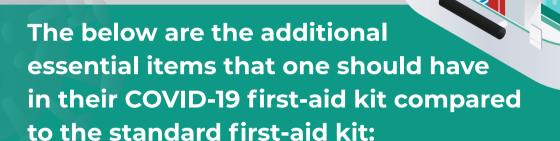
HOW TO MAKE YOUR OWN COVID-19 FIRST-AID KIT

A community message by:



Minor injuries or accidents can happen at any time, anywhere. So, it's important to have a well-stocked first-aid kit at home or even at your workplace to be prepared to treat minor accidents or injuries.

Likewise, with the significant rise of COVID-19 cases daily, it is even more evident to upgrade the standard first-aid kit so that all medications and equipment needed at home or your workplace are readily available for primary healthcare.



- Vitamin C immune system booster
- Vitamin E immune system booster
- Infrared thermometer/mercury thermometer
- Pulse oximeter/oxygen monitor
- Sugar/glucose solution
- Disposable face masks
- Hand sanitizer

- Disposable sterile gloves
- Eye protector medical goggles
- A portable oxygen tank if readily available in case of an emergency



Standard first-aid kit:

- Plasters in different sizes and shapes
- Small, medium, and large sterile gauze for dressings
- 2 sterile eye dressings
- Triangular bandage
- Crepe bandage
- Safety pins
- Scissors
- Alcohol-free cleansing wipes
- Cream for skin rashes such as hydrocortisone cream

- Medical adhesive tape
- Cream or spray for insect bites and stings
- Antiseptic cream
- Painkillers such as paracetamol (infant paracetamol for children), aspirin (not to be given to children under 16) & ibuprofen
- Antihistamine cream or tablets like piriton or cetirizine
- Distilled water for cleaning wounds
- Antidiarrheal medicines
- Silver sulfadiazine cream for minor burns

Important: Make sure you check your first-aid kit and replace expired materials occasionally.

Disclaimer: The guideline outlined in this document is to safeguard you and your loved ones from COVID-19. We advise you to seek professional guidance if you wish to clarify any section on this document or if you feel the need to take any action based on this document.