

# FIRST AID: your Home checklist



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When the need arises, you want to have effective treatments at home that can help with everyday cuts, scrapes, burns and aches. Use this guide to check that your home is prepared.

- Antiseptic/antibacterial cream/ointment
- Adhesive strip dressings for small cuts/grazes eg. Elastoplast
- Liquid film dressing for hard to bandage areas eg. Liquid Bandage
- Waterproof island dressing (water and bacteria-proof) for wounds that heal best in moisture to minimise scarring eg. Cutifilm Dressing
- Stretch bandage and bandage clips or safety pins
- Sterile non-stick pad for larger wounds eg. Telfa pads
- Strip tape eg. Leukoplast, Micropore
- Skin closures/Steri-strips
- Burn & sting cream
- Barrier cream/lotion eg. Silic 15
- Pain relief tablets or liquid (adults/children respectively) eg. paracetamol, ibuprofen – ask your Unichem pharmacist what is best for your family
- Anti-histamines for allergies or stings
- Throat lozenges
- Throat gargle
- Cough mixture – check with your Unichem pharmacist for products which best suit different age groups and types of coughs
- Electrolyte replacement solution for dehydration
- Nasal spray
- Cold sore cream
- Muscle pain relief creams
- Migraine medicine – ask your Unichem pharmacist about the appropriate medicine for your family
- Eye wash and eye bath
- Lubricating eye drops
- Triangular bandage
- Compression bandage
- Disposable gloves
- Tweezers
- Scissors
- Thermometer
- Ice pack

## FURTHER RECOMMENDATIONS FOR YOUR HOME:

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