

HOME MEDICAL KIT CHECKLIST

Accidents in the home, a fall off a bicycle, a cold with a fever – injuries and minor illnesses can be quickly dealt with, provided your home medical kit includes the necessary items. This is not just important in everyday life. It's also essential in a crisis – for example, if you have to look after yourself during a heavy storm because the rescue services or the fire department can't come to you.

WHAT YOUR HOME MEDICAL KIT SHOULD CONTAIN:

- Any personal medication prescribed by a doctor
- Anti-pain and fever-reducing medication
- Cold medications
- Medication for diarrhea, nausea, and vomiting
- Electrolytes, for restoring minerals lost due to extreme diarrhea
- Salves for insect bites and sunburn
- Thermometer for measuring body temperature
- Tweezers for removing splinters
- Antiseptic wipes/disinfectant for external use
- Wound disinfectant
- Disposable gloves
- Face mask
- Bandaging materials in accordance with

