MEDICINE CABINET CHECKLIST

To prepare for minor childhood injuries as well as common illnesses, keep your medicine cabinet stocked with the following essentials.

### Medications
- 1% HYDROCORTISONE CREAM
- ANTIBIOTIC CREAM
- ANTIHISTAMINES (Zyrtec® or Benadryl®)
- COUGH AND COLD RELIEF (for children 12 years and older)
- NASAL SALINE DROPS OR SPRAY
- PAIN AND FEVER REDUCERS (ibuprofen or acetaminophen)
- PEDIALYTE®
- PETROLEUM JELLY PRODUCTS (Vaseline® or Aquaphor®)
- SUNSCREEN

### First Aid Tools
- ALCOHOL WIPES
- BANDAGES IN A VARIETY OF SIZES
- COTTON BALLS/SWABS
- EYEWASH CUP FOR EYE INJURIES
- GAUZE
- ICE AND HEAT PACKS
- SMALL BOTTLE WITH WATER FOR RINSING CUTS
- SELF-ADHESIVE WRAPS FOR MINOR SPRAINS
- TWEEZERS
- WIPES AND TISSUES

### Other Tools
- MEDICATION DISPENSER (syringes or cups or droppers)
- NASAL SUCTION BULB OR TUBE
- THERMOMETER
- WATERPROOF SICKNESS BAGS OR A REUSABLE CONTAINER

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