

# FIRST AID KIT



### What is your Why?

Emergencies can occur unexpectedly, affecting anyone. Distributing first aid kits to homeless shelters, food pantries, schools, churches, and other places can be incredibly helpful.

### Supplies & Ideas

- Rubber gloves
- Band-Aids
- Antibiotic Ointment
- Pain Reliever (aspirin, Tylenol)
- Gauze, cotton balls, q-tips
- Alcohol wipes
- Anti-itch ointment
- Tweezers

### Step-by-Step

- Purchase items for the kit
- Pack items into a bag, box, or jar
- Decorate and label the kit
- Donate to an area non-profit!

### Time to Share!

To inquire what agencies will accept the projects, dial 211 or email [vol@helplinecenter.org](mailto:vol@helplinecenter.org) For more information visit [www.helplinecenter.org/diy](http://www.helplinecenter.org/diy)