

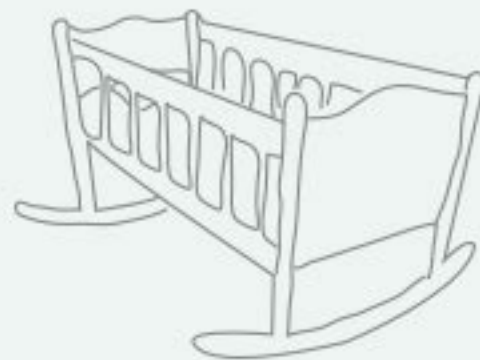
# Baby Health Kit Checklist

- Thermometer
- Baby paracetamol or ibuprofen
- FESS Little Noses: saline nasal spray
- Antiseptic cream
- Little Eyes: cleansing wipes
- Nail clippers or scissors
- Gel ice pack
- Sensitive skin bandaids
- Nappy rash cream
- Cotton balls
- Vapouriser / humidifier
- Little Coughs: natural cough relief
- Baby sunscreen
- Baby insect repellent
- Hand sanitiser
- First aid training

## EMERGENCY CONTACTS

Police, fire & ambulance  
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Poisons Information  
13 11 26



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