

Be Prepared! Have a Plan!

Based on guidelines provided by FEMA and The American Red Cross

PhysiciansCare Emergency Preparedness Backpacks

- Perfect for sudden emergencies in Workplace, Home, School or Vehicle.
- Contain critical components needed when an emergency occurs including bad weather and power outages.
- Include first aid and Emergency Products including water, blanket, poncho, whistle and lightstick.
- Orange, lightweight backpack with padded shoulder straps.
- Glow-in-the-dark tag makes it easy to carry, easy to find.
- Loop hole makes it easy to hang under your desk or behind a door for easy and quick access.
- Perfectly sized to store additional items.



Emergency Care Backpack XL

#ACM 90001

FIRST AID ITEMS:

- 15 3/4" x 3" Adhesive Bandages
- 5 3/8" x 1 1/2" Adhesive Bandages
- 1 Antibiotic Ointment Packet
- 3 Antiseptic Wipes
- 3 Alcohol Prep Pads
- 1 First Aid Guide
- 2 Acetaminophen Tablets
- 2 Ibuprofen Tablets
- 2 Antacid Tablets

SHELTER/WEATHER:

- 1 Rain Poncho
- 1 Emergency Blanket
- 4 Hand Warmers

ALERT:

- 1 Flashlight w/batteries
- 2 Light Sticks
- 1 Whistle

WATER:

- 6 Emergency Drinking Pouches

FOOD:

- 6 400 Calorie Bars

OTHER:

- 1 Pair of Work Gloves
- 1 Dust Mask
- 1 Biohazard Bag w/tie
- 4 Hand Sanitizer Packets

Emergency Preparedness Checklist

The following list is to help you determine what to include in your disaster supplies kit that will meet your family's needs.

First Aid Supplies

| Supplies | Home | Vechicle | Work |
|--|--------------------------|--------------------------|--------------------------|
| Adhesive bandages, various sizes | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 " x 9 " sterile dressing | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Conforming roller gauze bandage | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Triangular bandages | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 " x 3 " sterile gauze pads | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Roll 3 " cohesive bandage | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Germicidal hand wipes or waterless, alcohol-based hand sanitizer | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Antiseptic wipes | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Pairs large, medical grade, non-latex gloves | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Tongue depressor blades | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Adhesive tape, 2 " width | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Antibacterial ointment | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Cold pack | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Scissors (small, personal) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Tweezers | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Assorted sizes of safety pins | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Cotton balls | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Thermometer | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Sunscreen | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| CPR breathing barrier, such as a face shield | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| First aid manual | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Non-Prescription and Prescription Medicine Kit Supplies

| Supplies | Home | Vechicle | Work |
|---------------------------------------|--------------------------|--------------------------|--------------------------|
| Aspirin and non-aspirin pain reliever | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Anti-diarrhea medication | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Antacid (for stomach upset) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Prescriptions | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Extra eyeglasses/contact lenses | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |