



An Extended Guide · No. 1823

Your First-Aid Kit and Medication Plan

Stocked, listed, and ready

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! Read this first — the real outage dangers are quiet ones

When the power goes out, most of the real danger doesn't come from the dark — it comes from how we try to get by without it. Every year people are harmed by carbon monoxide from a generator, grill, or camp stove brought indoors or into a garage, and by fires from candles and unvented heaters. So three rules run through this whole guide. First, never burn anything indoors that is meant for outdoors — no generator, grill, charcoal, or camp stove in the house, garage, or on a porch, not even with a window open. Second, reach for a flashlight or a battery lantern instead of a candle. Third, keep working smoke and carbon-monoxide alarms on every level, with battery backup, and never ignore one. If an alarm sounds, or anyone feels dizzy, sick, or sleepy, get everyone to fresh air first and call 911. A quick note for this guide: it helps you prepare, but it is not medical advice. For anything about your own health or medicines, follow your doctor and pharmacist.

Let's plan first-aid and medicines

A good first-aid kit and a little thought about medicines turn a minor mishap or a missed dose in an outage into a non-event. This guide helps you get both squared away, calmly and ahead of time.

I'm Bill, and I want to be clear right up front: I'm a tech helper, not a doctor or nurse. What I can do is help you get organized — a stocked kit, a written medicine list, a plan for anything that needs refrigeration — so you're ready. The medical decisions stay with your doctor and pharmacist.

We'll build a sensible first-aid kit, make a simple medication plan for an outage, and go over when it's time to stop and call for real help. None of it is complicated, and all of it brings peace of mind.

★ I help with the plan, not the medicine

I'm glad to help you organize a kit and a medicine list, and to plan power for any health devices. For medical questions, always ask your doctor. Reach me at (330) 200-8042.

First-aid and medicines, on one page

The essentials, if you remember nothing else.

- ❑ Keep a stocked first-aid kit where the whole household can find it.
- ❑ Keep a few days' supply of any regular medicines on hand.
- ❑ Write a medicine list: names, doses, and your pharmacy.
- ❑ Plan a cool spot for medicines that need refrigeration.
- ❑ Don't let prescriptions run to empty in storm season.
- ❑ Keep basics too: pain reliever, bandages, any allergy needs.
- ❑ Know when to stop and call 911 — don't wait it out.
- ❑ This guide is preparation, not medical advice.

✓ A written medicine list is gold

If you do one thing, write down every medicine, its dose, and your pharmacy. It helps you, a caregiver, or a paramedic in a single glance.

Building a sensible first-aid kit

You don't need a paramedic's bag — just the everyday basics, kept together and stocked.

A good home kit handles the small stuff: cuts, scrapes, burns, blisters, splinters, and aches. Buy a ready-made kit or assemble your own in a labeled box. The point is that when someone needs a bandage in the dark, it's all in one known place, not scattered across three drawers.

Keep one in the house and a smaller one in the car. Check it now and then so it's actually stocked — an empty box helps no one.

✓ One box, one known home

Whether you buy a kit or build one, keep it together in a labeled container everyone can find. Scattered supplies are the same as no supplies when you need them fast.

What belongs in a home first-aid kit

Here's a sensible starting list to stock or check against.

- Assorted bandages, gauze pads, and medical tape.
- Antiseptic wipes and an antibiotic ointment.
- Scissors, tweezers, and a few pairs of gloves.
- A pain and fever reliever, and any allergy medicine you use.
- An instant cold pack, and a small first-aid guidebook.
- A thermometer, and any personal items your household needs.
- A list of emergencies and important phone numbers.

Add anything specific to your household — an extra inhaler space, supplies for a particular condition, or comfort items. Tailor it to the actual people under your roof.

✓ Add your household's specifics

The best first-aid kit fits your family. If someone has allergies, asthma, or a condition that needs particular supplies, make sure the kit reflects it.

Keeping a few days of medicine on hand

The most important health prep for most homes is simply not running out of a regular medicine.

Try to keep at least a few days' supply of any daily prescription on hand, so a storm that closes the pharmacy or the roads doesn't leave you short. Refill prescriptions before they hit empty, especially heading into storm season, and ask your pharmacist about keeping a small cushion.

