

MEDICAL AIDS AND SUPPLIES | WHAT'S IT FOR?



***List only covers supplies and aids that I thought you would want to know more about and if their is an age appropriation

GET TO KNOW WHAT'S IN YOUR BOX! SHARING IS CARING - PLEASE SHARE THE KNOWLEDGE YOU'VE GAINED

MEDICAL AIDS AND SUPPLIES

ITEM	WHAT'S IT USED FOR AND ⚠ SAFETY TIPS!
Dual Hot/Cold Compress Gel Packs	Cold Compress Use (Chilled or Frozen) - Place the pads in the freezer for a minimum of 30 minutes: - Reduces swelling from bumps, bruises, sprains, or insect bites. - Eases pain from minor burns (after initial cooling with water), toothaches, or vaccinations. - Soothes fever when placed on the forehead or neck. - Minimizes inflammation from minor strains or overuse injuries. Hot Compress Use [Heated in Hot (Not Boiling) Water for 4-5minutes or Microwave on medium in 10 sec intervals until the desired temperature is reached]: - Relieves muscle aches or stiffness (especially in older kids). - Soothes cramps or stomach discomfort. - Promotes blood flow to help speed healing in sore or tense areas. ⚠ SAFETY TIP! * Always wrap the gel pack in a cloth before applying it to the skin to prevent cold or heat burns * Check the temperature carefully before using it on a child.
5ml Medicine Dropper/Pipette	Precise Dosing: - Measures up to 5ml of medicine accurately. - Great for giving liquid pain relievers, fever reducers, or antibiotics. Easy Administration: - Helps you gently squirt medicine into the child's mouth, usually toward the inside cheek to avoid gagging. - Can also be used while the child is lying down, sitting up, or semi-reclined. Multi-Purpose Use: - Useful for giving oral rehydration solutions or vitamins. - Can help apply small amounts of liquid to wounds or affected areas (e.g., antiseptics or saline). ⚠ SAFETY TIPS! * Always clean thoroughly after each use. * Never use for more than one child without sterilizing to avoid cross-contamination. * Always check with a healthcare provider or read medicine labels to confirm correct dosing.
CPR Mouth Guard (Heart Keyring)	USED FOR ADMINISTERING SAFE RESCUE BREATHING: - Acts as a barrier between the rescuer and child during mouth-to-mouth resuscitation. - Protects against saliva, blood, or other bodily fluids. - Reduces the risk of transmitting germs, viruses, or infections. - Helps deliver rescue breaths during CPR in emergencies like: - Drowning - Choking (ONLY after obstruction is cleared) - Cardiac arrest and Respiratory emergencies How to use: - Refer to CPR Guidelines Insert. Place the mouthpiece over the child's mouth and nose, creating a tight seal. - When placing the mouthpiece, ensure the side that says "Operator side" is facing up toward you. ⚠ SAFETY TIPS! * Learn how to properly use the CPR mask before an emergency - CPR training is strongly recommended. * After use, disinfect the mask by soaking it in a solution of 1 part household bleach to * 10 parts water for 10min. Air dry completely, do not leave in direct sunlight.
Kaolin Hemostatic Gauze Kaolin is a natural mineral that helps accelerate the body's clotting process - making it a lifesaving tool in emergencies.	Used to stop moderate to severe bleeding quickly and effectively, especially in emergency situations where bleeding control is urgent. Non-toxic, non-allergenic, and safe for pediatric use. How to use: - Apply gauze directly to the bleeding wound with firm pressure. - Hold pressure for 3-5 minutes, or until bleeding stops. - Wrap the area to keep the gauze in place until further care is available (Use the cling wrap OR self adhesive bandage that's included in your box.) ⚠ SAFETY TIPS! * For deep or large wounds, seek medical attention after applying. * Do not reuse once opened or blood-soaked. * Store in a cool, dry place in its original sterile packaging.
Hemostatic Blood Tourniquet with Buckle	This is a critical emergency tool to control severe, life-threatening bleeding from a limb when direct pressure or Kaolin gauze is not enough. Only use if bleeding from an arm or leg is SEVERE and not stopping with pressure! How to use: - Place 5-10 cm above the wound. Never over a joint (like the elbow or knee) - Pull the strap tight around the limb, make sure its flat and snug, tighten until bleeding stops. ⚠ SAFETY TIPS! * This is a temporary life-saving measure- CALL EMERGENCY SERVICES IMMEDIATELY! * Do not leave on longer than 2 hours. But also, Do not remove once applied—let EMS handle it * Do not use on the head, neck, or chest. * Practice ahead of time so you're ready in an emergency

