



# VAN'S PHARMACY



**Are you ready for an emergency?**  
**Jim Bussis, RPh.**

It might be as huge as a tornado, or as small as a sliver in your child's finger. Emergencies happen. Do you have the necessary supplies to help you and your family through whatever comes?

You can be ready with a few basic supplies, so get out your first aid kit, check your medicine cabinet and take inventory. What should you have? Here's a basic list:

Bandages in a variety of sizes, gauze pads, antibiotic ointment, tweezers, gloves, safety pins, aspirin or acetaminophen, hydrocortisone cream, an antihistamine like Benadryl, artificial tears or eye wash, and rubbing alcohol. Be sure you have current prescription information, with a couple days supply set aside. Watch the expiration dates on medications, especially those needed in an emergency like nitroglycerin, Epi-pen, and albuterol inhaler.

Look at your other needs as well. It's good to keep a supply of bottled water, nonperishable food, a can opener, flashlight, radio, batteries and matches. Have basic tools available: screwdrivers, wrench, hammer and pocket knife.

Let Van's Pharmacy help you get that first aid kit up to date. See our Good Neighbor brand first aid products to save you money. Be safe this summer and have a great time!

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