

SELF-CARE OINTMENTS AND CLEANSERS

PRODUCT BRAND NAME	PURPOSE	STORAGE
Antibiotic creams (Bacitracin)	Abrasions Skin infections	Keep cool and dry. Discard if outdated
Antiseptic creams	Abrasions, cuts	Cool, dry
Hydrocortisone (Cortaid) (Caldecort) (Dermolate) (Lanacort)	Itching Poison ivy Limit use to two weeks	Cool, dry
Hydrogen peroxide	Minor cuts Abrasions	Cool, dry. Discard if it fails to bubble when applied.
Petrolatum or petroleum jelly (Vaseline)	Dry skin Diaper rash	Anywhere
Rubbing alcohol-- 70%	Antiseptic Clean thermometer	Tightly closed