



BABY'S FIRST AID KIT

EMERGENCY MEDICINE & FEVER TRACKER



MEDICATION DOSAGE

Current Baby Weight : _____ kg
Syr Paracetamol (15mg/kg/dose): _____ ml
Syr Ibuprofen (5-10mg/kg/dose) : _____ ml

*syrup ibuprofen for >6 months old baby
*always consult a doctor prior giving medications



EMERGENCY CONTACTS

Pediatrician :
Nearest ER :
Poison Control :
Pharmacy :



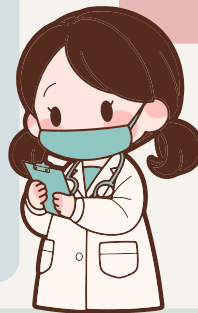
FEVER TRACKER

DATE	TIME	TEMP (°C/°F)	MEDS GIVEN	NOTES



"RED FLAG" EMERGENCY CHECKLIST

Difficulty breathing
Lethargy
Dehydrated
High grade fever



TIPS TO HELP BREAK A FEVER

Keep them cool: Dress in one layer of light clothing

Hydration: Offer frequent fluids

Comfort: Use a cool, damp cloth on their forehead

Lukewarm sponge bath: For comfort, but not if it causes shivering

Medicine: Give acetaminophen (>3 months) or ibuprofen (>6 months) based on weight and age, following doctor instructions

