










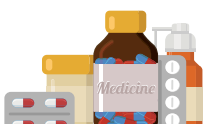


Build your own first-aid kit!

Item		Purpose
Adhesive tape		To hold dressings in place
Adhesive / elastic bandages in various sizes		To cover, dress and protect cuts & wounds
Alcohol swabs		To clean wounds
Antiseptic cream or solution		To clean and prevent infection of cuts and wounds
Burn ointment		To prevent infection of burns
Cotton balls		To apply medication or wash wounds
Eye wash solution		To irrigate and wash the eye
Plasters		To cover cuts and wounds
Scissors & tweezers		To cut gauze and bandages and remove foreign objects from the skin
20ml sodium chloride		To clean wounds
Disposable latex gloves		To prevent contamination of wounds
Safety pins		To hold bandages together
Triangle bandage		To support an injured arm
Sterile dressings/gauze		To dress and clean wounds

You may also include medication for common ailments or other medical supplies:

Item		Purpose
Hot / cold pack		For muscle aches and sprains
Medicated oil		To relieve nasal congestion and dizziness
Antiseptic hand wash		To sanitise hands
Thermometer		To measure body temperature
Medications: Paracetamol Activated charcoal Oral rehydration salts Calamine lotion		For pain and fever For diarrhoea To prevent dehydration due to diarrhoea To soothe insect bites & minor skin rashes

Quick tips!

- Store your first-aid kit at a place easy to get and out of the reach of young children.
- Keep a small first-aid kit in your car.
- Check your first-aid kit at least once a year to ensure that medicines have not expired and items are replenished.



The contents of your first-aid kit will vary depending on the people in your home and their needs. Our pharmacists can help you select the appropriate first-aid supplies for your home or workplace. [Ask now!](#)

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\$9

Microlife
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 Pen Type (MT16F1)



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 \$151.70**

First-Aid Kit for Workplace
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 Box B (50 employees) /
 Box C (100 employees)



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 in NHGP and NUP
 (Except Ang Mo Kio
 and Geylang)



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