

# Kelsey-Seybold

# PEDIATRIC FIRST AID

## Supply List

### For Pain or Fever:

- Thermometer
- Tylenol (acetaminophen)
- Motrin (ibuprofen)
- NO Aspirin for children <12 years old

### For Cold/Cough/Runny Nose:

- NO cough suppressant medicine for children < 4-6 years old
- Over the age of 1: May use honey or honey-based cough medicines (Zarbees, Chestal)
- Nasal saline drops/spray
- Bulb suction or NoseFrida

### For Rashes:

- Benadryl (diphenhydramine)
- Hydrocortisone 1% cream
- Aloe for sunburns
- Diaper rash cream

### For Cuts/Scrapes:

- Clean with soap and water
- Adhesive bandages
- Butterfly bandages
- Sterile gauze
- Tape (to apply sterile gauze if needed)
- Triple antibiotic ointment such as polysporin (Neosporin can cause allergic reaction in some people)

### Gastrointestinal:

- Milicon (simethicone) gas relief drops
- Probiotics (Gerber Soothe for babies; Culturelle for Kids)
- NO Pepto Bismol or Imodium unless directed by a physician

### For Sprains/Muscle Injury:

- Warm or cool compress
- ACE wrap or other elastic bandage

### For Allergy Symptoms:

- Benadryl (diphenhydramine)
- Zyrtec if > 2 years old
- Claritin if > 2 years old

### Outdoor Care:

- Sunscreen (titanium dioxide, zinc oxide preferred): Apply 15 to 30 minutes prior to exposure for children > 6 months of age
- Bug spray: Apply on exposed skin; avoid hands, around the eyes, and cut or irritated skin
  - DEET 10% to 30%: > 2 months of age
  - Picaridin
  - Oil of lemon eucalyptus > 3 years old

**American Association of  
Poison Control Centers:**

**1-800-222-1222**

 **Kelsey-Seybold Clinic®**

Changing the way health cares.™

**713-442-KIDS (5437)**

[kelsey-seybold.com/pediatrics](http://kelsey-seybold.com/pediatrics)