Your family doesn’t just get care from a doctor. Some of your care probably happens at home—and it can involve more than just thermometers, bandages, and ice packs. So be on the safe side and learn first aid, which includes:

- How to perform **CPR**.
- What to do if someone’s choking (choking rescue procedure, also known as the Heimlich maneuver).
- What to stock in your home first aid kit.

Visit [kp.org/homesafety](http://kp.org/homesafety) (en [español](http://kp.org/homesafety)) for more information and safety tips.

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HOME SAFETY
For many families, health care begins at home, and it can sometimes involve more than just thermometers, bandages, and ice packs. So be on the safe side: learn how you can help prevent common injuries like falls and get to know some first aid basics.

> Help prevent falls and other household injuries.
Falls cause some of the most common injuries for both adults and kids. Here are some ways you can help prevent them in your home:

• Keep floors clear of anything that could make someone trip, including shoes and magazines.
• Make sure your area rugs have nonslip mats under them.
• Turn a light on if you get up in the middle of the night.
• Use slip-proof mats in the shower.
• Fix any loose stairs or railings.
• Use stools, ladders, and stepladders with caution.

To help reduce the chances of other household injuries:

• Keep sharp or electric kitchen and bathroom items out of the reach of children.
• Keep electric appliances away from water.
• Follow the manufacturers’ instructions when storing and using cleaning equipment or chemicals.
Be prepared for first aid.

You never know when a first aid situation might come up at home, so here’s a list of helpful tools and supplies you might need. You can find these items at most drugstores or pharmacies. Keep everything in one place so you can find what you need at a moment’s notice, and make sure everyone in the family knows where to find your first aid supplies.

For scrapes and cuts
- A gauze roll
- Adhesive strips in different sizes
- Adhesive tape
- Butterfly bandages
- Cotton balls
- Gauze pads
- Scissors
- Tweezers

For colds and flu
- A humidifier or vaporizer
- A thermometer
- Cold medicines (with instructions) and measuring spoons
- If you have a child who is 6 years old or younger, you may also need:
  - A rectal thermometer
  - A syringe or bulb aspirator
  - An otoscope (for checking the ears)

For bumps, aches, and pains
- A cold pack
- A heating pad
- Elastic bandages

For other first aid issues
- A blood pressure cuff
- A dental mirror
- A penlight
- A stethoscope
- An eyedropper
- Nail clippers
- Safety pins

To learn more
For more information about first aid and home safety, visit kp.org/homesafety.