

## Medicines to Stock at Home

Here is a list of useful medicines and dressings with a description of their uses. All are quite cheaply priced and are worth stocking at home in readiness for minor illnesses.

Keep them in a box or cupboard with a lock – or store them well out of the reach of children.

### Soluble Aspirin Tablets:

For use by adults and children over 12 years old. They are especially good for headaches, colds, sore throats and painful bruises.

### Paracetamol Mixture:

For relief of pain or fever in young children

### Sedative Cough Linctus:

For dry or painful coughs – but not coughs caused by common colds.

### Vapour Rub:

Used for steam inhalations. Also useful for children with stuffy noses or dry coughs. Rub on the chest and nose

### Ephedrine Nose Rub:

For runny noses in children over one year old. Use before meals and at night but not for more than four days.

### Antiseptic Solution:

One teaspoon diluted in warm water for cleaning cuts and bruises.

### Antiseptic Cream:

For treating septic spots, sores in the nose and grazes.

### Calamine Lotion:

For dabbing (not rubbing) on insect bites, stings and sunburn.

### Dressing Strips:

For minor cuts.

### 3" Wide Crepe Bandage:

To keep dressings in place. To support Sprained or bruised joints.

### Cotton Wool:

For cleaning cuts and grazes.

### Thermometer:

For fevers.

### Tweezers:

For removing splinters.