

Be aware. **And prepared.**

CHILDREN'S FIRST AID KIT

Medical drugs*

- Painkillers: Acetaminophen (Paracetamol) or Ibuprofen (Advil, Dolormin)
NOTE: Never give Aspirin to children or adolescents under 20 years.
- Antipyretic drugs: Acetaminophen (Paracetamol) or Ibuprofen (Advil, Dolormin)
- Anti-Diarrhoea drugs: Imodium (Loperamid), Kaolin)
- Cough mixture (Sirup or tablets)
 - Expectorants (give only during day time hours)
 - Prospan Hustensaft - plant based
 - Acetylcysteine (ACC) - only after professional assessment
 - Suppressants (lozenges)
 - Kinder EM Eukal Bonbons for younger children
 - EM Eukal Bonbons Husten und Heiserkeit for older children
- Decongestant spray (Otriven, Nasivin, Triofan): in case of ear ache
- Antihistamines: Fenistil, both topical (Fenistil Gel) and as drops (Fenistil Lösung), tablets Loratadin (Claritin), Cetirizin (Zyrtec)
- Against sore throat: lozenges (EM Eukal Hals und Stimme, e.g. Salbei (sage) or Honig (honey))
- Cream (Bepanthen Salbe)
- Disinfectant ointment (Betadine, Octenisept)

* Brand names are examples of available products in Switzerland only and do not suggest exclusivity.

First Aid equipment

- Sterile dressings (Wundschnellverband) 4 and 6 cm
- Gauze bandages (Mullbinden) 2 and 4 cm
- Elastic bandages (elastische Binden) 2 and 4 cm
- Band aid, plaster
- First aid packages (Verbandpäckchen)
- Triangular bandage
- Disinfectant or antiseptic wipes
- Rounded scissors
- Disposable gloves
- Instant cool packs or cooling spray or bag of frozen peas (labelled as First Aid equipment)
- Hot water bottle or cherry pit cushion
- Cotton wool (Verbandwatte)
- Dentosafe Box* (for tooth)

Remember: a knocked out tooth has to be kept moist: transport in milk, or in mouth if box is not available

Other

- Emergency number list next to phone
- First Aid handbook
- Bath thermometer
- Thermometer
- Tweezers (to remove splinters)
- Safety pins in various sizes
- Tissues
- Electrolyte solution to hydrate
- Insect repellent
- Sunscreen

Gentle Remedies

- Calendula cream
- Arnica stick or cream
- Peppermint tea
- Thyme and sage, dried herb
- Equipment needed for compresses and poultices and inhalation

Safety check

Regularly check expiry dates and replace expired equipment

Remember:

Sterile dressings are also supplied with an expiry date!

Carefully read the patient information leaflet of a drug before administering it.

Do not use prescription medication without having discussed them with your doctor!

Disturbances in consciousness, severe bleeding, inflammation, and pain and high fever require professional attention.