

**Examples of medical, health, hygiene and emergency supplies**  
**(Store medicines safely away from children)**



<input type="checkbox"/> Prescribed medical supplies such as glucose and blood-pressure monitoring equipment
<input type="checkbox"/> Eye Drops
<input type="checkbox"/> Soap and water, or alcohol-based (60-95%) hand wash / Alcohol / Hydrogen Peroxide
<input type="checkbox"/> Medicines for fever, such as acetaminophen or ibuprofen for adults and children if appropriate
<input type="checkbox"/> Allergy relief
<input type="checkbox"/> Cold medicine
<input type="checkbox"/> Cough Syrup
<input type="checkbox"/> Anti-nausea
<input type="checkbox"/> Hydrocortisone cream
<input type="checkbox"/> Topical Antibiotic prep
<input type="checkbox"/> Aloe Vera Gel
<input type="checkbox"/> Personal hygiene items – tampons, pads...
<input type="checkbox"/> Mouth wash
<input type="checkbox"/> Cotton swabs/ balls
<input type="checkbox"/> Condoms or other birth control requirements
<input type="checkbox"/> Blood pressure device/ stethoscope
<input type="checkbox"/> Thermometer
<input type="checkbox"/> Anti-diarrhea / Laxative medications
<input type="checkbox"/> Vitamins
<input type="checkbox"/> Antacid Tablets
<input type="checkbox"/> Fluids with electrolytes (many popular “sport” drinks balance electrolytes as they replace fluids/check the label)
<input type="checkbox"/> Cleansing agent/soap/ Bacteria ointment, Iodine, Epsom salt
<input type="checkbox"/> Alcohol swabs/ Bandages/ Splint
<input type="checkbox"/> Masks - N95
<input type="checkbox"/> Latex gloves
<input type="checkbox"/> Candles
<input type="checkbox"/> Flashlight
<input type="checkbox"/> Lighter / matches
<input type="checkbox"/> Batteries
<input type="checkbox"/> Portable radio (crank)
<input type="checkbox"/> Corded phone
<input type="checkbox"/> Manual can opener
<input type="checkbox"/> Garbage bags
<input type="checkbox"/> Tissues, toilet paper, disposable diapers
<input type="checkbox"/> A good First Aid book for people and if applicable one for pets

