

## If You Have Special Needs...

*You may want to keep some other medicines and supplies on hand, depending on your individual needs.*

**Dry skin.** Have moisturizing cream and lip balm. *Note:* Without Vitamin E, because it is a skin allergen.

**Athlete's foot.** Keep an antifungal (Micatin<sup>®</sup>) in your supply kit.

**Yeast infections.** Keep a supply of vaginal yeast medication (Monistat<sup>®</sup>). If you're uncertain, see your health care provider before using any medication.

**Blisters.** Athletes and hikers may want to have special blister dressing products.

**Prescription medicines.** If you regularly take any prescriptions medicines you might want to keep a small supply on hand.

**Urinary tract infections.** If you're prone to UTIs, ask your health care provider for a supply of antibiotics.

**Sex.** Have a few extra condoms or other latex barriers available if there's any chance you will need.

## Home Safety Tips

- Keep or ask to have your water heater turned down to 120 F to prevent accidental burns.
- Have fire extinguishers in appropriate places. Know how to use them and be sure they are charged.
- Have smoke detectors. Check the batteries once a month, Change the batteries every 6 months.
- Be up to date on your immunizations. The shot most people forget is the tetanus booster, due every 10 years. Get your booster shot at a planned medical visit. You may save yourself the inconvenience and expense of a trip to the emergency room.
- Label all medicines carefully.
- Don't switch pills from one bottle to another.

This brochure is not intended as a substitute for your health professional's opinion or care.

Series Editor: Barbara A. Cooley, MA, CHES.

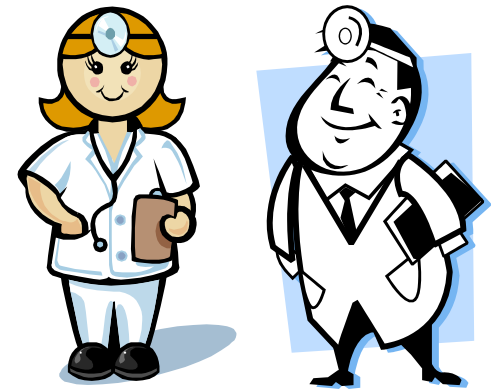
Text: Jane Fellner, MD, ABFP.

© 1996 ETR Associates, Reviewed 2002. All rights reserved.



Health **AWAREness**  
Reformatted by: Rosie Mendoza  
Center for Health & Well-Being  
G-59 Suites on Maple, East  
724-357-4799

# Taking Care of



# Basic Health Needs

# Be Prepared

Most of us take care of our minor medical problems at home.

You don't usually get sick at a predictable or convenient time. So you might want to collect an assortment of supplies and medicines to have on hand.

A well-stocked kit for minor emergencies means you can take care of a minor illness or injuries without a late-night trip to the drugstore or emergency room.

Whether you live alone, with roommates or in a family, you should have these items.

Get free or inexpensive CPR & first-aid training at the local fire department or American Red Cross.



## STOCK YOUR EMERGENCY KIT FOR...

- Colds & flu
- Sore throat
- Fever & chills
- Diarrhea, nausea & vomiting
- Insect bites & stings
- Cuts, scrapes, & scratches
- Rashes
- Burns
- Sprains & stains



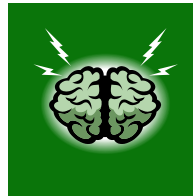
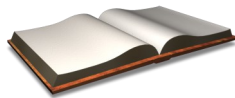
## You'll Need Information Too...

### *First-aid book.*

Keep one handy for quick reference.

### *Health care provider's phone number.*

Know where the health center is located and have the phone number



## What Do I Need?

- Thermometer
- Bandages
- Cotton balls, cotton swabs & antiseptic wipes
- Latex or plastic gloves & heavy compresses.
- Cold pack.
- Hot pack.
- 3" elastic wrap with fasteners
- Aspirin, ibuprofen, or naproxen
- Acetaminophen
- Decongestant
- Antihistamine
- Nose drops
- Cough medicine
- Antacids
- Creams
- Tweezers
- Anti-diarrheal medications
- Syrup of ipecac

## WHAT ELSE SHOULD I HAVE?

- \* Clear Liquids (water & juice)
- \* Saltines & applesauce

