

What should you have in your medicine cabinet?

Pain Relief

Painkillers such as aspirin, paracetamol and ibuprofen are excellent at helping most minor aches and pains, such as headaches and period pains.



These medicines can help with ailments such as colds and reducing aches and high temperatures. These three medicines also help reduce the swelling caused by arthritis and sprains.

Aspirin should not be given to children under 16. Paracetamol and ibuprofen can be bought as a liquid for children.

Oral rehydration salts

Fever, diarrhoea and being sick can cause us to lose water and make us dehydrated.



If you have these symptoms and are struggling to eat and drink, oral rehydration salts can help relieve discomfort and tiredness.

There are also treatments available for children, ask your local pharmacy for advice.

Indigestion treatment

If you have stomach ache, heartburn or trapped wind, taking an antacid will help.



Antacids come as chewable tablets, tablets that dissolve in water or as a liquid.

Antihistamines



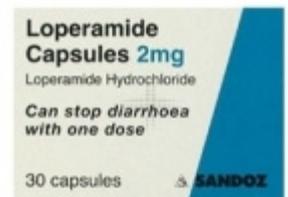
These are useful for dealing with allergies and insect bites.

Antihistamine cream - can soothe insect stings and bites and rashes and itching from nettles

Antihistamine tablets (liquid for children) - can help control hay fever symptoms. They can also help with itchiness during chickenpox.

Anti-diarrhoea tablets

Diarrhoea can be caused by many things including food poisoning or a stomach virus.



Anti-diarrhoeal medicines can control the effects but won't deal with the cause.

The most common medicine is loperamide (sold under many names e.g. Imodium and Diasorb).

These are not suitable for children under 12.

Sunscreen

You should always keep a stock of sunscreen which is at least factor 15.

It is also important that your sunscreen provides UVA protection.



What should you have in your first aid kit?

Bandages

These can support injured limbs, such as a sprained ankle or wrist.

You can also use them to apply pressure to larger cuts.

Sterile dressings

Larger injuries should be covered with a sterile dressing to prevent infection until treatment can be given.

Medical tape

This can be used to secure dressings.

Plasters

It is useful to keep a range of sizes. Waterproof ones if possible.

Tweezers

Useful for taking out splinters. If splinters are left in, they can cause discomfort and become infected.



Eyewash solution

You can use this to wash out grit or dirt in the eyes.

Thermometer

A thermometer is extremely useful for checking whether you have a high temperature.

Digital thermometers that you put in your mouth provide very accurate readings. A thermometer placed under the arm or in the ear is a good way to read a baby or young child's temperature.

Antiseptic

Can be bought as a liquid, cream or as wipes.

This can be used to clean cuts before they are dressed (bandaged). Can also be used to treat things like insect stings, ulcers and spots.