

Be ready for anything with a first aid kit



Summer is a great time to get outside, travel, and try new adventures. But with all the fun, there's also a chance of scrapes, bug bites, sunburns, and other minor injuries. That's why it's smart to have a first aid kit ready whether you're heading to the beach, going on a hike, or just spending time in the backyard.

How to build your first aid kit



Start with the basics

Include bandages in different sizes, gauze pads, adhesive tape, antiseptic wipes, and antibiotic ointment to treat cuts and scrapes.



Be ready for stings and allergies

If someone has a known allergy, make sure you have their epinephrine auto-injector (like an EpiPen) and know how to use it.



Add items for common summer needs

Pack tweezers for splinters or ticks, aloe vera for sunburn, hydrocortisone cream for itchy bites, and an ice pack to reduce swelling.



Include a thermometer and gloves

These tools help with checking temperatures and protecting yourself when giving care.



Don't forget medications

Include pain relievers like ibuprofen or acetaminophen, allergy medicine like antihistamines, and any personal medications your family may need.



Check your kit often

Replace anything that's expired, and make sure everything is clean and ready to use.



One first aid kit is good, but two are better!

A well-stocked first aid kit can help you take quick action. To be prepared no matter where you are, keep one in your home and another in your car.

We're here to help

Reach out to us for guidance and resources.



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