

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.



The below are the additional essential items that one should have in their COVID-19 first-aid kit compared to the standard first-aid kit:

- 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.

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