

## MEDICINE CABINET CHECKLIST

Make sure your medicine cabinet includes these items.  
Check supplies regularly every six months.

- A thermometer
- A selection of painkillers and headache medication
- Cold medicine (decongestants, cough medicine, throat lozenges)
- Antidiarrheal treatment
- Hansaplast Wound Spray
- Plasters in various sizes (Hansaplast offers a wide selection, from waterproof to extra-sensitive, child-friendly – keep a basic stock of various plasters. You might also want to try the convenient and effective Fast Healing Plaster for improved and faster wound healing. Invisible Protection Plaster if you don't want your wound dressing to be seen)
- Hansaplast Spray Plaster for minor wounds - especially convenient on the go
- Hansaplast SOS Burn Spray for cooling burns
- Hansaplast Gauze and Fixation Tape for Wound dressing in case of deeper cuts or grazes
- Tweezers and scissors
- Insect Gel that will calm and reduce itching from insect bites
- Hansaplast Cold Spray or Cold Pack in case of sprains or injuries (but keep it in the fridge!)
- Fever medication
- Sterile gloves
- Apart from prescription medication that you take regularly.
- Disinfectant

Always see your doctor if the wound is deep, bleeding or shows signs of infection like reddening, swelling or warmth. Also make sure to seek medical help if you are not able to clean the wound properly. In case you have diabetes a proper wound care is of special importance. Always discuss any concerns you may have with your doctor and/or podiatrist, even for the care of minor wounds and skin cracks – especially on your feet. Please note that none of the above given tips or recommendations substitute medical advice. Carefully read the instructions for use given in our products' packages. Important: consult a health professional in case of any uncertainty of treating your wound properly. The information provided through this website should not be used to diagnose or treat a health problem or disease. It is not a substitute for professional care or advice. If you have or suspect a health problem, you should consult your doctor. Never disregard professional medical advice or delay in seeking it, because of something you have read on this website. For further information regarding Hansaplast products, please contact us via email on [phc@beiersdorf.com](mailto:phc@beiersdorf.com). Carefully read the instructions for use given in our products' packages.