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## FIRST-AID KIT

The most appropriate time to plan for an emergency is before it happens. During a crisis situation one is very likely to become upset, confused and disoriented. It is important to have all important telephone numbers handy. Write all the important phone numbers in bold and dark ink or have a printout. Feed all important numbers in your cell phone.

You should keep a first-aid kit in your home. You should have following items in your first-aid kit

Sterile gauze pads of different sizes	Adhesive tape	Adhesive bandages in several sizes	Elastic bandage
A splint	Antiseptic wipes	Soap	Antibiotic ointment
Antiseptic solution (like hydrogen peroxide)	Hydrocortisone cream (1%)	Tweezer	Sharp scissors
Safety pins	Calamine lotions	Alcohol wipes	Thermometer
Plastic non-latex gloves	Flashlight and extra batteries	A blanket	Cotton

## MEDICINES AT HOME

<u>MEDICINE</u>	<u>Newborn-1 year</u>	<u>1-8years</u>	<u>Above 8 years</u>
<u>Crocin</u>	<u>Drops</u>	<u>Suspension</u>	<u>Tablet</u>
<u>Colicaid</u>	<u>Drops</u>	<u>Syrup</u>	
<u>Cyclopam</u>			<u>Tablet</u>
<u>Ondem</u>	<u>Syrup</u>	<u>Syrup</u>	<u>Tablet</u>
<u>Phenzee/Phenergan</u>	<u>Syrup</u>	<u>Syrup</u>	
<u>Nasoclear drops</u>	<u>Nasal Drops</u>	<u>Nasal drops</u>	
<u>Otrivin-P</u>		<u>Nasal drops</u>	<u>Nasal drops</u>
<u>Ibugesic</u>		<u>Syrup</u>	<u>Tablet</u>