

## Your first aid kit



As well as the medicines discussed above, keep a well-prepared first aid kit. This can help treat minor cuts, sprains and bruises, and reduce the risk of cuts becoming infected. It should contain the following items:

- **bandages** – these can support injured limbs, such as a sprained wrist, and also apply direct pressure to larger cuts before being treated in hospital
- **plasters** – a range of sizes, waterproof if possible
- **thermometer** – digital thermometers that you put in your mouth produce very accurate readings; a thermometer placed under the arm is a good way to read a baby or young child's temperature
- **antiseptic** – this can be used to clean cuts before they're dressed (bandaged) and most can treat a range of conditions, including insect stings, ulcers and pimples; alcohol-free antiseptic wipes are useful to clean cuts
- **eyewash solution** – this will help wash out grit or dirt in the eyes
- **sterile dressings** – larger injuries should be covered with a sterile dressing to prevent infection until treatment can be given by a health professional
- **medical tape** – this is used to secure dressings and can also be used to tape an injured finger to an uninjured one, creating a makeshift splint
- **tweezers** – for taking out splinters; if splinters are left in, they can cause discomfort and become infected.