

# Over-The-Counter Products Suggested as Health Office First Aid Supplies

Approved by the San Bernardino County School Nurses and Physicians Collaborative

## Products Schools May Provide for First Aid without Physician Authorization

- *These products are for use only as stated in the directions below.*
- *Consult the school nurse regarding product information and related first aid questions and concerns.*
- *Material Safety Data Sheets (MSDS) must be available for chemicals on campus.*

<b>Product Name</b>	<b>Directions for Health Office, Campus and Field Trip First Aid Kits, and Other Health Services</b>
1. Alcohol, Isopropyl (Pint and/or wipes)	<ul style="list-style-type: none"> <li>• Use to clean injection sites.</li> <li>• Clean irritated pierced ear (or other body pierced) sites.</li> <li>• Clean telephone mouth pieces and similar surfaces.</li> </ul>
2. Baking Soda	<ul style="list-style-type: none"> <li>• Apply as a “paste” of baking soda and water to insect stings for a soothing effect and/or relief of itching.</li> </ul>
3. Buffered Eye Wash	<ul style="list-style-type: none"> <li>• Without touching the eye with the tip of the bottle, gently squeeze to flush a foreign body from the eye, or for relief of discomfort. (Flush from inner to outer eye with positioning to prevent contamination of unaffected eye.)</li> </ul>
4. Dental Wax	<ul style="list-style-type: none"> <li>• Student may apply to orthodontia bracing to relieve oral irritation.</li> </ul>
5. Diaper Wipes	<ul style="list-style-type: none"> <li>• Use to cleanse perineum when diapering or during toileting assistance.</li> <li>• Have student use for the same purpose if able to participate in self-care.</li> </ul>
6. Glucose Gel	<ul style="list-style-type: none"> <li>• Use (according to an authorized, written Individualized Healthcare Plan), as a fast acting carbohydrate, given orally when a diabetic has signs of low blood sugar or blood test results are below 70.</li> <li>• Use as first aid (according to standardized procedure for diabetes management) when there is not Individualized Health care Plan for a diabetic with signs of low blood sugar, or when diabetic supply kit is out of fast-acting carbohydrates.</li> </ul>
7. Hand Lotion (Hypo-allergenic)	<ul style="list-style-type: none"> <li>• Apply to hands to prevent or minimize chafing.</li> <li>• Use as a lubricant to assist in removal of tight rings.</li> </ul>
8. Hand Sanitizer & pump	<ul style="list-style-type: none"> <li>• Use for cleaning hands if water is not readily available.</li> </ul>
9. Hydrogen Peroxide	<ul style="list-style-type: none"> <li>• For use to remove blood from fabric.</li> <li>• Use for cleaning lesions grossly soiled with dirt or contamination. Rinse with clear water after any usage.</li> </ul>
10. Liquid soap	<ul style="list-style-type: none"> <li>• Use for hand washing.</li> <li>• Use for cleaning wounds (rinsing with water after each cleansing).</li> </ul>
11. Normal saline (Sterile)	<ul style="list-style-type: none"> <li>• For use as an irrigation in the treatment of wounds.</li> <li>• For use cleaning or lubricating contact lenses.</li> </ul>

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12. Petroleum Jelly (Use clean applicator)	<ul style="list-style-type: none"> <li>• Apply to lips as a lubricant.</li> <li>• Use as a lubricant to assist in removing tight rings.</li> </ul>
13. Salt (mixed with water) (One teaspoon salt mixed with eight ounces water)	<ul style="list-style-type: none"> <li>• For use as a gargle for sore throats.</li> <li>• For use as a mouth rinse for discomfort due to recent orthodontia/dental treatment.</li> </ul>
14. Save the Tooth-Hanks Balanced Salt Solution	<ul style="list-style-type: none"> <li>• Use to help preserve a dislodged tooth. Send tooth in solution with student to dentist for replacement of tooth within 30 – 60 minutes.</li> </ul>
15. Sting relief pads	<ul style="list-style-type: none"> <li>• Apply per label directions to insect sting site for soothing effect and/or relief of discomfort.</li> </ul>

## **Items Parents May Provide to the Health Office or School Without Physician Authorization**

*Parent should provide a note indicating the parent will provide the product for school, his or her student may use the product, and if necessary his or her student may have assistance from the school.*

<b>Product Name</b>	<b>Directions for Health Office, Campus and Field Trip First Aid Kits, and Other Health Services</b>
1. Contact Lenses Solution	<ul style="list-style-type: none"> <li>• Have student use for cleaning and lubricating contact lenses.</li> </ul>
2. Diapering Ointment/Cream (A & D, Desitin, etc.)	<ul style="list-style-type: none"> <li>• For use when diapering to prevent or minimize chafing.</li> </ul>
3. Diapering Wipes	<ul style="list-style-type: none"> <li>• Use to cleanse perineum when diapering or during toileting assistance.</li> <li>• Have student use for cleansing of perineum if able to participate in self care.</li> </ul>
4. Lip balm, non-medicated (Carmex, Vaseline, etc.)	<ul style="list-style-type: none"> <li>• Have student apply to lips as a lubricant for relief of cold sore discomfort.</li> </ul>
5. Sunscreen / Sun Block	<ul style="list-style-type: none"> <li>• Apply to exposed skin to minimize or prevent sunburn.</li> <li>• Avoid application close to eyes/eyelids to prevent sensitive tissue contact.</li> </ul>

## Health Office Supplies Recommended

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Adhesive bandages - 1 inch  
Adhesive bandages - 3 inch  
Adhesive bandages, Fingertip type  
Adhesive bandages, Knuckle type  
Adhesive tape – 1 inch  
Blanket, washable – (1)  
Bandage scissors  
Cold compresses (re-freezable) or may freeze folded wet paper towels  
Cotton balls  
Disposable facial tissues  
Disposable gloves (including latex free gloves for persons with a latex allergy)  
Disposable masks  
District approved product for cleaning  
Elastic bandages - 1 inch  
Elastic bandages - 2 inch  
Emesis basins – (2)  
Eye wash cups  
Gauze rolls - 1 inch  
Gauze rolls - 2 inch  
One flashlight with spare bulbs and batteries  
Paper bags  
Paper rolls for the cot  
Paper tape - 1 inch  
Paper towels  
Pillow with plastic protector  
Plastic eye cups  
Pocket mask/face shield for CPR (with one-way valve)  
Portable stretcher (for disaster use only, other emergencies call 911 and do not move student)  
Ring remover  
Sanitary napkins  
Sealing/locking type plastic bags, various sizes  
Self-adherent elastic wrap (e.g., Coban)  
Sleeping cot  
Splints/splinting material, various sizes  
Sterile adhesive bandages (1 x 3), individually packaged  
Sterile cotton tipped applicators, individually packaged  
Sterile gauze squares (2 x 2) and (3 x 3), individually packaged  
Thermometer with disposable covers  
Thermometers, Single-Use Clinical Type (e.g., Tempa-Dot)  
Tongue blades  
Triangular bandages with safety pins  
Tweezers (Dispose of after one use)  
Various small and/or spot adhesive bandages  
Waste paper basket with plastic liners  
Wheelchair (with ability to elevate leg rests)