Store the extra with your regular medicines, not buried in a kit where it might expire unnoticed, and keep an eye on the dates. This is a question for your pharmacist, who can advise on what's right for your particular prescriptions.

★ Talk to your pharmacist about a cushion

Your pharmacist can help you keep a sensible few days' buffer of your medicines. It's one of the smartest, simplest pieces of storm prep — and it's their expertise, not mine.

Write down your medicine list

One simple sheet of paper does an enormous amount of good in an emergency.

Write out every medicine each person takes: the name, the dose, how often, and what it's for, plus your pharmacy's name and number and any allergies. Keep a copy in your kit and another in a wallet or purse. If you ever can't speak for yourself, this list speaks for you.

Update it whenever a prescription changes. A paramedic, a hospital, or a caregiver stepping in can act far faster and more safely with this list in hand.

✓ Keep a copy on you and in the kit

Two copies — one in your wallet, one in the kit — means the list is there whether you're home or away when something happens.

Medicines that need to stay cold

Some medicines, like certain insulins, need refrigeration — so plan for the power being out.

If anyone in your home keeps refrigerated medicine, have a plan to keep it cool during an outage: a cooler with ice packs, and a spot to get more ice. Ask your pharmacist how your specific medicine should be stored and how long it can safely go without refrigeration — that answer varies by medicine, so get it from them, not a guess.

Our food-and-cooking guide covers keeping a cooler at a safe temperature, and our medical-device guide covers powered health equipment. For cold medicines, the key is a cooler ready to go and clear guidance from your pharmacist.

! Ask your pharmacist about cold medicines

How long a refrigerated medicine stays good without power depends entirely on the medicine. Ask your pharmacist ahead of time, and follow their guidance — never guess with something that matters this much.

Knowing when to call for help

Preparation is wonderful, but part of it is knowing when a situation is beyond a home kit.

A first-aid kit is for minor things. For anything serious — chest pain, trouble breathing, signs of a stroke, a bad fall, heavy bleeding, confusion, or bluish lips — call 911 right away. An outage is no reason to wait and see; help still comes, and calling early is always the safer choice.

! When in doubt, call 911

If someone's health seems truly at risk, don't let the storm or the outage make you hesitate. Call 911. It's always better to call and be reassured than to wait too long.

Recognizing carbon-monoxide symptoms

Since outages tempt people to burn fuel indoors, everyone should know these warning signs.

Carbon monoxide poisoning can feel like the flu: headache, dizziness, weakness, an upset stomach, confusion, or sleepiness — often in more than one person at once. If several people or pets feel sick together during an outage, especially where something's been burning, suspect carbon monoxide.

If you suspect it, get everyone into fresh air immediately, then call 911. Don't go back inside. Our carbon-monoxide guide covers alarms and prevention — the surest protection is never burning fuel indoors in the first place.

! Fresh air first, then 911

If you suspect carbon monoxide, get everyone outside into fresh air before anything else, and call 911. Do not re-enter the house until it's been cleared as safe.

Two kinds of homes, two sets of needs

A first-aid kit and a medicine plan matter everywhere. How much cushion you keep depends on how quickly you could reach a pharmacy or a hospital.

If you live in town or the suburbs

In town, a pharmacy and a hospital are usually close, so a modest medicine buffer and a standard kit cover most situations.

- A few days' medicine supply is a sensible cushion.
- Pharmacies reopen quickly, so refills are rarely far off.
- Help can reach you fast if something serious happens.
- A standard home first-aid kit is generally plenty.

If you are out in the country on a well

In the country, the pharmacy and hospital are farther, and storms can close roads — so a deeper cushion is wise.

- Keep a longer medicine supply, since a refill run is a real trip.
- Have a solid plan for refrigerated medicines during long outages.
- Know that help may take longer to arrive, so call early.
- Consider a more complete first-aid kit for farm and property mishaps.

★ Let's get your health prep organized

Whether the pharmacy is around the corner or a long drive, I'll help you organize a kit, a medicine list, and a cold-medicine plan. Call (330) 200-8042.

