



# Self-care medicines & supplies for children

It's good to be prepared for minor cuts, stings, and viruses that children commonly have.

- Store items in a dry place and out of children's reach.
- Check the expiration dates often. Dispose of and replace outdated items.
- The best way to dispose of expired or unused medicines is through a drug take back program. Check with your local pharmacy or law enforcement office for local take back programs.
- Find out what kind and how much of each medicine you can give your child. Ask your child's doctor. Ask the pharmacist. Read and understand the medicine's label. Brand names are often listed. Store brands are just as effective.



## OVER-THE-COUNTER MEDICINES

- Acetaminophen. An example is Children's Tylenol®. Or have ibuprofen. Examples are Children's Advil® and Children's Motrin®. Stock the right kind for your child's weight.
- Antihistamine tablets or syrup. An example is Benadryl®.
- Decongestant tablets or liquid. Do not give to children under 2 years old. An example is Dimetapp®.

## BASIC SUPPLIES

- Antibiotic ointment
- Antiseptic ointment or wipes
- Bandages of different sizes
- Eye dropper
- Medicine spoon & dropper
- Cold pack
- Cotton-tipped swabs
- Elastic wrap and closures
- Face masks and COVID test kits
- Flashlight
- Roll of adhesive tape
- Rubbing alcohol
- Sterile gauze pads and a roll of gauze
- Sunscreen with an SPF of 30 or higher
- Thermometer (rectal for up to age 3 and oral for older children)
- Tongue depressor
- Toothache medicine. An example is Anbesol®.
- Tweezers
- Vaporizer (cool mist)

