

Medicine Cabinet

We feel it is important that all families should keep a reasonably stocked medical cabinet at home to deal with minor ailments.

Please read the instructions and cautions on the medication before you decide to use them and consult your community pharmacist if in doubt.

Remember all medicines should be stored in a box or cupboard with a lock and kept well out of the reach of children. Always check the expiry dates on medicines.

Suggested items for such a cabinet are:

- **Paracetamol tablets**
Useful for headaches, fevers, colds, sore throats, painful bruises, aches and pains
- **Paracetamol mixture (ie Calpol, Disprol)**
For relief of pain and fever in babies and young children.
- **Ibuprofen (tablets or syrup)**
Also for pain and fever in adults and children.
- **Electrolyte sachets (Dioralyte)**
For use in diarrhoea and vomiting.
- **Menthol or similar inhalants**
For mixing with hot water to make steam inhalations for treating dry and painful coughs, catarrh and sinusitis.
- **Vapour rub/Karvol capsules**
For relieving stuffy noses and dry coughs
- **Antiseptic solution**
For cleaning cuts and grazes.
- **Antiseptic cream**
For treating grazes, bites and septic spots.
- **Calamine lotion**
For insect bites, stings, itchy rashes and sunburn.
- **Antihistamine tablets**
For bites and itchy rashes.
- **Elastoplast**
Dressing for minor cuts.
- **Crepe bandage**
To support bruised and sprained joints.
- **Cotton wool**
For cleaning cuts and grazes.
- **A Thermometer**