

# FIRST AID KIT



Physician  
Approved

## 89 Pieces

- 1 6" x 9" Instant ice compress
- 2 FDA approved latex barrier gloves
- 1 5" x 9" Trauma pad • 1 Sting relief pad
- 1 Blistex® lip balm pack
- 25 3/4" x 3" Adhesive bandages
- 10 2" x 2" Gauze dressing pads
- 15 Alcohol cleansing pads
- 1 Pair of scissors • 10 Children's bandages
- 1 2" x 4.1" yds. Roll bandage
- 2 Triple antibacterial cream packs
- 1 Roll 1/2" x 5 yds. first aid tape
- 1 Watertight medication canister
- 3 Patch bandages
- 3 Iodine prep pads
- 9 Antiseptic towelettes
- 1 Carry anywhere case
- 1 At-A-Glance First Aid Guide

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# The Dangers of Over-the-Counter Drugs

*As reported on "The Dr. Oz Show," a nationwide survey asked pharmacists to name the most commonly misused non-prescription drugs. Here are some findings of that survey, as well as some important safety tips.*

## **Multi-Symptom Cold & Flu Medications**

These drugs treat only the symptoms of the common cold such as runny nose, congestion, fever, aches, and irritability. Most of these preparations contain several different medications in one dose to treat various symptoms. Because of this, you may be taking an active ingredient to treat a symptom that you do not have.

## **Acetaminophen**

Acetaminophen (the active ingredient in Tylenol® and a number of pain and cold remedies) can be toxic to the liver, especially for those who are heavy alcohol users or who have liver problems. A good rule is to never take more than eight extra-strength tablets in 24 hours or 4,000 milligrams a day. If you see the abbreviation "APAP" on the label of an over-the-counter drug, it means that it contains acetaminophen.

## **Proton Pump Inhibitors**

People assume they can take a daily dose of products that treat heartburn, such as Prilosec OTC®, Prevacid 24HR® and Zegerid OTC®. The problem is that your body can become dependent on it, which can lead to rebound reflux when you stop. The best approach is to use such products only as directed for up to two weeks. If your heartburn continues, contact your healthcare professional.

## **Antihistamines**

These drugs can help relieve itching, sneezing, runny nose, and watery eyes. The most common side effect of some antihistamines is sleepiness. Using Benadryl® (diphenhydramine) and driving a car could be as dangerous as driving drunk because it causes severe drowsiness. A better solution is to take a non-sedating antihistamine like Claritin® (loratadine) or Zyrtec® (cetirizine).

## **Non-Steroidal Anti-Inflammatory Drugs**

This type of product includes ibuprofen, naproxen, and aspirin, used to reduce minor aches and pains, headaches, and fever. Using too much for too long can cause serious problems with the stomach lining. Try not to take anti-inflammatory drugs for more than 10 consecutive days.



*To view the pharmacist survey episode of "The Dr. Oz Show" online, visit [www.doctoroz.com/videos/dangers-otc-drugs-pt-1](http://www.doctoroz.com/videos/dangers-otc-drugs-pt-1).*

*More information is available in the drugs area of the U.S. Food and Drug Administration website at [www.fda.gov](http://www.fda.gov).*