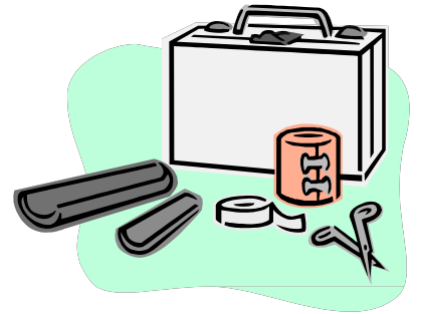


Make your own first aid kit!

It is important to be prepared to deal with accidents and injuries while babysitting. Having your own first aid kit will ensure that you'll be prepared to care of children if they are hurt. Be creative in choosing a container. You can use a pencil box, cosmetics case, Tupperware, or anything else that will hold and protect your supplies.



Include the following in your first-aid kit:

- sterile gauze
- adhesive tape
- adhesive bandages in several sizes
- elastic bandage
- antiseptic wipes
- antibiotic cream (triple-antibiotic ointment)
- hydrocortisone cream (1%)
- tweezers
- safety pins
- disposable instant cold packs
- calamine lotion
- alcohol wipes or ethyl alcohol
- plastic gloves (at least 2 pairs)
- flashlight and extra batteries
- mouthpiece for administering CPR
- your list of emergency phone numbers