



Putting together a First Aid Kit

It's good to have a basic First Aid kit at home for when you are feeling unwell or have a minor injury. Keep all these things together in one place – either in a plastic box or a cupboard – but keep it out of reach of children.

What do you need?

- Pain killers such as paracetamol and ibuprofen
- Cough medicine
- Lozenges for a sore throat
- Allergy medicine e.g. "Piriton"
- Plasters
- Small bandages e.g. tubular bandage for wrist, ankle and knee
- Thermometer
- Petroleum jelly e.g. "Vaseline"