

First-Aid Kit

Do you have everything you need to care for your sick child?

In the following list you will find what your first-aid kit should contain. Show your first-aid kit also to the people who look after your children.



Symptoms	Medications / important utensils
Pain / fever / inflammation	Digital thermometer (Attention: if the child is less than 2 years old, check the temperature rectally). In case of fever and pain: Paracetamol (Acetalgin®, Dafalgan®, Panadol®, Becetamol®, Tylenol®) In case of fever, pain and inflammation: Ibuprofen (Algifor junior®) or Diclofenac (Voltaren®, Inflammac®) <i>Please see the dosage according to body weight in the table on the next page.</i>
Vomiting / diarrhea	Rehydration solutions: Normolytoral®, Oralpädon®, the solution according to WHO: solve 1/2 teaspoon of salt, 6 teaspoons of sugar in 1 liter of water / tea and mix well → Give solutions cooled and in tea spoons Medications to treat vomiting <i>Babies:</i> - from 3 months: Itinerol B6® (1-2 suppositories/24h) <i>Medication of babies <3 months is possible only after consultation with the doctor</i> <i>Toddlers:</i> - up to 15kg: Motilium 10mg® (2-3 suppositories/24h) - from 15kg: Motilium 30mg® (2-3 suppositories/24h) - from 35kg: Motilium lingual 10mg® (3 tablets/24h) Medications to treat diarrhea - Perenterol® (2 sachets / day) - Bioflorin® (3 capsules / day) - Carbolevure® (see package insert)
Accidents	Liquid wound disinfectant: Octenisept®, Betadine® Adhesive tape Steri-Strip® (for small wounds) Elastic bandage: maximum 4 cm wide
Colds / cough / sniff	Nasal spray for cold relief: nasal spray Spirig® Saline solution for nasal irrigation Natural home remedies: tea with honey, onion juice, potato wrap

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Dosages of the most important medications for pain and fever:

Body weight (kg)	Paracetamol Acetalgin, Dafalgan, Panadol, Tylenol, Becetamol (mg/dose)	Ibuprofen Algifor junior (mg/dose)	Diclofenac Inflamac Voltaren (mg/dose)
4.0 - 4.9	100	not suitable	not suitable
5.0 - 5.9	125	not suitable	not suitable
6.0 - 7.9	150	60 (= 3 ml)	not suitable
8.0 - 9.9	200	80 (= 4 ml)	6 (= 1/2 suppository)
10.0 - 11.9	250	100 (= 5 ml)	10 (= 2/3 suppository)
12.0 - 15.9	300	120 (= 6 ml)	12.5 (= 1 suppository)
16.0 - 19.9	400	160 (= 8 ml)	18 (= 1 1/2 suppository)
20.0 - 23.9	500	200 (= 10 ml)	25 (= 2/3 big suppository)
from 24.0	600 - 750	240 (= 12.5 - 15 ml)	25 (= 1 big suppository)
Frequency of administration (maximum)	4 x day	3 x day	3 x day

Voltaren-drops:

Single dose in drops = body weight in kg x 2 (for example, child's weight 7 kg → 14 drops), max. 3 x day.

👍 **Tip 1:** Paracetamol can be combined with the active ingredients Ibuprofen or Diclofenac! We recommend a *careful* administration. If the expected effect (fever, pain relief) does not occur after 1 hour, you can give the second active ingredient in the right dose.

👍 **Tip 2:** Attention! The Ibuprofen and Diclofenac must be administered with restraint in case of diarrhea and vomiting.

👍 **Tip 3:** Keep medication dry and cool. The first-aid kit must be inaccessible for children and locked! Periodically check the expiry date of medications.

👍 **Tip 4:** Have a list of the most important telephone numbers available. Please note the "Emergency" section on our homepage.