



FIRST AID KIT

- REHYDRATE:** electrolyte drinks (pedialyte, gatorade, nuun tablet)
- ITCHY SKIN/RASHES:** hydrocortisone topical ointment/cream (cortizone-10)
- ITCHY SKIN/RASHES:** oatmeal bath packets (aveeno soothing bath)
- ITCHY SKIN:** calamine lotion
- ALLERGIC REACTIONS:** antihistamine (benedryl, claritin, allegra, zyrtec)
- COUGH/SORE THROAT:** cough drops
- COUGH SUPPRESSANT:** cough medicine (delsym, robitussin – dry cough)
- PAIN RELIEF/REDUCE FEVER:** acetaminophen (tylenol)
- PAIN RELIEF/REDUCE FEVER/REDUCE INFLAMMATION:** ibuprofen (advil, motrin)
- UPSET STOMACH:** antacid (tums)
- DIARRHEA:** loperamide hci (immodium)
- HEARTBURN/NAUSEA/UPSET STOMACH:** bismuth subsalicylate (pepto bismol, kaopectate)
- NAUSEA:** dimenhydrinate (dramamine, anti nausea suckers)
- NAUSEA:** nausea wristband (sea-band wristband)
- REDUCE THE RISK OF SKIN INFECTIONS:** triple antibiotic ointment (neosporin)
- MEASURES THE OXYGEN LEVEL IN THE BLOOD:** pulse oximeter

thermometer	gloves	tweezers	alcohol wipes
insect bite swabs	cold packs	sunscreen	burn gel
bandaids	butterfly closures	bandage scissors	aloe gel
medical tape	sterile gauze		

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