

# HAMILTON COUNTY PUBLIC HEALTH Emergency Car Kit

## Safety Signals

Include safety items that will help you if it's dark and you have to get out of your vehicle for any reason. These items will make you more visible to other motorists.

- **Reflective emergency triangles** to place on the road behind your vehicle.
- **Road flares** – these should only be used for a warning signal and should NEVER be used for light.
  - Once a road flare has been lit, make sure you set it on a non-flammable surface, like pavement.
  - The by-product from flares drips to the ground and may cause a fire if it lands on flammable material such as grass or near a gas leak.
  - Fumes from road flares are dangerous and should only be used outdoors in a well-ventilated area.
- **Battery-powered clip-on reflector or reflective tape** in case you need to walk a distance or make repairs in the dark.



HAMILTON COUNTY  
PUBLIC HEALTH

Hamilton County Public Health 250  
William Howard Taft Road 2nd Floor  
Cincinnati, OH 45219

513.946.7800  
www.HCPH.org



@HamCoHealth



## Get ready!

An emergency car kit can be used for emergencies like flat tires or to jump start a stalled car. It can also be used if you ever need to evacuate. Store the kit in a small plastic container with a lid, or in a duffel bag or backpack.

### Your car emergency kit should have:

- Food – non-perishable items, protein bars, packaged nuts and seeds, dried fruit
- Water
- Maps – State and Local
- Poncho or rain coat, umbrella
- Small toolkit – pliers, wrench, screwdrivers, multi-purpose knife, Duct tape, jumper cables, and a rope or towline
- Pen and paper to leave a note if you go for help
- Blanket
- Flashlight or light sticks
- Car charger for cell phone
- Small amount of cash, including coins
- Toilet paper, roll of garbage bags, and hand wipes or hand sanitizer
- Tire pressure gauge, tire jack, and a well-maintained spare tire
- Battery-operated radio with extra batteries
- Heavy duty work gloves



## Be cold weather ready!

### During the winter months:

- Never leave home without a coat, even if it's a short trip.
- Add extra sets of gloves, hats, scarves, and snow boots to your kit.
- Include an ice scraper for your windows, and a small shovel and bag of kitty litter or sand in case you get stuck and need traction in the snow.



## First aid kit

A first aid kit for the car can have lots of uses either during everyday events or during an emergency. Store your first aid kit in a container in the trunk, and check items every six months.

### Your first aid kit should have:

- Basic first aid book
- Band-Aids, all sizes
- Rolled bandage
- Sterile gauze pads
- Medical tape
- Disposable gloves
- Scissors
- Instant cold packs
- Antibacterial ointment
- Antiseptic wipes
- Sunscreen
- Non-prescription medications like pain relievers, antacids, and antihistamines
- Bug sting relief
- CPR assistance mask with a one way air valve