

HOME MEDICINE CHEST

First Aid

Adhesive Tape	$\frac{1}{2}$ " and 1" wide
Alcohol	To be used for sterilizing skin or needles
Band-aids	To cover open wounds
Elastic Bandages	To support a sprained ankle or wrist
Gauze Bandages	Both regular and non-stick type
Insect Repellant	Use repellant with no more than 10% DEET
Needles/Tweezers	For removing splinters and ticks
Small scissors	
Soap	Soap and water are just as good as hydrogen peroxide for cleaning wounds
Sunscreen	Cover children with sunscreen throughout the year, especially during summer months with increased sun exposure. Choose a children's product with SPF 15-30, both UVA and UVB protection and NO PABA.
Triangular Bandage	For an arm injury or use as a tourniquet

Non-Prescription Medications

Acetaminophen (Tylenol)	Reduces fever and eases the pain of teething, insect stings and sunburn. Do NOT give ASPIRIN. Aspirin has been associated with Reye Syndrome (a rare but serious illness that effects the liver).
Antibiotic cream	Prevents cuts, scraped and minor burns from becoming infected
Benadryl	Helpful for rashes and itching
Calamine Lotion	Relieves itching of chicken pox, poison ivy and bug bites
Cold and Cough Medicines	These are not recommended for infants less than one year. Consult you pediatrician before using.

Piedmont Pediatrics
900 Rio East Court ♦ Suite A ♦ Charlottesville, VA 22901
434-975-7777 ♦ fax 434-975-7774

Gastrointestinal Medicines	Are not routinely recommended for children; many of them contain aspirin.
1% Hydrocortisone Cream	Can soothe bug bites, poison ivy and other itchy rashes.
Ibuprofen (Advil/Motrin)	Reduces fever and eases pain, especially from injuries. Do not use in infants less than 6 months old.
Activated Charcoal	This absorbs some toxins. DO NOT give without calling Poison Control first.
Saline Nose Drops	Helps clear stuffy noses. It is especially helpful before feedings and at bedtime. <i>Home Recipe:</i> Mix $\frac{1}{4}$ tsp salt with 1 cup water. Drop 1-2 drops into each nostril. Suction with bulb syringe.

Supplies

Bulb Syringe	For suctioning out baby's nose when he has a cold
Cotton Balls	Convenient for cleaning eyes and for applying lotions and antiseptic solutions
Cotton swabs	Do not insert swab into ear canal as it can injure the eardrum. They can be used to clean the outside of the ear if a washcloth is not adequate.
Diaper Rash Ointment	Helps heal red chafed skin
Dosing syringe	Adequate and safe way of measuring medication. 1 teaspoon = 5 ml = 5 cc
Humidifier	Helps add moisture into the air; helpful with cold symptoms
Thermometer	Use a rectal thermometer for infants and children under the age of two and an oral/axillary one for older children