

Your at-home pharmacy

Fever

Headache

Scratches

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

Nausea...

Essential products for kids



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



Ibuprofen
(e.g., Advil®, Motrin®) to relieve pain, headaches, and fever, from 6 months of age. Acetaminophen is best, unless advised otherwise by a medical professional.



Antihistamine
(e.g., Claritin®, Reactin®, Aeries®) to treat allergic reactions in children aged 2 and over. Diphenhydramine (Benadryl®) causes more side effects. It can be given before the age of 2, but talk to a pharmacist first.



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



0.5% hydrocortisone cream or ointment
(e.g., Cortate®) to relieve the itching associated with 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 fluid loss 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
(e.g., Zincofax®) in cream, ointment, or paste form, to prevent and treat diaper rash (red, irritated buttocks in babies).



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

Essential supplies



Adhesive bandages in different sizes
(e.g., Band-Aid®) to protect small cuts, scratches, etc.



Sterile compresses
in different sizes for cleaning or covering wounds. Medical adhesive tape is useful for making a dressing, as it sticks well to the skin.



Digital thermometer
Taking temperature rectally is the most accurate method until age 5. For older children, it's best to take their temperature orally.



Tweezers
to remove splinters and ticks.



Blunt-tip scissors
to avoid injury when cutting cloth bandages.



Cold/hot compresses
to relieve pain, such as a reusable magic bag or instant hot and cold packs.



Elastic or compression bandages
to apply pressure to a heavily bleeding wound, or to 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 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 children under age 6.

Cleaning out *your* medicine cabinet

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

- **For drugs prescribed by a doctor**, check the label on the container for the expiration date.
- **For over-the-counter medicines**, we recommend that you stop using them as soon as the expiration 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 longer 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 out 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.