



EMERGENCY FIRST AID KIT

Symptoms	Therapeutic category	posology	Quantities /team	Quantities/ Assistance
Anti-fever, Pain killer, Headache	Acetyl salisilic acid 500 or 1000 mg Or Paracetamol : 500 or 1000mg Or Dextropropoxifen/paracetamol : 30/400mg	3g/day in 3 or 6 times 3g/day in 3 times each 8 hours 2p x 4/day each 6 or 8 hours	2 doses* Soit 3p of 1000g or 6p of 500 mg	2 boxes
Serious pain	Paracetamol/codein 500/30mg	2p x 3/day each 8 hours Risk of spleepiness		2 boxes
Joins/muscular injuries	Ibuprofene 400 mg	3p/day each 8 hours	6p (2 doses)	2 boxes
abdominal pain	Phloroglucinol (orodispersible)	2p x 4/day each 6 hours		2 boxes
diarrhoea	Loperamide Or Racécadotril 100mg	2p first and 1 after each diarrhoea Max 8:Days 1p first and one during each meal . max 3/days		1 box 1 box
Diarrhoea/abdominal pain	Diosmectite (smecta)	3 sachets/day	3 sachets	1box
Nausea-vomoting	Metoclopropamide Or Metopimazine (orodispersible)	1p x 3/day 2 to 4p/day	1 doses	1 box
Allergy	Cetirizine Or Hydroxyzine (DCI) dichlorhydrate 25 mg	1p/day 2 to 4 p/day Risk of spleepiness	2 doses	1 box
Ophtamia	Sodium chlorure 0,9‰ unidose And Antiseptic lotion : ex Céthexonium And Ocular compress	Wash eyes if conjonctival irritation : x 5 per day 1 drop X 3 or 4 / Day	2 doses	15 doses 1 dose 1
Nose bleeding	Hemaustatic gaze			1 box
Blisters	Band aid advanced healing blister Compeed plaster, Spenco 2 nd skin	Different shape and size	5 pieces	2 boxes
Antiseptic	Iodo Povidone solution 10%(unidose) Or Hexamidine		5ml X 1 doses	10 doses + 125 ml 45ml + 300ml
Compress	Steril compress		3 units	20 units
Compress (2)	Compress with povidone			2 units
Bandages	Nylex, elastoplaste, coheban		1 roll	1roll of each
	scissors		1	1
	tweezers		1	1
	Fungicide powder			1
Sun care	Total sunscream cream min 15			100g
Foot cream	Cream NOK, Vaseline...			1
Survival blanket			1	
Skin irritation	Vaseline			1
OPTIONAL BUT RECOMMANDED				
Gastro intestinal reflux	H2 antihistaminic omeprazol			1
Antiseptique urinaire	Fosfomycine trometamol (mono dose)			1
Antiinflammatory cream	Voltarene gel...			1
Antiseptic cream	Hexomedine, betadine			1

* : means that you need to have 3 days of treatment with you. For example :

Paracetamol : 500 or 1000mg : 3g/day in 3 times each 8 hours : 9 g for 3 days or 9 pills of 1000mg or 18 of 500mg