



DR. GERRY CVITANOVICH  
EAST JEFFERSON AFTER  
HOURS URGENT CARE

## What's in Your Emergency Bag?

Minor injury and illness can become a huge inconvenience when away from home. Many people pack an “emergency bag” to keep in their car or to take with them on vacation—which is quite smart. I frequently get asked by patients and friends as to what contents they should pack in their emergency kit. This is a difficult question to fully answer because so many items are dependent on where someone is vacationing. However, there are some basic essentials which should be a part of everyone's kit.

- Bandages with various sizes, steri-strips, gauze and gauze roll bandages, gloves and tape, scissors and tweezers
- Hand sanitizer and antiseptic wipes
- Instant cold pack
- Thermometer
- Over-the-counter medications such as chewable aspirin, acetaminophen, ibuprofen, antacid, Imodium®, Benadryl®, Prilosec®, Azo®
- Antibacterial ointment and peroxide
- After-bite to treat insect stings, hydrocortisone cream and lip balm.

For beach vacations or cruises, make sure you have insect repellent, sunscreen, sunburn treatment, and motion sickness medication. Also bring swimmer's ear drops.

There are pre-packaged first-aid kits which are available for purchase on-line and at drug stores which contain lots, but not all of the above essentials

Another tip: when traveling—don't forget to pack your health insurance card!

Have a safe and healthy summer! ▶

*East Jefferson After Hours Urgent Care is located at 2215 Veterans Blvd. in Metairie and 708 W. Esplanade Ave. in Kenner. Call 504-838-3524 or 504-461-9660 or visit [www.eastjeffersonafterhours.com](http://www.eastjeffersonafterhours.com).*

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