

MEDICINES TO KEEP AT HOME to treat children

(IT IS IMPORTANT TO KEEP ALL MEDICINES LOCKED AWAY AND OUT OF YOUR CHILD' REACH)

- junior paracetamol (e.g. calpol/disprol)
- thermometer
- karvol or snuffle babe
- calamine lotion
- antiseptic cream
- cotton wool
- dressing strips / plasters
- dioralyte or rehidrat
- suntan lotion/cream - minimum factor 30

MEDICINES YOU CAN KEEP AT HOME OR WHICH ARE AVAILABLE DIRECT FROM THE CHEMIST (without the need for a prescription from your doctor)

- Beconase nasal spray (for hay fever)
- Otrivine/Antistin eyedrops (for hay fever)
- Citirazine, Piriton, Benadryl tablets, etc (for hay fever symptoms, insect bites and rashes)
- Vicks, Olbas oil Friars balsam, menthol crystals (for steam inhalations)
- Gaviscon liquid/tablets (for indigestion and heartburn)
- Calpol, Disprol and Paracetamol elixir (for pain relief in children under 12)
- Paracetamol tablets or capsules (for general pain relief)
- Nicotine patches and gum (to help with stopping smoking)
- Brolene eye ointment (for sticky eyes)
- Pripsen and Ovex for threadworms
- Shampoo for head lice
- Canesten cream (for athlete's foot)
- Canesten pessary and/or cream (for vaginal thrush)
- Hydrocortisone 1% Cream (for eczema, allergic rashes and insect bites)
- Ibuprofen tablets or cream (for pain relief, particularly muscle and joint pains and strains)
- Joint supports/tubigrip (for strains/sprains and swollen joints)
- Laxatives such as senna (for constipation)