Made in the Shade with First-Aid

Summer’s the time to get outside and be prepared for accidents!

For a weekend in the great outdoors, bring your family first-aid kit stocked with:

- Aspirin
- Antibiotic ointments
- Antiseptic wipes or sprays
- Hydrocortisone

**Tell a tale:**
No further trouble settin’ on a little cut!  Try aspirin.

**Avoid:**
Don’t pop aspirin on bad bruising.

**Keep up:**
Aspirin can help relieve minor aches and pains.

**Scraped knees?**
Keep antiseptic on your gear to prevent infection.

**Antiseptic wipes or sprays**
Clean the surface of injuries to prevent bacteria from growing.

**Antibiotic ointments**
Kill bacteria and prevent infection.

**Hydrocortisone**
Temporarily relieves itching.

**It’s mine!**
Always carry a first aid kit in your pack.

What a day!

For more information about safe medicine use, visit knowyourotc.org