

First-Aid Checklist

The following First-Aid Checklist lists the items you may need some time in the next year or two:

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- _____ Acetaminophen (Tylenol or another brand), in liquid, chewable, or suppository form. (Children should not be given aspirin or anything containing aspirin and take special care to follow your pediatrician's instructions regarding dosage and frequency.)
- _____ Adhesive bandages of various sizes (for cuts and scrapes)
- _____ Adhesive tape (for holding nonstick bandages in place)
- _____ Antibacterial first aid cream
- _____ Antiseptic liquid soap (for washing your own hands before and after administering first aid)
- _____ Calamine lotion or other soothing lotion (for cooling the skin and reducing itching from sunburn or rashes)
- _____ Calibrated medicine dropper, spoon, or syringe
- _____ Cotton balls
- _____ Family medical guide (this isn't it)
- _____ Ice pack (to reduce aching or swelling)
- _____ Nonstick bandages (1-2") (for larger wounds)
- _____ Rectal thermometer (An expensive tympanic thermometer is far quicker and easier to use, but it may not be as accurate. So even if you decide to spring for a tympanic thermometer, you should probably get a rectal one too.)
- _____ Scissors (for cutting bandages, gauze, and tape)
- _____ Spray for relieving the pain of bee stings and insect bites
- _____ Sterile gauze or gauze pads
- _____ Syrup of ipecac (to be used only under the explicit instructions of your doctor or poison control center to induce vomiting in case of poisoning)
- _____ Topical pain reliever for teething (herbal or medicinal)
- _____ Tweezers and needles (for removing splinters)