Everyday over-the-counter basics

Beyond prescriptions, a few common remedies are worth keeping stocked.

- A pain and fever reliever the household uses.
- An antacid and something for an upset stomach.
- Allergy medicine, if anyone needs it.
- Cough drops and a basic cold remedy.
- Any first-aid ointments and anti-itch cream.
- Rehydration drink mix for illness or hot weather.

✓ Stock what your household actually uses

Look in your medicine cabinet for what you reach for most, and keep a little extra of those. There's no need for a pharmacy's worth — just your household's usual.

Planning for special health needs

Some households need to plan a little further, and it's worth doing thoughtfully.

Think about anyone with a chronic condition, a powered medical device, mobility needs, or a demanding medication schedule. Each may need extra supplies, a device backup plan, or a way to stay in touch with a care provider. Our senior-and-caregiver and medical-device guides go deeper on planning around a specific person.

★ Everyone's needs are different

If someone in your home has particular health needs, I'm glad to help with the practical, non-medical side — organizing supplies and planning device power. Call (330) 200-8042.

Hygiene and sanitation matter, too

Staying clean is part of staying healthy when the water or power is out.

Keep hand sanitizer, wet wipes, and a little soap in your kit for when washing water is limited. Add a few garbage bags and some basic supplies in case the toilet can't flush for a while — our water guide covers using stored water to flush. Good hygiene prevents the kind of illness that turns an outage miserable.

✓ Clean hands prevent a lot of trouble

A bottle of hand sanitizer and a pack of wipes cost little and head off a lot of the stomach bugs that can spread when normal washing is harder.

First-aid for kids and seniors

The youngest and oldest in the house may need a few extra considerations.

For children, keep child-appropriate remedies and doses, and comfort items that help them feel safe. For older adults, keep any mobility or vision aids close, mind the extra fall risk in a dark house, and keep that medicine list current. A little extra care for the vulnerable goes a long way.

✓ Doses differ for children

Children's medicines and doses are not the same as adults'. Keep the right versions on hand, and follow the package or your doctor's guidance on amounts.

Keeping your kit and medicines current

Medicines expire and supplies get used — a twice-a-year check keeps everything fresh.

- Check expiration dates on medicines and first-aid supplies.
- Restock anything you've used from the kit.
- Update your written medicine list for any changes.
- Confirm you still have a few days' cushion of prescriptions.
- Make sure the cooler plan for cold medicines is ready.

✓ Check at the clock changes

Fold this into the same twice-a-year kit review where you rotate water and test lights. Fresh medicines and a stocked kit, twice a year.

Comfort and staying calm

Health in an outage isn't only physical — staying calm and comfortable matters, too.

Warmth, rest, familiar comforts, and staying connected to loved ones all help everyone weather an outage in better shape. For anyone who feels anxious in the dark or during a storm, a calm routine, good light, and reassurance go a long way. Our lighting and communication guides help with both.

✓ A calm household is a healthier one

Keeping spirits steady — with light, comfort, and check-ins — helps everyone rest and cope, which is its own kind of health care during a long outage.

Health prep for very little

The most valuable pieces here cost almost nothing.

A written medicine list is free. A basic first-aid kit is inexpensive, and you likely own many of its pieces already. Keeping a few days' cushion of medicine is just a matter of refilling on time. The biggest returns in this guide come from planning, not spending.

✓ Start with the free list

Before buying a thing, write your household's medicine list today. It's the single highest-value, no-cost step in all of health prep.

Your before-a-storm health steps

When a serious forecast lands, run this quick health check.

- ☐ Refill any prescriptions running low.
- ☐ Confirm you have a few days' supply of daily medicines.
- ☐ Check the first-aid kit is stocked and findable.
- ☐ Ready a cooler and ice for any refrigerated medicines.
- ☐ Make sure your written medicine list is current.
- ☐ Charge any powered health devices, per our medical-device guide.

✓ Refill before, not during

The pharmacy is easy to reach on a calm day and hard to reach in a storm. Top off prescriptions while the getting is good.

