gloves   | <input type="checkbox"/> |
| Tongue depressor blades  | <input type="checkbox"/> |
| Adhesive tape, 2" width  | <input type="checkbox"/> |
| Antibacterial ointment   | <input type="checkbox"/> |
| Cold pack  | <input type="checkbox"/> |
| Scissors (small, personal)   | <input type="checkbox"/> |
| Tweezers   | <input type="checkbox"/> |
| Assorted sizes of safety pins  | <input type="checkbox"/> |
| Cotton balls   | <input type="checkbox"/> |
| Thermometer  | <input type="checkbox"/> |
| Tube of petroleum jelly or other lubricant   | <input type="checkbox"/> |
| Sunscreen  | <input type="checkbox"/> |
| CPR breathing barrier, such as a face shield   | <input type="checkbox"/> |
| Antibiotic creams and ointments  | <input type="checkbox"/> |
| Rubbing alcohol  | <input type="checkbox"/> |
| Hydrogen Peroxide  | <input type="checkbox"/> |
| First aid manual   | <input type="checkbox"/> |

