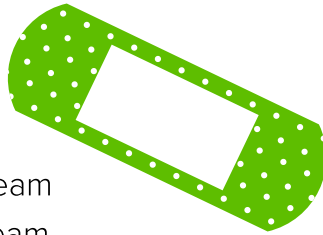


# Your Essential Family *First Aid Checklist*

## *Creams and Ointments*

- Calamine
- Vaseline
- Bonjela
- Arnica
- Antiseptic cream
- Cortisone cream
- Eye drops / ointment



## *Fever and Pain*

- Thermometer
- Paracetamol
- Ibuprofen
- Pain relieving spray
- Rehydration salts
- Anti-diarrhoea medication
- Aspirin (not for under 16s)

## *Bleeding and Wounds*

- Plasters, in various sizes
- Antiseptic wipes
- Sterile gauze dressings
- Rolled bandages, in various sizes
- Arm sling
- Eye pad

## *Skin Care*

- Bug spray
- Sting / bite soothing cream
- Antihistamine
- Sunscreen
- After sun
- Aloe vera
- Wet wipes
- Ice pack

## *Colds & Flu*

- Honey & glycerine
- Decongestant
- Cough medicine
- Nasal spray
- Nasal aspirator

## *Miscellaneous Supplies*

- Hand sanitizer
- Cotton swabs
- Scissors
- Tweezers
- Adhesive tape
- Safety pins
- Nit comb
- Disposable sterile gloves
- Prescription medications

## *Burns*

- Burn relief ointment
- Burnshield
- Aloe vera cream
- Vitamin E cream

