

Yours at home pharmacy

Fever

Headache

Itching

Nausea...

Handy items to keep in
your medicine cabinet
to treat everyday aches
and pains.

Essential products for kids



Antihistamine
(e.g., *Benadryl*) to treat
allergic reactions.



**Antinausea
medication**
(e.g., *Gravol*) to control
nausea and prevent
vomiting, from age 2.



Acetaminophen
(e.g., *Tylenol*, *Tempra*) to
relieve fever, pain, and
headaches.



Ibuprofen
(e.g., *Advil*, *Motrin*) to relieve pain,
headaches, and fever, from age 6
months. However, acetaminophen is
preferable unless a doctor has advised
you otherwise.



**Hydrocortisone
ointment, 0.5 %**
(e.g., *Cortate*) to relieve
itching from insect bites,
irritation, or mild eczema.



**Antibiotic
cream or ointment**
(e.g., *Polysporin*) to prevent
minor skin infections.



**Oral rehydration solution
(powder sachets, liquid, or
freezer pops)**
(e.g., *Pedialyte*) to treat loss of
fluids caused by diarrhea
and vomiting.



Saline solution
(e.g., *Salinex*) to decongest,
hydrate, and cleanse the nose. Can
also be used to clean wounds
and scratches.



Zinc oxide cream
(e.g., *Zincofax*) to prevent or
to treat diaper rash (red and
irritated buttocks) in babies.



**Sunscreen with an SPF
of at least 30**
to prevent sunburn. For
children under the age of 6 months,
apply in small quantities and limit
sun exposure.

Important accessories



Digital thermometer
It's preferable to take your child's
temperature rectally until age 5
because this is the most accurate
method for young children. For older
kids, the oral method is best.



Tweezers
for removing
splinters.



**Blunt-tip
scissors**
to prevent injury when
cutting bandages.



**Bandages in
various sizes**
(e.g., *Band-Aid*) to protect
small wounds (cuts,
scratches, stings, etc.).



Sterile compresses
in different sizes to
clean or cover wounds.



**Cold/hot
compress**
to relieve pain (instant
or reusable pack).



**Elastic or compression
bandages**
to put pressure on a heavily
bleeding wound or immobilize
a joint after a minor injury
(e.g., sprain, strain).

Safety tips

Never leave medicine lying around. Store it out of reach of children and, if possible, somewhere locked (e.g., in a high cabinet or on the highest shelf in a linen closet).

Humidity and temperature fluctuations in the bathroom and kitchen can negatively affect medications. They should instead be stored someplace dry, cool, and dark, away from heat and light. Keep the original packaging and inserts for all your medications.

If you notice a change in the appearance, smell, or taste of a medication, it's best to get rid of it.

Tape the number of the Quebec poison control centre to the inside of your medicine cabinet.

That way, you'll have it on hand if ever your child swallows a medication they shouldn't have.

1 800 463-5060



Do not give over-the-counter cough and cold medicines (syrups, decongestants, etc.) to a child under the age of 6.

Cleaning out your medicine cabinet

It's recommended to clean your medicine cabinet at least once a year. Expired medications may have lost their potency, and they can be dangerous to your health.

- **For doctor-prescribed medications**, check the label for the expiry date.
- **For over-the-counter medications**, it's recommended to discontinue use as soon as the expiry date has passed. As a general rule, it's best to discard creams, ointments, gels, and liquid medications one year after opening. However, be aware that some medications, such as eye or ear drops, should be used for

no more than one month after opening. In these cases, since the product has been opened, it's important to rely on the date you opened the container, not the date on the package.

- **Never throw medications in the garbage, sink, or toilet.** Instead, take them back to your pharmacist in their original containers. They will dispose of them in a safe and environmentally friendly manner.