

First aid kit

What should be included?

Your home medicine cabinet should only contain basic medicines, first aid supplies, and the usual treatments taken by members of your household.

Basic medicines include:

- fever reducers (paracetamol in different forms, for adults or children),
- an anti-inflammatory (such as ibuprofen),
- and a product to relieve insect bites (calamine lotion).

All medicines should be in their **original packaging**, with the package insert (never loose pills or unlabeled products).

If someone in the household takes **regular medication**, only the necessary amount should be kept and stored in an orderly manner.

For **wound care**:

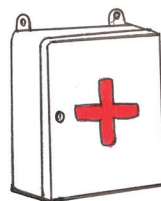
- a disinfectant (chlorhexidine),
- a pack of gauze,
- adhesive tape,
- band-aids,
- and round-tipped scissors.
- It is advisable to add sterile gloves to prevent possible infections
- and a thermometer.

This is a good place to store creams for **before and after sunbathing**.

When you are ill, it will be necessary to consult healthcare professionals; therefore, you should add a piece of paper or sticker with the **emergency telephone number** and the number of your **local health center** to the first aid kit.

Where should it be stored?

- In a compact container that protects the contents well.
- It should not be locked or have codes that make it difficult to access in case of need.
- In a place that is **inaccessible to children**.



Children should not have access to the first aid kit



- It should be a **clean, dry place, protected from light and heat**. It is not suitable to keep it in the kitchen or bathroom.

- Everyone who may need it should know where it is.

Checking the first aid kit:

It should be checked regularly, especially the expiration dates (**at least every six months**), and any items that have been used should be replaced.

Take any medicines you no longer need or that have expired to the pharmacy or medicine collection points (**SIGRE points**).

The first aid kit is not a place to store leftover medicines from the past.

And in the car?

In the car, you only need to carry basic first aid supplies (disinfectant, gauze, bandages).

Keep an eye on the condition of these supplies, as they may be exposed to extreme temperatures in the car.

And before going on a trip?

Before going on vacation to other countries, it is necessary to obtain information and consult tropical disease prevention and treatment centers in advance.