

MEDICINE CHECKLIST. TO BE CHECKED MONTHLY.

Pain, Headache, Fever

Aspirin: 81mg and 325mg
Tylenol: regular and extra strength
Advil
Aleve

Congestion, Cold, Cough

DayQuil pills
NiQuil pills
Mucinex and Mucinex D
Sudafed
Vicks VapoRub
Cold-Eeze zinc lozenges
Sore throat spray
Nasal spray

Digestion problems

Peptobismol
Zantac
Tums
Prilosec
Phillips milk of magnesia
Dulcolax
Imodium
Antigas medicine
Fleet enema

Allergy

Benadryl
Claritin
Flonase spray
Epipen

Skin,nails,eyes

Cortizone 10 cream
Bacitracin or Neosporin ointment
Lotrimin antifungal cream
Calamine lotion
Zinc oxide ointment
Aloe vera gel
Visine eye drops

Muscle pain:

Tiger balm
ThermaCare pads for lower back S-M and L-XL sizes
IcyHot patch

First aid:

Bandages: assorted sizes
Gauzes: assorted sizes
Medical tape
Elastic band
Hydrogen peroxide
Rubbing alcohol
Alcohol swabs
Sterile cotton tips
Surgical gloves (different sizes)
Face masks
Instant cold packs

Dental:

Dental anesthetics, sterile syringe, needles

Tools:

Thermometer and sleeves
Blood pressure monitor
Glucose monitor