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Update Your First-Aid Kit

By Kathryn M. Tyranski

Rating: ★★★★★ (15 votes) [Rate this!](#)

Saving your own life or someone else's is serious business. Here, some innovative products, in every price range, to help.

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BloodSTOP, a high-tech bandage, interacts with your platelets and forms a clear gel to stop bleeding. (\$15 for 10, lifescienceplus.com)

Action Plans

The Home Emergency Pocket Guide has easy-to-follow instructions for every scenario, from how to treat bumps and bruises to what to do during a tsunami. (\$17, informedguides.com)

i really enjoyed the article on "Saving Your Life". The "Update Your First Aid Kit" slide show was especially

By nruffels, on 05/19/2008

Regarding "Saving Your Own Life" in the June issue, subtitle "Heart Attack:" This short piece describes

By Batanna, on 05/14/2008

I really appreciated the article about "Saving your Own Life" in the June 2008 issue. I've often thought

By dovequil, on 05/13/2008

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