

Baby's First Aid Kit

Shopping List



Fever Fighters

- Rectal thermometer
- Forehead thermometer
- Paracetamol (syrup and suppositories)
- Ibuprofen (syrup)
- Gel patches



Minor Injuries

- Bandages
- Sterile gauze pads
- Cottons
- Saline wash (rinse cuts)
- Antiseptic wipes



Snot Battle

- Saline drops/spray
- Nasal aspirator

Tummy Trouble



- Oral rehydration salt
- Simethicone drops
- Optional: Gripe water



Other Essentials

- Ointment eg. steroid cream, nappy cream
- Fine tip tweezers
- Blunt tip scissors
- Hand sanitizer
- Gloves
- Alcohol swab
- Syringe



Tips

- Store items in clearly labeled container
- Keep out of reach from children
- Store in dry, cool place
- Replace any item that is expired or faulty

