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| **DIAPER RASH CREAMS/SALVES**For routine diaper rash, apply Crisco or Olive oil after good skin cleaning with soap and water. Wipes are bad.For yeast infection rash, apply Lotrimin AF or betadine cream after good skin cleaning with soap and water. | **NORMAL SALINE NOSE DROPS**¼ tsp salt + 1 tsp hydrogen peroxide + 1 drop white vinegar in 4oz water. 2-4 drops in each nostril as needed for nasal mucus or congestion. Use bulb syringe suction for infants |
| **HOMEMADE BABY WIPES**Cut a roll of select-a-size paper towels in half. (Viva brand works well) Place 1 roll in a gallon size Ziploc bag and add water. Remove cardboard tube once saturated. Pull wipes from the center of the roll. | **POISON OAK/IVY REMEDIES**Apply unscented gel antiperspirant or 1% hydrocortisone cream to rash twice dailyPepto-Bismol liquid to rash twice daily. |
| **ATHLETE’S FOOT/RING WORM**Wash affected area with soap & water. Apply alcohol, betadine solution, unscented gel antiperspirant (Secret), or Lotrimin AF cream twice a day | **BUG BITE/BEE STING REMEDY**Apply Ban soft solid to the bite/sting area as soon as possibleafter the bite/sting. Apply cold compress to the area for the next hour. |
| **IMPETIGO REMEDIES**Wash skin with soap & water. Apply Neosporin ointment, betadine solution, or unscented gel antiperspirantto the sores twice a day.**PINWORMS**PinX (pyrantel) per package directions | **INGROWN TOENAIL REMEDY**4 tsp rubbing or grain alcohol1 tsp fingernail polish remover1 tsp betadine solutionApply to the ingrown area then blow dry 2-4 times a day.Use after any water exposures. Leave toe open to air as much as possible. **DO NOT** soak toe. |
| **SWIMMER’S EAR REMEDY**1 tsp rubbing or grain alcohol1 tsp hydrogen peroxide3 tsp white vinegar4-6 drops in the affected ear 3-4 times a day and after swimming. | **EAR WAX REMOVAL**3-4 drops of olive oil in the ear canal daily.**DO NOT** put a Q-tip into the ear canal. This pushes the waxfarther down into the canal.Dulcolax liquigel-pierce hole in gelcap and drip contents into canal. Let sit for 5 minutes then flush with warm water. Repeat daily for 5-7 days.  |
| **EAR IRRIGATION SOLUTION** (**for use with tubes)**4 oz water¼ tsp salt1 tsp white vinegarFlush draining ear well at least once daily | **LICE**Saturate hair with 1 cup vinegar + 1 cup mineral oil and cover with shower cap. Leave for 1 hour and then wash hair with Selsun Blue shampoo. |
| **VOMITING MEDS**Benadryl ½ tsp every 4 hours per 25lbs body weight up to max dose of 3tsp/4hrsPepcid AC chewable ¼ tab twice a day per 25lbs body weight up to max dose of 2 tabs twice a day | **VOMITING TREATMENT**Nothing by mouth for 1 hour, then one quart Gatorade + ½ tsp baking soda as follows:1oz/15minx4, then 2oz/15minx4, then 3oz/15minx4, then ad lib. Solid food slowly as tolerated. |
| **DIARRHEA MEDS**Pepto-Bismol 1 tsp 3-4 times/day ages 1-5 years 2 tsp 3-4 times/day ages 6-12 years 3 tsp 3-4 times/day ages 13 and upLactinex ½ pkg 3 times/day ages 3 mo-2 years 1 pkg 3 times/day age over 2 years | **DIARRHEA DIET**Yogurt/cheese/cottage cheese/rice/potatoes/bananas/Grits/oatmeal/bread/crackers/jello/mayonnaise/Butter/ground beef/chicken/eggs/lactose-free milk/Gatorade. ***Avoid lactose milk, ice cream, caffeine*** |
| **CONSTIPATION REMEDIES**Increase oral fluids such as juices, Kool-Aid, Gatorade, & water. Increase fiber containing foods such as vegetables, fruit, and high fiber cereals.Citrucel ¼ cap in 2 oz water for 2-4 year old ½ cap in 4 oz water for 5-8 year old 1 cap in 8 oz water for 9 years and upMiralax ½ cap in 4 oz fluid for 2-10 year old 1 cap in 8oz fluid for 10 years and up 1 dose every 4hrs until a liquid stool occurs, then 1 dose daily or as often as needed to keep stool soft but not loose. | **FEVER TREATMENT**Fever is not a disease and usually does not require treatment if the disease which is causing it is being treated. For the comfortof the patient the following may be helpful: Increase fluid intakewith cold fluids. Dress lightly. Ibuprofen (Children’s) at 1tsp/22lbs body weight or 1 OTC tablet/50lbs body weight every 6-8 hours as needed. **Ice water baths, sponging with alcohol, and** **combining or alternating ibuprofen with Tylenol are potentially harmful.** |
| **WART TREATMENT ALTERNATIVES**Apply clear fingernail polish to warts dailyApply clear plastic tape to warts daily Apply betadine solution to warts dailyApply 7% iodine solution to warts daily | **INSECT REPELLANT (CHILDREN UNDER 12)**Spray skin with **non-DEET repellant**Spray clothes (OFF THE BODY) with **DEET repellant**Put dryer sheet (Fabric Softener) in the pockets or pin to the back of the shirt.Vitamin B1 (Thiamine) tablet 50mg/50lbs body weight every 6-8 hours |
| **Glucosamine Chondroitin Sulfate**Package will typically be labeled as Triple Strength with 1500mg of Glucosamine and 1200mg of Chondroitin.Take 2 tabs twice a day for 2 weeks.If unable to swallow pills, chews are available. 3 chews twice a day.Aleve 2 tabs twice a day x5 days for pain/inflammation. |  |