DISINFECTANTS AND OINTMENTS | WHAT'S IT FOR?



DISINFECTANTS AND OINTMENTS

Alcohol Prep pads - OR Alcohol swabs ** Can be used on Toddlers 2yrs+ *** Do not use on infants under 2yrs	Individually packaged wipes soaked in isopropyl alcohol. These wipes play a key role in keeping small wounds and medical tools clean in a kids first aid kit. • Used to gently disinfect the skin around cuts, scrapes, or insect bites before applying a bandage. • Helps prevent infection by killing bacteria on the surface. • Sanitize Thermometers, Tweezers, or Scissors, etc • Prepare Skin Before Injections. If your child requires medication by injection (e.g., insulin or allergy shots), alcohol swabs are used to sterilize the injection site. ⚠ SAFETY TIPS! * Do not use on large wounds, deep cuts, or burns—alcohol can damage tissue and cause stinging. * Avoid contact with eyes, mouth, or mucous membranes. Not for internal use. * Allow the alcohol to dry completely before applying adhesive bandages or dressings.
Prowipe Cleansing Wipe - Alcohol Free * Can be used on Infants under 2yrs, instead of Alcohol Swabs	Gentle, pre-moistened wipes designed to clean and disinfect skin or surfaces without the sting of alcohol—making them ideal for use on children's sensitive skin or Infants under 2yrs. ⚠ SAFETY TIPS! * Contains 0.2% Cetrimide and 0.02% Chlorhexidine Gluconate. Check for any known allergies. * Not meant for deep wounds or punctures. * Use one swab per cleaning to prevent spreading germs.
Iodine Cotton Buds ** Can be used on Toddlers 2yrs+ *** Do not use on infants under 2yrs	Used for disinfecting minor wounds, cuts, and abrasions. • Iodine is a powerful antiseptic that helps kill bacteria, viruses, and fungi to prevent infection. • The cotton bud allows for targeted application to small areas like scraped knees or insect bites, and splinters, minimizing waste and mess. Perfect for on the go! ⚠ SAFETY TIPS! * External use only. * Avoid use on large wounds, burns, or deep punctures unless directed by a healthcare provider. * Ensure the child is not allergic to iodine or povidone-iodine. How to use: • Bend the tip where the red line is. The Iodine will slowly release into the bud on the opposite side. • Gently apply to affected area. Let it dry before covering with a dressing or plaster.
PH Balanced Saline Pads	Used for gently cleaning ears, nose, eyes, or sensitive skin areas without irritating delicate tissue. • Non-stinging formula makes them ideal for young children who may be sensitive to stronger antiseptics. • Sterile and gentle, reducing the risk of infection without harsh chemicals.
Saline Solution 250ml Bottle A sterile mix of salt and water (0.9% sodium chloride)	Used to gently clean and rinse various areas of the body, especially where gentle, non-irritating care is important. • Non-toxic and safe for sensitive skin and mucous membranes and • Flushing out deep or large wounds or deep punctures. • Cools and cleans minor burns or blisters before dressing • No stinging or harsh chemicals, so kids are less likely to resist treatment. • Helps relieve nasal congestion or clear mucus in babies and young children. • Can be used with nasal aspirators to soothe and clean nasal passages. How to use: • On large wounds, burns, or deep punctures - Gently pour onto the affected area. • For small areas like the eyes you can use the medicine dropper included in your Boo Boo Bus.
Eucerin Aquaphor Soothing Balm Fragrance-free, preservative-free, and safe for sensitive skin.	Used to protect, soothe, and heal dry, irritated, or damaged skin. It's a multipurpose skin ointment that acts as a barrier to help the skin heal naturally. • Creates a breathable barrier that supports natural healing. • Gentle enough for infants and toddlers, yet effective for bigger kids too. • Common Uses: Minor Cuts and Scrapes Dry, Chapped, or Cracked Skin Diaper Rash Eczema or Sensitive Skin Irritation Ideal for chapped lips or windburned cheeks, particularly in colder months. How to use: • Apply to clean, dry skin. A small amount goes a long way—use sparingly. ⚠ SAFETY TIP! * Not for deep or infected wounds; only for minor skin issues.
Melladerm Natural Honey-based Ointment Ingredients: • Fynbos honey • Lanolin • Calendula oil • Cod liver oil • Aloe vera • Zinc oxide • Vitamin C • Vitamin E	Honey-based wound ointment - Contains medical-grade Fynbos honey, along with natural oils that actively help with wound healing. • Applicable for all types of wounds - particularly those needing cleansing and deodorising. • Protection against bacterial proliferation. • Stimulates wound healing. • Common Uses: Donor sites Postoperative/surgical wounds Superficial and partial thickness burns (1st & 2nd degree) Pressure wounds Venous ulcers and arterial ulcers Diabetic wounds Oncologic wounds (to help deodorise and debride) Colonised acute wounds. How to use: • Clean wound of dirt, bacteria, and visible particles using your saline solution. • Apply a layer of HoneyPlus, either, directly onto wound, or onto sterile gauze dressing (In your Box) and then apply onto wound. • Protect wound with secondary bandages and cling wrap to enable undisturbed healing. • Re-apply when absorbed, typically every 3 days until completely healed.

