



Be Prepared

Be ready for health problems at home



Almost everyone gets sick or hurt at home at one time or another. These are problems that you can take care of most of the time. Be ready for small health problems by having these things where you can find them quickly:

Thermometer to check for fever

Your doctor's after-hours telephone number

Stick-on bandages

Anti-itch cream for small rashes

Non-aspirin pain reliever (acetaminophen) for adults and children



Antibiotic or first aid cream to put on cuts and scrapes

Medicine for upset stomach and diarrhea

Ice pack

Heating pad

Hydrogen peroxide to clean cuts and scrapes

You can get these items at the drugstore for very little cost. Having these things at home will save you time and trouble when you or your child is hurt or sick. Ask your doctor if there are other things he or she would like you to keep on hand.

Call your personal doctor first.

My Doctor

Telephone

Children's Doctor

Telephone
