

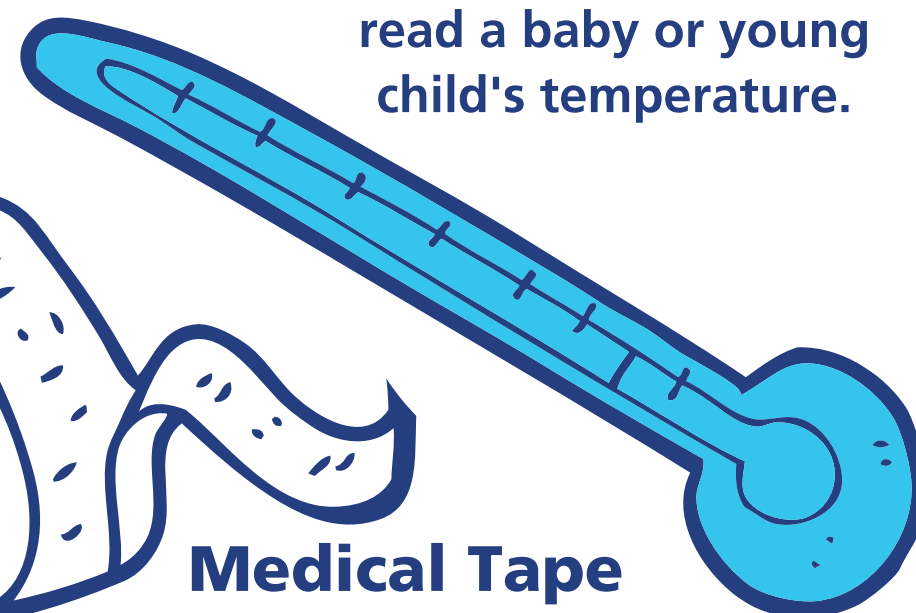
Antiseptic Cream

Can be used on cuts before they are bandaged.

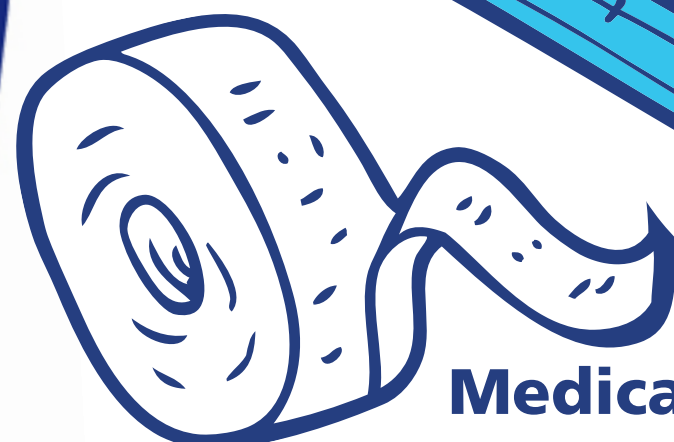


Thermometer

A digital mouth thermometer can produce very accurate readings. Under-arm and ear thermometers can read a baby or young child's temperature.



Medical Tape



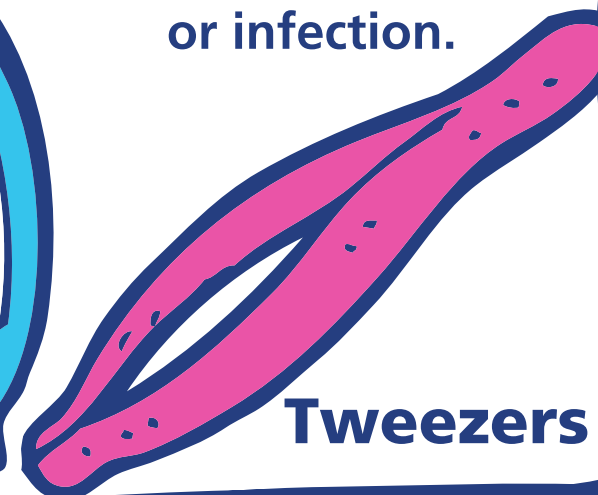
Oral rehydration salts

These do not fight the cause of your illness, but can help restore your body's natural balance, aid recovery, and prevent dehydration from losing water and essential minerals due to fever, diarrhoea or vomiting.

Plasters and Bandages



To take out splinters, to prevent discomfort or infection.



Tweezers

Antihistamines

Anti-allergy creams soothe insect stings and bites, rashes and stinging nettle itching. Antihistamine tablets calm hay fever and minor allergic reactions. Your local Pharmacist can advise which antihistamines are best for you.

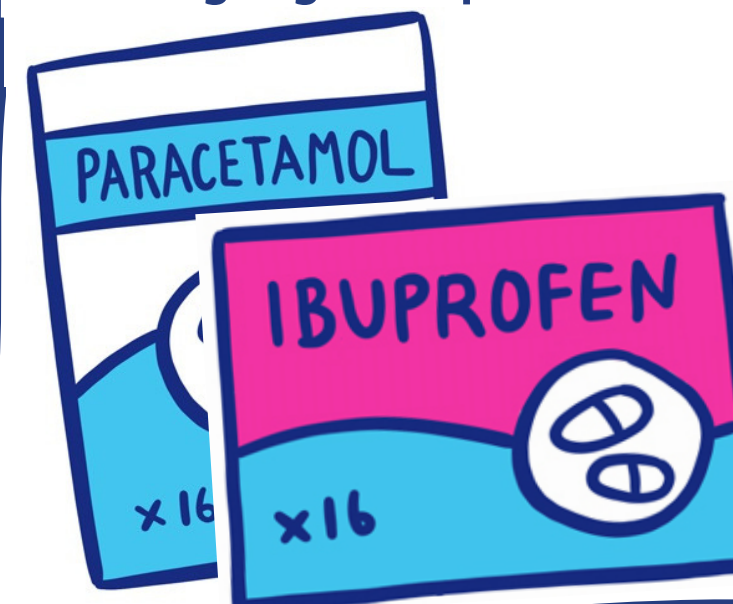


Anti-diarrhoea medicine

Helps relieve symptoms by slowing down the action of the gut. This does not treat the underlying cause, which can be a range of things (e.g. food poisoning or a stomach virus).

Painkillers

Painkillers like paracetamol and ibuprofen can effectively relieve most minor aches and pains (e.g. period pain or a headache) and also help some minor ailments by reducing high temperatures.



Indigestion treatment

Antacids can relieve heartburn and reduce stomach acidity. They come in liquid form, and as chewable or dissolvable tablets.