BURNS AND SCALDS | WHAT'S IT FOR?



⚠️ BURNS -WHEN TO SEEK IMMEDIATE MEDICAL ATTENTION

- Any burn larger than a child's palm, or burns that are blistered, charred, or on the face, hands, feet, genitals, or over a joint.

BURNS AND SCALDS	
Hydrating Aloe Vera Gel Aloe vera is a gentle, natural plant extract known for its healing and anti-inflammatory properties	Used to soothe, cool, and moisturize irritated or sensitive skin. Common Uses: Minor Burns - Soothes skin after small, non-blistering burns (like a light touch from a warm surface). Sunburn - Cools and calms red, overheated skin after sun exposure. Helps with inflammation, providing gentle moisture Insect Bites & Stings - Reduces itching, redness, and swelling caused by bug bites. How to use: - Clean area using PH Balanced Saline Pads. - Apply to the affected area and leave it to absorb. There is no need to bandage it. - Re-apply when necessary. ⚠️ SAFETY TIP! * Avoid using on open or deep wounds or severe burns.
Calamine Lotion Contains zinc oxide, which has anti-inflammatory and skin-protective properties.	Calamine lotion is a classic and effective remedy to help kids feel more comfortable when dealing with itchy or irritated skin, making it a smart addition to any child-focused first aid kit. Common Uses: Soothes itching from chickenpox, hives, or allergic skin reactions. Has a gentle cooling effect that brings quick relief. Dries out weepy rashes while keeping the skin cool and soothed. Calms skin affected by plant-based rashes, though these are less common in some regions. Insect Bites & Stings - Reduces itching, redness, and swelling caused by bug bites. Heat Rash - Dries out and relieves sweat-induced skin irritation, especially in warm or humid weather. How to use: - Shake the bottle well. Apply after a relaxing bath - Apply a thin layer with a cotton ball (supplied) or clean fingers to the affected area. - Let it dry on the skin forming a protective barrier - do not rub it in like a cream. ⚠️ SAFETY TIP! * External use only – avoid contact with eyes and mouth. * Do not use on broken skin, open wounds, or severe burns. * If the child experiences worsening symptoms or irritation, discontinue use and consult a healthcare provider.
Jelonet paraffin gauze dressing A sterile gauze impregnated with soft paraffin.	Designed to cover wounds without sticking to them, reducing pain and trauma during dressing changes. Provides a gentle, protective option for treating minor wounds and burns in children, offering comfort and promoting healing without causing pain during dressing changes. Common Uses: Ideal for providing immediate first aid for Burns and scalds Grazes and Scrapes - Prevents sticking to raw skin and helps reduce pain when changing the dressing. Skin Tears or Blisters - Ideal for fragile or sensitive skin, especially when the top layer has been lifted or torn. How to use: - Clean the wound/burn gently using your Saline Solution. - Cut the Jelonet to size (if needed) and apply directly over the wound. - Cover with a secondary dressing (Adhesive bandages, supplied) to absorb fluid and hold it in place. - Change dressing according to wound condition or healthcare advice. ⚠️ SAFETY TIP! * Do not use on infected wounds unless advised by a healthcare professional. * Always wash hands before and after use. * Monitor for signs of allergic reaction or worsening wound condition.
