



# 10 THINGS

## ALL FIRST AID KITS SHOULD HAVE

Around the house, in the car, or on a hike — it's a good idea to be prepared for an accident. Make sure your first aid kit is both well-stocked and easily accessible, so you can get relief fast.

Here are some basics that every kit should include.

- Antiseptic wipes or solution**  
Disinfect the skin when it comes in contact with something that causes damage.
- Nitrile gloves**  
Use latex-free, powder-free gloves to prevent wound infection.
- Antibiotic ointment**  
Apply medicinal ointment to minor wounds to prevent infection and speed up healing.
- Bandages**  
Scrapes or scratches can happen anywhere. Grab quality adhesive and elastic bandages — just in case.
- Gauze pads**  
Certain wounds are messier than others and need to be dressed with some padding.
- Adhesive tape**  
Some injuries require additional support.
- Anti-inflammatory medicine**  
Keep acetaminophen, ibuprofen, or naproxen tablets — whatever works best for you.
- Cold compress or ice pack**  
Use a cold compress on an injured area to bring down swelling.
- Allergy medicine**  
Try an allergy-relief that includes an antihistamine like diphenhydramine.
- Hydrocortisone anti-itch solutions**  
The simple truth is that all kinds of things can make you itch. Products like Cortizone-10® provide soothing comfort and relief fast so you can get back to your day.

Like all medications, some products may work well with your body and others might cause irritation. Consult your medical professional to determine what products will work best for you.

Cortizone-10® is formulated with the maximum strength of hydrocortisone available without a prescription. Learn more at [cortizone10.com/en-ca](https://cortizone10.com/en-ca)

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