



# What to keep in your First Aid kit



<p>Cotton balls</p> 	<p>Sterile gauze</p> 	<p>Soft towel</p> 	<p>Stretch bandage</p> 
<p>Band-aid</p> 	<p>Non-stick gauze</p> 	<p>Scissor, tweezer &amp; safety pins</p> 	<p>Mepore bandage</p> 
<p>Hand Sanitizer</p> 	<p>Disposable glove</p> 	<p>Oral Rehydration Salts ORS</p> 	<p>Cold gel pack</p> 
<p>Petroleum jelly</p> 	<p>Antiseptic solutions</p> 	<p>Antihistamine Allegra 120 ,Avil 25</p> 	<p>Pain Killer/ Paracetamol</p> 
<p>Aspirin medicine/ Sorbitrate for the heart</p> 	<p>BP Instrument</p> 	<p>Glucometer diabetes.</p> 	<p>Thermometer</p> 