Burnshield Dressing A water-based, tea tree oil-infused gel	Used to treat burns and scalds quickly and effectively, providing immediate cooling, pain relief, and protection to the affected area. Burnshield is a sterile gel-soaked dressing, usually made with a soft foam pad saturated in Burnshield hydrogel (a water-based, tea tree oil-infused gel). Specifically designed to cool the burn, minimize tissue damage, and prevent infection. Common Uses: Ideal for providing immediate first aid for Burns and scalds. - Minor to moderate burns or scalds from hot liquids, steam, surfaces, or sunburn. How to use: - Do NOT apply ice, butter, or toothpaste—go straight to Burnshield. - Open the sterile pack and place the dressing gel side down on the burn. - Secure it loosely with a bandage to hold it in place. - Leave on for up to 24 hours or as directed. - Seek medical attention for larger burns, blistering, or burns on the face, hands, or genitals. ⚠️ SAFETY TIP! * Always follow up with a doctor for burns in young children, even if they seem minor.
Emergency Flame Retardant Safety Blanket NOT a replacement for fire extinguishers in large fires.	- Used to quickly smother flames on a person's clothing or body and to provide emergency protection from heat or fire. If a child's clothing catches fire, the blanket can be wrapped around them to smother the flames and stop the fire from spreading. Used to shield a child from heat or flames while escaping from a fire. - After a fire-related injury or burn, the blanket can keep the child warm and protected from shock, while waiting for emergency services. How to use: Should be used as part of a "Stop, Drop, and Roll" response plan for kids. - Pull the blanket from its container. Wrap or drape it around the child, starting at the head and working downward. - Gently pat down to smother flames - DO NOT RUB. - Call emergency services and assess for burns (use burn dressings like Burnshield if needed).

BAND AIDS AND DRESSINGS | WHAT'S IT FOR?



⚠️ GENERAL SAFETY TIPS!

- Ensure your child is up-to-date with tetanus immunizations and get in the know as to why this is important.
- Avoid using band aids if your child has known adhesive allergies.
- Monitor and ensure the adhesives don't cause a skin reaction - **remove if irritation occurs**. Use Hydrating Aloe Vera Gel to soothe the skin if there is a reaction.
- Always sanitise your hands or even better use medical grade gloves (supplied) when applying first aid.
- **Band-aids and dressings are for single-use only** – replace daily or if it becomes loose or soiled.
- **Avoid wrapping bandages or gauze too tightly**—restricting circulation can cause more harm.

