

# Kelsey-Seybold

# PEDIATRIC FIRST AID

## *Supply List*

### For Pain or Fever:

- Thermometer
- Tylenol (acetaminophen)
- NO Motrin (ibuprofen) for children < 6 months
- Aspirin is not recommended for children of any age, unless prescribed by their doctor

### For Cold/Cough/Runny Nose:

- NO cough suppressant medicine for children < 6 years old
- Honey or honey-based cough medicines (Zarbees, Chestal) for children > 1 year old
- Nasal saline drops/spray
- Bulb suction or NoseFrida

### For Rashes:

- Benadryl (diphenhydramine)
- Hydrocortisone 1% cream
- Aloe for sunburns
- Diaper rash cream

### For Cuts/Scrapes:

- Clean with soap and water
- Adhesive bandages
- Butterfly bandages
- Sterile gauze
- Medical tape (to apply sterile gauze if needed)
- Triple antibiotic ointment such as polysporin (Neosporin can cause an allergic reaction in some people)

### Gastrointestinal:

- Mylicon (simethicone drops) gas relief drops
- Probiotics (Gerber Soothe for babies; Culturelle for Kids)
- NO Pepto Bismol or Imodium unless directed by a physician

### For Sprains/Muscle Injury:

- Warm or cool compress
- ACE wrap or other elastic bandage

### For Allergy Symptoms:

- Benadryl (diphenhydramine)
- Zyrtec for children > 2 years old
- Claritin for children > 2 years old

### Outdoor Care:

- Sunscreen (titanium dioxide, zinc oxide preferred): Apply 15 to 30 minutes prior to exposure for children > 6 months old
- Bug spray: Apply on exposed skin; avoid hands, around the eyes, and cut or irritated skin
  - DEET 10% to 30% for children > 2 months old
  - Picaridin
  - Oil of lemon eucalyptus for children > 3 years old

**American Association of  
Poison Control Centers:**

**1-800-222-1222**

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