A gentle reminder: not medical advice

This guide helps you prepare — it doesn't replace your care team.

Everything here is about getting organized and ready. It isn't medical advice, and it can't account for your particular health or medicines. For anything about doses, storage, conditions, or symptoms, your doctor and pharmacist are the right people to ask. Build the plan with them, and this guide's structure will help it hold together.

★ I help with the practical side

I'll gladly help you organize supplies, write the medicine list, and plan device power.

For the medical questions, lean on your doctor and pharmacist. Call (330) 200-8042 for the practical help.

Your printable first-aid and medicine checklist

Everything for health prep, in one place to keep.

- ☐ A stocked first-aid kit in a known, labeled spot.
- ☐ A smaller first-aid kit in the car.
- ☐ A few days' supply of every daily medicine.
- ☐ A written medicine list: names, doses, pharmacy, allergies.
- ☐ A cooler-and-ice plan for refrigerated medicines.
- ☐ Hygiene supplies: sanitizer, wipes, garbage bags.
- ☐ Knowledge of when to call 911 and CO warning signs.
- ☐ A twice-a-year check of dates and supplies.

★ Want help getting organized?

I'll help you build the kit, write the medicine list, and plan for cold medicines and health devices — the practical side. A first visit is a flat \$99. Call (330) 200-8042.

Common Questions

The questions I hear most about health prep for outages.

Q: What should be in a home first-aid kit?

Assorted bandages, gauze, tape, antiseptic wipes, an antibiotic ointment, gloves, scissors and tweezers, a pain and fever reliever, any allergy medicine you use, a thermometer, and a small first-aid guide — plus anything specific to your household.

Q: How much medicine should I keep for an outage?

Aim for at least a few days' supply of any daily prescription, and refill before you run low, especially in storm season. Your pharmacist can advise on a sensible cushion for your particular medicines.

Q: How do I keep refrigerated medicine cold during an outage?

Have a cooler and ice packs ready, and a spot to get more ice. Ask your pharmacist how your specific medicine should be stored and how long it can go without refrigeration — that answer depends on the medicine, so get it from them.

Q: Why write a medicine list?

So you, a caregiver, or a paramedic can see at a glance what everyone takes. List names, doses, your pharmacy, and allergies, keep a copy in your kit and one in your wallet, and update it when anything changes.

Q: When should I call 911 during an outage?

For anything serious — chest pain, trouble breathing, stroke signs, a bad fall, heavy bleeding, confusion, or suspected carbon monoxide. An outage is never a reason to wait; call early, and get to fresh air first if you suspect CO.

★ Happy to help you prepare

For the practical side of health prep — kits, lists, and device power — call or text (330) 200-8042. For medical questions, your doctor and pharmacist are your best guides.

You don't have to do this alone

You just have to remember that a friendly, patient person is one call away.

I hope this guide made your first-aid and medication plan feel a little less daunting and a lot more doable. Keep it in a drawer with your other home papers, come back to a page whenever you need it, and don't worry about memorizing anything.

When you'd rather have a hand, that's exactly what I do. I come to your home, work at your pace, and never make you feel rushed or silly for asking. A first visit is a flat \$99, and for the parts that don't need me on-site I can often help right on your screen for \$49. Every visit comes with a 30-day, come-back-free guarantee. I don't do the licensed electrical or gas work myself — for that I'll help you line up a trustworthy local pro.

★ Bill's Home Tech — real help, close to home

Call or text me at (330) 200-8042, or visit BillsHomeTech.com. Serving Atwater and all of Portage County. 30+ years of patient, plain-English tech help — and if you're ever not 100% happy with a visit, I'll make it right or refund it. That's a promise. — Bill

Your Outage Health Plan

Four steps to be ready and calm



Preparation, not medical advice — ask your doctor for that.

