

Home first aid kit



Equipment and Instruments

- ◯ Gloves
- ◯ Tweezers
- ◯ Cotton swab
- ◯ Penlight
- ◯ Thermometer
- ◯ Thermal blanket
- ◯ Goggles
- ◯ Surgical mask

Cuts and Scrapes

- ◯ Waterproof
- ◯ For children
- ◯ Extra flexible
- ◯ Hypoallergenic
- ◯ Sensitive
- ◯ Hand sanitizer
- ◯ Hydrogen peroxide or saline wound wash
- ◯ Adhesive bandages
- ◯ Woven elastic bandage
- ◯ Butterfly closure bandage
- ◯ Spray plaster
- ◯ Bandage scissors

Bleeding

- ◯ Dressing pad or dressing
- ◯ Gauze dressing
- ◯ Bandage
- ◯ Medical grade tape
- ◯ Small scissors

Burns & Scalds

- ◯ Cooling gel
- ◯ Cling film
- ◯ Medical grade tape
- ◯ Cotton sheet
- ◯ Paracetamol or ibuprofen

Sprains & Strains

- ◯ Triangular bandage
- ◯ Crepe rolled bandage
- ◯ Safety pins

Eye Injuries

- ◯ A foreign object has pierced the eyeball
- ◯ There is a significant loss of vision
- ◯ There is clouding of part of the eyeball
- ◯ Penlight
- ◯ Sterile eye wash
- ◯ Paracetamol or ibuprofen

Stings and Bites

- ◯ Fever
- ◯ Difficulty breathing and/or rapid heartbeat
- ◯ Nausea and vomiting
- ◯ Swelling of the lips and throat
- ◯ Confusion
- ◯ Loss of consciousness
- ◯ Tweezers
- ◯ Soap
- ◯ Antiseptic
- ◯ Hydrocortisone cream or calamine lotion
- ◯ Antihistamine
- ◯ Aspirin

Colds and Flu

- ◯ Nasal spray
- ◯ Benzydamine spray or mouth rinse
- ◯ Aspirin, paracetamol, or ibuprofen

Listonic

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