

Summer first aid kit

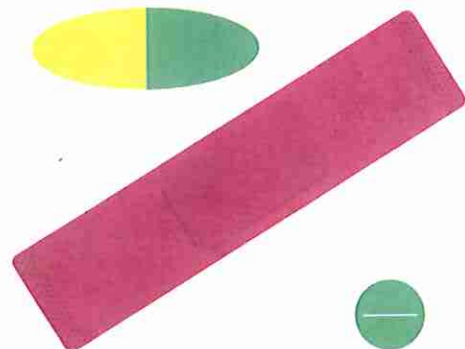
A well stocked first aid kit is important at home and when out and about in the summer.

It may contain:

- a variety of plasters
- sterile gauze dressings
- sterile eye dressings
- different sized bandages
- safety pins
- disposable sterile gloves
- scissors
- alcohol-free cleansing wipes
- medical tape
- thermometer
- skin rash cream, such as hydrocortisone or calendula
- cream or spray to relieve insect bites and stings
- antiseptic cream
- painkillers such as paracetamol (or infant paracetamol for children), aspirin (not to be given to children under 16), or ibuprofen
- antihistamine tablets
- distilled water for cleaning wounds
- eye wash and eye bath

Keep your first aid kit in a cool, dry place, out of the reach of children.

Medicines should be checked regularly to make sure they are within their use-by dates.



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