Your family needs a well-stocked medicine cabinet so you can respond quickly when an illness or accident strikes. Use this checklist to make sure you have all the basic supplies to keep your kids healthy and safe. Remember to place all medicines out of the reach of children, and always check with your pediatrician before administering medication.

- **Acetaminophen and ibuprofen**, for fever reduction and pain relief
  (Note: Do not give aspirin to children under age 12. It has been linked to Reye Syndrome, a rare disorder that affects the brain and liver and can be fatal.)
- **Adhesive tape**
- **Allergy eye drops**
- **Aloe** (for minor burns/sunburns)
- **Antibacterial ointment**, for minor cuts and burns
- **Anti-diarrhea medication**
- **Antifungals**, for diaper rash
- **Bandages** in a variety of sizes
- **Benadryl**, for allergic reactions
- **Calamine lotion**, for minor skin irritations
- **Cotton balls and swabs**
- **Dosage spoon or cup**, for measuring and administering medications
- **Freezable Gel Beads**
- **Gauze pads** in a variety of sizes
- **Hydrocortisone cream**, for insect bites and stings
- **Hydrogen peroxide**, for minor cuts and scrapes
- **Insect repellent**
- **Petroleum jelly**, for minor burns and abrasions
- **Sunscreen** (SPF 15 or higher; do not use on infants under 6 months old)
- **Sterile Water in a spray can** (for cleaning scrapes and cuts)
- **Thermometer**, for taking temperature
  (Note: Rectal thermometers are recommended for 3-year-olds and younger; oral or ear thermometers are an option for older children. Mercury thermometers should not be used under any circumstances.)

**Sources:**

American Academy of Pediatrics
The National Safe Kids Campaign
The National Safety Council