

DR. DARRIA'S HOME FIRST AID KIT

As an ER doctor and mom, I keep my First Aid kit stocked. What do I think everyone should have in their house?

QUICK REFERENCES (BECAUSE WHEN SOMEONE IS SICK, YOU DON'T HAVE TIME TO LOOK FOR THIS INFORMATION)

DOSAGE CHEAT SHEET Having to do the math to calculate a child's medication dosage (and even for adults) can make it easy to give the wrong amount. Get a medication dosage "cheat sheet" from your pediatrician, or use the one in this kit. **Print and post it wherever you keep your medications.**

PHONE NUMBERS

Your **PEDIATRICIAN**

POISON CONTROL CENTER (1-800-222-1222)

The **CLOSEST FAMILY MEMBER** and the **CLOSEST EMERGENCY ROOM**

IF YOU HAVE BABYSITTERS Post your OWN address + cross-streets, so a caregiver could give directions to 911 in case of an emergency.

EMERGENCYCAREFORYOU.ORG Go to this site from the American College of Emergency Physicians for more great info.

EQUIPMENT

THERMOMETER (various types, appropriate for the age of children/adult in your home)

BANDAGES (Band-aids) of various sizes. Have a good supply of 1 x 3 inch ones, plus a few that are slightly larger for skinned elbows/knees.

BUTTERFLY BANDAGES (Bandage closures) to bring together minor cuts

2 ABSORBENT COMPRESS DRESSINGS (5 x 9 inches)

(although if you run out of these, and someone is bleeding, ER doctor secret = grab a towel and hold pressure)

NON-STICK STERILE GAUZE PADS (5 of 3x3 inches, 5 of 4x4 inches) I like the non-stick best, to avoid any ouch when removing them.

ROLLED GAUZE BANDAGE (1 x 3-inch roll, 1x 4 inch roll) ACE or Coban Wrap

I love to use this for any aches/sprains, or even to hold on a rolled gauze bandage. However,

CAUTION- Coban can become VERY tight, so wrap it just barely enough to hold, to avoid constricting circulation.

ADHESIVE CLOTH TAPE (about 1 inch wide) use to hold on bandaids or non-stick dressings.

However, **NEVER have the tape go entirely around a body part, or it could become too tight.**

1 INSTANT ACTIVATING COLD COMPRESS

(ER doctor secret = make one with a bag of frozen peas works in a pinch, or a pre-frozen ziploc bag of 1 part rubbing alcohol + 3 parts water)

NON-LATEX GLOVES (2-3 pairs)

TWEEZERS for (carefully!) removing splinters, ticks, bee stingers, etc

MEDICATIONS

I always keep the following stocked in my medicine cabinet (check out my Dosage Cheat Sheet!) Always use a syringe or other measurement spoon for dosing liquid medication - **do NOT use table silverware, as sizes vary.**

ACETAMINOPHEN (Tylenol) for aches, pains, and fever

IBUPROFEN (Advil/Motrin) for pains, strains, inflammation, or fever

ASPIRIN 81mg (It's often called "baby aspirin", but it's only for adults - don't give to children under 18).

Some people like to take aspirin for aches and pains, instead of Ibuprofen or Acetaminophen. The one time that it's absolutely necessary is if someone is having a heart attack - **911 could tell you to give that person Aspirin.**

DIPHENHYDRAMINE (Benadryl) use for a mild or moderate allergic reaction

HYDROCORTISONE OINTMENT for small allergic reactions / bug bites

ANTIBIOTIC OINTMENT A staple! Use on cuts, small burns, and to prevent gauze from sticking to the skin.

ANTISEPTIC At home, I keep a large bottle of hydrogen peroxide and then just pour it over an injury to clean. (Wipe packets are handy for a to-go kit.)

DECONGESTANT (Pseudoephedrine behind the counter, or Phenylephrine) Use alone or in a combination cough/cold medication if you're stuffy.























OTHER COUGH AND COLD MEDICINES (for people 6 and older) **BE CAUTIOUS** as some of these may have overlapping medications with others on this list. **NEVER take 2 medications with the same active ingredient at the same time.**

DR. DARRIA'S EASY ACETAMINOPHEN DOSING GUIDE

(Brand names include: Tylenol, Percocet, Vicodin, and others)

FREQUENCY: Give every **4 - 6 HOURS** for fever or pain

MAXIMUM in 24 Hours: Do not take more than 5 doses in a day, or more than 3,000-4,000 mg for adults.



















