



# FIRST-AID PLAN



After a disaster, the emergency medical system will be in high demand and help may be delayed. Learning how to treat different injuries and illnesses can prepare you and the people you care about and help save lives. You are the help until help arrives.

## QUICK-START STEPS

- The Three Ps of First Aid
- Build a First-Aid Kit
- Oregon's Good Samaritan Law

## THE THREE PS OF FIRST AID

### Preserve Life:

- Start with C-A-B: Circulation, airway and breathing.
- Assess the quality of the injured person's circulation and adjust if needed.
- Ensure the injured person has no blocks to their airway and they're breathing.

### Prevent Deterioration:

- Do what you can to keep the injured person in stable condition.
- This may mean moving them to a safer location, applying first aid, stabilizing them, or just staying with them and providing comfort.

### Promote Recovery:

- Encourage confidence, provide comfort and attempt to relieve pain.



## BUILD A FIRST-AID KIT



An important part of being *2 Weeks Ready* is having first-aid supplies organized and ready to use quickly. While a store-bought first-aid kit is an easy way to start, it can be more cost-effective to build your own.

The American Red Cross recommends that all first-aid kits include the following:

- Compress dressings (5-by-9 inches).
- Adhesive bandages (assorted sizes).
- Adhesive cloth tape.
- Antibiotic ointment packets.
- Antiseptic wipe packets.
- Aspirin.
- Emergency blanket.
- Breathing barrier with one-way valve.
- Instant cold compress.
- Non-latex gloves (size large).
- Hydrocortisone ointment packets.
- 3-inch gauze roll.
- Sterile gauze pads (3-by-3 inches).
- Oral thermometer (non-mercury).
- Triangular bandages.
- Tweezers.
- Emergency first-aid instructions.



This is not a complete list, and you may need to add additional supplies based on your household's needs. You'll want to keep a first-aid kit in your dwelling, vehicle and go bag. Consider getting your friends and neighbors involved to offset the cost by buying in bulk and sharing supplies.

### OREGON'S GOOD SAMARITAN LAW

Oregon's Good Samaritan Law protects you from liability when rendering emergency medical assistance. Ask permission to help an injured or sick person; if they are confused or critically injured or ill, you can assume that they would want you to help them. This is known as "implied consent."

**ACTIVITIES:** Pages 83-86

**BE 2 WEEKS  
READY**