

## Recommendations for the medicine cabinet

Symptom(s)	Active ingredient* or medication	Adult dose (12+)	Child dose (6 to 12 years old)	Expiry date
<b>Headache, sore throat or pain in the limbs</b>	<b>Paracetamol</b>	4 x one to two 500 mg tablets per 24 hours	4 x one 500 mg tablets per 24 hours	
	or <b>acetylsalicylic acid</b>	3 x one to two 500 mg tablets per 24 hours		
<b>Back pain, pain in the joints or muscle pain</b>	<b>Ibuprofen</b>	3 to 4 x one 400 mg tablets per 24 hours	20 mg/kg of body weight per 24 hours in several single doses	
	or <b>Diclofenac</b>	3 x one 50 mg tablets per 24 hours	0.5 to 2 mg/kg of body weight per 24 hours in two to three single doses	
<b>Fever/influenza</b>	<b>Paracetamol</b> or <b>acetylsalicylic acid</b>	4 x one to two 500 mg tablets per 24 hours 3 x one to two 500 mg tablets per 24 hours	4 x one 500 mg tablets per 24 hours	
<b>Stomach ache</b>	<b>Paracetamol</b>	4 x one 500 mg tablets per 24 hours	4 x one 500 mg tablets per 24 hours	
<b>Nausea/vomiting/ motion sickness</b> (1 h before departure)	Itinerol B6	One to two suppositories per 24 hours	One suppository for children per 24 hours	
<b>Diarrhoea</b> (drink plenty of fluids!)	<b>Loperamide</b> or	Initial dose of 2 capsules. Following every bowel movement with loose stools 1 additional capsule; max.8 capsules per 24 hours	Initial dose of 1 capsule. Following every bowel movement with loose stools 1 additional capsule; max.3 capsules per 24 hours and 20kg of bodyweight	
	electrolyte solution			
<b>Constipation</b> (drink plenty of fluids and do plenty of exercise)	Duphalac syrup	15 to 45 ml per 24 hours (initial dose)	15 ml per 24 hours (initial dose)	
<b>Common cold</b>	Decongestant nasal spray, e.g. Rinosedin 0.1 %	3 to 4 x per day in each nostril	3 to 4 x per day in each nostril	
<b>Cough</b>	Cough drops, e.g. Bronchosan drops	3 to 5 x 20 drops per 24 hours	3 to 5 x five drops per 24 hours	
<b>Sore throat</b>	Lozenges, e.g. Angina MCC	One lozenge every 1 to 3 hours	One lozenge every 1 to 3 hours	
<b>Eye infection/ irritation</b> (nonbacterial)	Eye drops, e.g. Visine eye drops	One to two drops 2 to 3 x per 24 hours	Rinse eye with saline solution	
<b>Allergies/itching</b>	<b>Cetirizine dihydrochloride</b> or apply Fenistil gel locally	One tablet per 24 hours several times per day	2 x ½ tablets per 24 hours, several times per day	
<b>Abrasions/wounds</b>	Treatment with a disinfectant solution ( <b>iodine</b> ) or wound ointment (Betadine, Vita-Hexin)			
<b>Burns</b>	Antiseptic wound cream, e.g. Flamazine	1 x per day	1 x per day	
<b>Sprains/contusions</b>	<b>Diclofenac</b> (gel)	3 to 4 x per day	2 x per day	

### Important telephone numbers

Ambulance	144	Family doctor	_____
Police	117	Paediatrician	_____
Fire service	118	Emergency physician	_____
Rega (Swiss Air-Ambulance)	1414	closest pharmacy	_____
Poisons information centre	145	closest hospital	_____

\*Where generic medication exists, only the **active ingredient** must be specified.