

# WHAT'S IN YOUR KIT?

ESSENTIAL THINGS FOR YOUR HOME FIRST AID KIT

## Stomach problems



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### Indigestion remedies

Over-the-counter remedies for indigestion include antacids, which counteract stomach acid. This is available in liquid and tablet form.



### Rehydration drinks

Used to treat dehydration caused by diarrhoea, vomiting, or excessive sweating by replenishing lost fluids and electrolytes.

They are easy to use and can help with preventing severe dehydration, especially in children and the elderly.



**SPEAK TO YOUR COMMUNITY PHARMACY FOR MORE ADVICE ON MEDICINES.**

**IF SELF-CARE DOESN'T HELP OR THINGS GET WORSE, SEE YOUR LOCAL PHARMACY, YOUR GP OR CALL NHS 111 WHICH PROVIDES AN OPTION FOR URGENT CARE FROM HOME.**

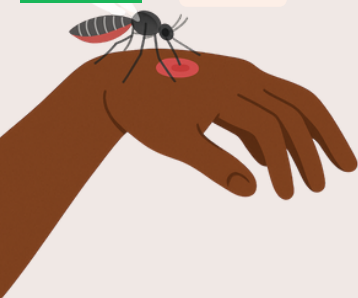
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## Allergies & insect bites

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### Anti allergy tablets

Used to relieve symptoms of allergies, such as sneezing, itching, and runny nose. Works by blocking the action of histamine in the body.

Some tablets can cause drowsiness and sedation, so it's important to avoid driving or operating heavy machinery after taking them and to follow dosage instructions on the box.



### Anti allergy creams

Applied to skin to relieve itching and skin irritation caused by allergic reactions, insect bites, or rashes. They provide localised relief and are generally considered safe for short-term use.



It's important to follow the instructions on the label and avoid using them on broken or infected skin.

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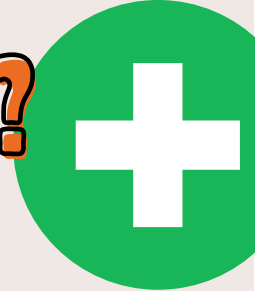
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## Coughs and colds



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### Simple pain relief

Over the counter medications like paracetamol, ibuprofen and cold and flu remedies.

Paracetamol is used to relieve mild to moderate pain and reduce fever.

Ibuprofen helps with pain, inflammation, and swelling.

Always check cold and flu remedies as they usually have a combination of medication in them.

It's important to follow the dosage instructions on the box to avoid potential side effects.

### Digital thermometer



Useful at home for quickly and accurately monitoring body temperature and fever.

### Decongestants

Used to relieve symptoms of a blocked nose, making it easier to breathe. It works by narrowing the blood vessels in the nose which reduces swelling.

They are commonly used to alleviate symptoms of colds, allergies, and sinus infections, providing quick, temporary relief.



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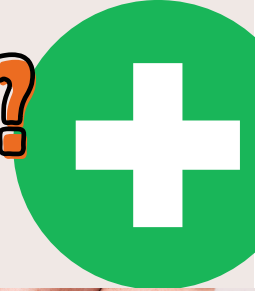
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## Cuts and wounds



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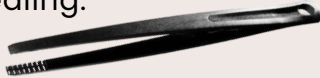
### Antiseptic cream or spray

Used to prevent infection in minor cuts, scrapes, and burns by killing bacteria and promoting healing.



### Tweezers

Used for removing foreign objects like splinters, glass or debris from skin. Can also be used to handle dressings.



### Bandages

Used to cover wounds, control bleeding, and support injured limbs, helping to protect and stabilize the affected area.



### Waterproof plasters & Sterile dressings

Used to cover and protect minor cuts, wounds, and abrasions, preventing infection and promoting healing.



### Eye wash solution

Used to rinse and cleanse the eyes, helping to remove irritants, chemicals, or debris and alleviate discomfort.



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## Top tips to look after your kit



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**Have a labelled, lidded box for your first aid kit**  
e.g. Tupperware, old ice cream tub or a purpose built first aid box



**Store it out of children's reach, in a cool, dry place where adults can easily access it**  
Ideally not the bathroom as it is often too warm



**Always check the instructions on medicine packets**



**Regularly check the expiry dates of medicines**



**Return any unwanted medicines to your local pharmacy**  
**Do not put in the bin or down the sink!**

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