You never know when you might be in a situation where someone needs first aid assistance. Keep these items in your first aid kit and learn the dos and don’ts of first aid below.

**FIRST AID MUST-HAVES**

- Compress dressings
- Bandages
- Cloth tape
- Ointment
- Antiseptic wipes
- Aspirin
- Space blanket
- Breathing barrier
- Instant cold compress
- Non-latex gloves
- Hydrocortisone
- Scissors
- Roller bandages
- Sterile gauze pads
- Tweezers
- First aid instructions

**DO:**
- Apply ice immediately
- Elevate the area
- Take acetaminophen or ibuprofen

**DON’T:**
- Apply heat, take a hot bath or shower
- Heat from a bath or shower could cause more bleeding under the skin and swelling

**BRUISES**

**DO:**
- Place it under cold running water immediately (unless second- or third-degree)

**DON’T:**
- Apply vitamin E, aloe vera or butter
- Putting a greasy item like oil or butter on a burn can trap the heat and make the burn deeper

**BURNS**

**DO:**
- Wash them with soap and running water

**DON’T:**
- Use alcohol or hydrogen peroxide
- Alcohol can burn the cuts/scrapes and hydrogen peroxide kills the bacteria, but also damages nearby healthy cells, which can slow the healing process

**CUTS AND SCRAPES**

**DO:**
- Ice and elevate it

**DON’T:**
- Put heat on it
- Applying heat to the area can inflame it further, which is the opposite of reducing the swelling
- If at-home care isn’t enough, be sure to seek medical attention. If it’s an emergency, call 911 and wait for paramedics to arrive

**SPRAINS**

**DO:**
- Ice and elevate it

**DON’T:**
- Put heat on it
- Applying heat to the area can inflame it further, which is the opposite of reducing the swelling
- If at-home care isn’t enough, be sure to seek medical attention. If it’s an emergency, call 911 and wait for paramedics to arrive