OVER-THE-COUNTER MEDICATIONS FOR HOME USE

KEEP ON HAND AT ALL TIMES:

Aspirin For pain, fever and inflammation. Not for children under age 15 due to the correlation of aspirin and Reyes Syndrome.

Acetaminophen For pain and fever, especially with children.

Syrup of Ipecac To start vomiting if poisoning occurs.

BUY AS NEEDED:

Anti-diarrheal To thicken stools or slow digestive spasms.

Antihistamines For allergies and cold symptom relief. Also helpful for itching.

Decongestants To ease stuffy nose and head colds. Not safe for children under 1 year of age, unless prescribed by a physician.

Cough syrups:

Expectorants To thin and help clear the mucus
Suppressants To suppress the cough reflex

Laxatives Avoid if there is any chance of appendicitis.

Ibuprofen For pain and fever, particularly menstrual pain.