

Check-list of medicines that are worth having in your holiday first aid kit:

(examples of Polish trade names in brackets)

- Permanent medications: enter your child's medications here:
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- antipyretics and painkillers:
 - ibuprofen (Ibum forte Ibum, Ibuprofen , Ibuprom, Ibupar, Nurofen, Nurofen forte itp.)
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 - paracetamol (Paracetamol, Apap, Panadol Pedicetamol, Efferalgan, Calpol itp)
 - (I recommend having 2 forms of these drugs):
 - oral form: syrup or tablets for older children
 - rectal suppositories
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- antispasmodics: drotaverine (np: No-spa, Metafen, Spastyna, Drotafemme etc)
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- diarrhea/vomiting
 - oral rehydration fluids (np : Orsalit, Florida, HIP ors)
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- constipation
 - glycerin suppository
 - macrogol (np: Xenna balance junior, Dicopeg junior, Forlax)
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- cuts
 - disinfectant liquid with octenidine (Ocenisept , Linoseptic, Maxiseptic, Oktaseptal, Septissel)
 - slices,
 - gauze dressings
 - adhesive bandage
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- injuries and bruises
 - anti-swelling gel (eg. Altacet, Alagel, Voltaren)
 - elastic bandage
 - cooling gel or cold pack (e.g. Reparil gel)
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- skin protection
 - sun
 - SPF!!! - first of all, we choose a mineral filter, in the case of infants we avoid the addition of 'nano', as here:

- (e.g. [La Roche-Posay Anthelios Dermo Pediatric, Protective Milk for Face and Body from 6 Months, SPF 50+](#))
- cream or spray with panthenol (e.g. [Panthenol spray lub krem](#), [Bepanten sensiderm](#), [Dermopanten](#))
- insects: mosquitoes, ticks
 - spray or cream repellents ([OFF](#), [Volume](#), [Brose.t.c.](#))
 - tick remover (lasso or regular tweezers)
 - antipruritic gel ([Fenistil gel](#), [Foxil gel](#))
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- urinary tract infections
 - furazidine tablets (eg. [Furaginum](#), [Urofuraginum](#), [Dafurag](#), [Furazek](#), [Furagina etc.](#))
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- allergic reactions
 - antihistamines in drops or tablets ([Fenistil in oral drops](#), [Allertec](#), [Aleric and many others available on prescription](#))
 - lime-sparkling tablets or syrup ([Calcium](#))
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- bonus
 - pocket knife
 - ampoules of saline ([0,9% NaCl](#))

Happy healthy holidays!
drPurol