⚠️ WOUNDS -WHEN TO SEEK IMMEDIATE MEDICAL ATTENTION

- Wound is near the eye, joint, or neck.
- Wounds with debris you can't remove, like glass, gravel or dirt.
- **Monitoring wounds and grazes** - look out for redness that's spreading around the wound, pus or unusual discharge, fever or general illness in the child.
- Wound doesn't start healing after a few days or worsens despite care
- If you're unsure whether a wound is serious, or **if the child seems unusually pale, weak, distressed, or in serious pain**.

BAND AIDS AND DRESSINGS

Paraben-Free Pure Cotton Balls	Paraben-free means there are no synthetic preservatives that could irritate sensitive or allergy-prone skin. • Used for gentle cleaning, applying medications, and handling sensitive skin care tasks—especially important when caring for children's delicate skin.
Sterile Gauze Swabs 5*5cm and 10*10cm	Provides a gentle padding under bandages to protect tender or healing skin, especially if the wound is on a bony or sensitive area. Helps absorb blood, pus, or fluid from wounds while keeping the area dry and clean. How to use: • Wash your hands or use gloves. Open the sterile pack carefully to avoid contamination. • Use the gauze to clean or cover the wound as needed. • Secure with Breathable Gauze Tape or a secondary dressing if using as a wound cover. ⚠️ SAFETY TIP! * Avoid using dry gauze directly on wounds that might stick or reopen when removed. Use moist gauze if needed. * Not suitable for severe bleeding or deep wounds—seek medical help in those cases.
Breathable Gauze Tape w/grid pattern	Designed to secure dressings, bandages, or medical devices to the skin while allowing airflow to promote healing and prevent skin irritation. ⚠️ SAFETY TIP! * Avoid wrapping too tightly—restricting circulation can cause more harm. * Do not use it as a band aid OR apply directly to open wounds - always use with a sterile dressing underneath.
Non-Woven Fabric Adhesive Pad 6*7cm	Used to cover and protect larger wounds, scrapes, or post-surgical sites while keeping them clean, cushioned, and secure. They combine a soft, breathable fabric backing with an absorbent, non-stick pad in the center and an adhesive border that sticks to the skin. • Hypoallergenic adhesive: Designed to stick well but remove gently without pulling or causing pain. • Non-stick wound pad: Absorbs fluid without sticking to the healing tissue, making dressing changes less painful.
Waterproof Foam Patch Dressing 10*10cm	Used to protect wounds from water, dirt, and germs, while also providing cushioning and comfort—especially on active kids who are always on the move. They combine a soft, breathable fabric backing with an absorbent, non-stick pad in the center and an adhesive border that sticks to the skin. ⚠️ SAFETY TIP! * Do not use on deep, bleeding, or infected wounds without medical advice. * Press the edges down firmly to seal the waterproof barrier.
Self-adhesive Bandages	Self-adhesive bandages are a kid-friendly, mess-free, and versatile tool for securing dressings and providing gentle support. Their soft, non-stick design makes them perfect for wiggly little patients, especially on joints and mobile areas. ⚠️ SAFETY TIP! * Do not apply directly to open wounds—always use over a sterile dressing. * Change if it becomes wet, soiled, or loose.
Elastic Bandage Hold with Buckle	Supplied to provide additional support when using self-adhesive bandages or other dressings, especially for active kids.
Cling Wrap	Used as a temporary protective covering for burns, wounds, or dressings , especially in emergency or first-response situations. It's a surprisingly effective, multi-purpose item in first aid care. Preventing Dressings from Getting Wet • Wrap loosely over bandages or splints to keep them dry during a bath. Remove after bath time. • Not a long-term waterproof solution but helpful in a pinch. How to use for burns • Cool the burn with running water for at least 10–20 minutes. • Gently pat the area dry with a sterile dressing or clean cloth. • Place a piece of cling wrap over the burn (do not wrap tightly—allow some airflow). • Seek medical advice, especially for large, blistering, or facial burns.