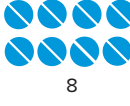


 WEIGHT (lbs)	 AGE (approx)	 CHILDRENS SUSPENSION* (160mg / 1 tsp OR 160mg / 5ml)	 CHILDREN'S CHEWABLE TABLETS (80mg)	 JUNIOR STRENGTH TABLETS (160mg)	 ADULT (325mg Tablet)
6 - 11 lbs	1 - 3 months	¼ tsp (1.25 ml)			
12 - 17 lbs	4 - 11 months	½ tsp (2.5ml)			
18 - 23 lbs	12 - 23 months	¾ tsp (3.75ml)	 1 ½		
24 - 35 lbs	2 - 3 years	1 tsp (5 ml)	 2		
36 - 47 lbs	4 - 5 years	1 ½ tsp (7.5ml)	 3	 1 ½	
48 - 59 lbs	6 - 8 years	2 tsp (10ml)	 4	 2	 1
60 - 71 lbs	9 - 10 years	2 ½ tsp (12.5 ml)	 5	 2 ½	 1
72 - 95 lbs	11 years	3 tsp (15 ml)	 6	 3	 1 ½
96+ / Adults lbs	12 years	4 tsp (20 ml)	 8	 4	 2

1. **Don't give to children under 12 weeks without first speaking with your doctor**
2. Syringes or droppers are more accurate than teaspoons, and are available at most pharmacies.
If you use a teaspoon, be sure to use a measuring spoon, and not a regular (for eating) spoon, as their sizes vary widely.
3. For kids under 96 pounds, base the dosage on weight, not age. (Above 96 pounds, just follow the adult recommendations)
4. *Before 2011, the liquid came in 2 concentrations so if you have an older bottle, **DOUBLE CHECK** that it is **160mg / 5ml**
5. **Acetaminophen** is used in many combination medications. Never take two medications at the same time that both have Acetaminophen in them.

DR. DARRIA'S EASY **IBUPROFEN** DOSING GUIDE

(Brand names include: Advil, Motrin)

FREQUENCY: Give every **8 - 12 HOURS** for fever or pain including muscle aches or pains

 WEIGHT (lbs)	 AGE (approx)	 INFANT DROPS (50mg / 1.25ml)	 CHILDRENS SUSPENSION (100 mg / 1 tsp OR 100mg / 5 ml)	 CHEWABLE TABLETS (50 mg)	 JUNIOR STRENGTH TABLETS (100 MG)	 ADULT (200mg Tablet)
12 - 17 lbs	6 - 11 months	1.25 ml	½ tsp (2.5ml)			
18 - 23 lbs	12 - 23 months	1.875 ml	¾ tsp (3.75ml)			
24 - 35 lbs	2 - 3 years	2.5 ml	1 tsp (5 ml)	 2		
36 - 47 lbs	4 - 5 years	3.75 ml	1 ½ tsp (7.5ml)	 3		
48 - 59 lbs	6 - 8 years	5 ml	2 tsp (10ml)	 4	 2	 1
60 - 71 lbs	9 - 10 years		2 ½ tsp (12.5)	 5	 2 ½	 1
72 - 95 lbs	11 years		3 tsp (15 ml)	 6	 3	 1 ½
96+ / Adults lbs	12 years		4 tsp (20 ml)	 8	 4	 2

1. **Don't give to children under 6 months without first speaking with your doctor**
2. Syringes or droppers are more accurate than teaspoons, and are available at most pharmacies. If you use a teaspoon, be sure to use a measuring spoon, and not a regular (for eating) spoon, as their sizes vary widely.
3. For kids under 96 pounds, base the dosage on weight, not age. (Above 96 pounds, just follow the adult recommendations)
4. *Note that the liquid form comes in TWO concentrations – **please pay attention to the form that you have.**
5. **Ibuprofen** is used in many combination medications. Never take two medications at the same time that both have Ibuprofen in them.

Dr. Darria's Flu OTC Cheat Sheet

- 1 Never take more than 1 medicine with the same active ingredient.
- 2 Never exceed the dosage limit for a single dose.
- 3 The 24-hour total dose limit is crucial. Never take more in a single day.



**PAIN OR
HIGH FEVER**

- Acetaminophen (Tylenol)
- Ibuprofen (Advil, Motrin)



**NASAL
CONGESTION**



PILL:

Phenylephrine (Neo-Synephrine)
Pseudoephedrine (Sudafed)



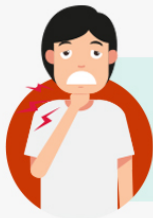
SPRAY:

Saline Nasal Sprays
Oxymetazoline (Afrin)



OTHER:

Neti Pots



**COUGH
SUPPRESSION**

- Dextromethorphan (in some Mucinex, Delsym)



**COUGH
ASSISTANCE &
EXPECTORANT**

- Guaifenesin (Robitussin, Mucinex, Vicks Dayquil)

All medicines have benefits and risks – for greatest safety and efficacy, **ALWAYS** follow the label and ask your physician if you have any questions.