



Uzhhorod Council: Contents for First Aid Kits (Please print for your convenience)

First Aid Kits for Uzhhorod, Ukraine

Uzhhorod is located in the most western part of Ukraine and is a sister city to Corvallis, Oregon. The city has been free from any missile strikes and because of its safer location, 80,000-100,000 Ukrainian people have settled in the Uzhhorod area as they seek shelter from their ravaged cities. They are called IDPs or Internally Displaced Persons and most are women and children. Many of them traveled to Uzhhorod with only a coat on their back or a small suitcase. These IDPs in Uzhhorod are living in shelters such as gyms, schools, dorm rooms, etc. They have requested first aid kits.

Corvallis Sister Cities Association-Uzhhorod Council is gathering specific items for **500** kits. These kits will be put together at a **Community “Packing Party” on Saturday, April 8th at Letitia Carson Elementary, 2701 NW Satinwood St., Corvallis between 10 am and 1 pm.** Come for as long as you can. Volunteers will either carry the kits in suitcases to Uzhhorod or they will be shipped via Meest Shipping. These are the items being collected for the kits:

Items to Gather for the First Aid Kits for Uzhhorod, Ukraine

- 1 tube of Chapstick
- 1 - 4 oz. bar of soap
- 1 manicure set w/ tweezer, trimmer
- 1 tube .33 oz. triple antibiotic cream
- Antidiarrheal tablets (non-narcotic)
- 1 - 1 oz. tube of eczema cream (hydrocortisone cream)
- 1 - 1.25 oz tube of antifungal cream (clotrimazole)
- Container of chewable antacid tablets (ca. 55 tablets)
- Container for allergy relief tablets (ca. 36 tablets)
- Container of ibuprofen tablets (ca. 40 tablets)
- Container of naproxen tablets (Aleve) (ca. 40 tablets)
- Container of acetaminophen tablets (Tylenol) (ca. 100 tablets)
- Menthol cough drops
- 1 roll 3" wide, 5 yd. elastic bandage
- 1 role of medical tape, 1"x 10 yds.
- Ear swabs (Q-tips)
- Bandages of various sizes
- Packets of hand sanitizers
- 1 thermometer – small, oral digital
- Gauze- pads and 2-inch rolls
- 2-inch roll of Coban
- Small scissor
- 1 toothbrush and tube of toothpaste (ca. 2 oz.)
- Small container of saline nasal spray
- 1 tube of Calamine lotion. ca. 1 oz.

- 1 tube of zinc oxide
- 1 magic towel (to rehydrate) for the children for fun
- Small sewing kit (Example: : https://www.amazon.com/Embroidex-Sewing-Home-Travel-Emergencies/dp/B00MG5FZWA/ref=sr_1_2_sspa?crd=2Z844MKNG5GUB&keywords=Embroidex+sewing+kit&qid=1678123666&s=arts-crafts&srefix=embroidex+sewing+kit%2Carts-crafts%2C143&sr=1-2-spons&psc=1&spLa=ZW5jenlwdGVkUXVhbGlmaWVyPUFVNUUwNE8zNE9SNkkmZW5jenlwdGVkSWO9OTA3MDO1NDExRDhNUUJFM05JUFdOJmVuY3J5cHRlZEFkSWO9OTAzNjEyMjUyMjFDNktaODFGMzZFJndpZGdlE5hbWU9c3BfYXRmJmFjdGlvbj1jbGlja1JlZGlvZWNoJmRvTm90TG9nO2xpY2s9dHJlZQ==)

And here are the drop-off sites:

- Corvallis Family Medicine, 2400 NW Kings, Corvallis
- Citizens Bank-Circle Branch, 978 NW Circle, Corvallis
- London's Automotive, 855 SW Western, Corvallis
- Corvallis Indoor Park@First Presbyterian, 114 SW 8th St., Corvallis
- Grass Roots Books/Music, 227 SW 2nd, Corvallis
- Philomath Family Medicine, 1219 Applegate, Philomath
- Philomath Family Services, 360 S. 9th, Philomath

FYI: Corvallis Sister Cities Association is a tax-exempt, 501(c)(3) organization.

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