What's in a Home Kit

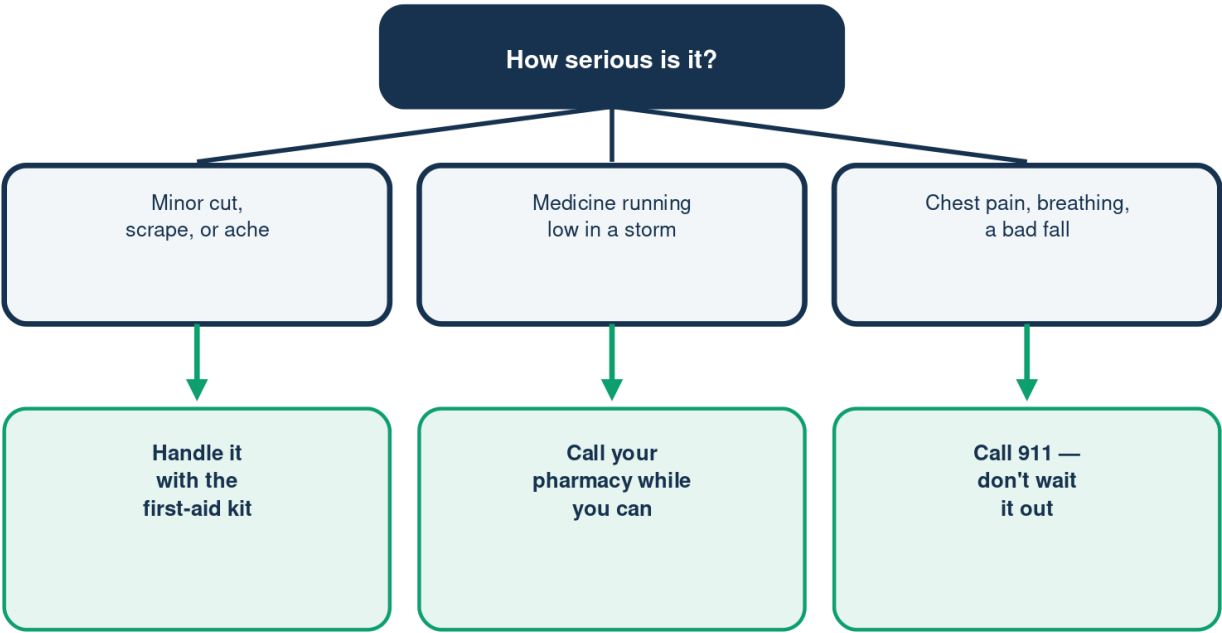
The everyday basics to stock or check

The short version	
Wound care	Bandages, gauze, tape
Cleaning	Antiseptic, ointment, gloves
Medicines	Pain relief, allergy, yours
Tools	Scissors, tweezers,
Papers	Medicine list, phone numbers

Add anything specific to your household's health.

Home Kit, or Call for Help?

Know what a kit handles and what it doesn't



Suspect carbon monoxide? Fresh air first, then call 911.

Illustration - a schematic, not to scale. Your setup may differ.

Your Medication Plan

The four things to have squared away

What to do	
Supply	A few days on hand
List	Names, doses, pharmacy
Cold meds	Cooler and ice ready
Refills	Top off before storms

Ask your pharmacist about cushions and cold storage.



Need a Real Person?

You do not have to remember all of it.
You just have to remember you can call.
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If you are not 100% happy with a visit, I will make it right -- or refund it. No awkwardness, no fine print. That is how I would want to be treated.

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— Bill

Prefer help without a visit?

Bill can screen-share and fix many things remotely — a flat \$49, free for Support Plan members.



A Note From Bill

A quick note from Bill.

I write these guides to make home tech a little less frustrating, and I do my best to keep every step accurate and up to date. Still, every home, device, and setup is a bit different, so I can't promise a guide will match yours exactly or fix your particular problem. These guides are for general information only — they're not professional, legal, or financial advice, and they don't replace your device's own manual or the manufacturer's instructions. Please go slow, use your own good judgment, and use everything here at your own risk. If a step involves electrical wiring, a gas appliance, a water heater, plumbing, or climbing a ladder — or if anything just doesn't feel safe — please stop and call a licensed professional (or give me a call at 330-200-8042). Bill's Home Tech and Bill Davis can't be responsible for any damage, data loss, or injury that comes from using these guides. Thanks for reading, and stay safe out there.

— *Bill*



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