

# Medicine Checklist

A checklist for stocking and maintaining a well-organized home medicine cabinet with safe storage and current supplies.

## Pain, Fever and Aches

- General pain and fever relief suitable for your household
- A reliable digital thermometer
- Hot or cold packs for sprains and aches
- Items for muscle aches or minor strains
- Separate child-appropriate options if you have kids  
Ask your pharmacist about suitable forms for children

## Cold, Allergy and Stomach

- Cold and cough comfort items for the season
- Allergy relief for sneezing and itching
- Antacids or stomach-settling items
- Oral rehydration supplies for stomach upsets
- Throat lozenges or soothing items

## First-Aid Basics

- Assorted adhesive bandages and gauze
- Antiseptic wipes or solution
- Antibiotic or wound-care ointment
- Medical tape and small scissors
- Tweezers and disposable gloves

## Check and Refresh

- Check every item's expiry date
- Discard anything expired or changed in look or smell
- Make a list of items to replace
- Restock anything running low
- Set a calendar reminder to review again in six months

## Safe Storage

- Keep medicines in a cool, dry place per the label
- Store everything out of reach of children and pets
- Use a locked cabinet or high shelf if children are around
- Keep items in their original labeled packaging
- Dispose of old medicine through a take-back program

## Important

- This checklist is general information only and is not medical advice; ask your pharmacist or doctor about which items suit your household, correct use, and safe disposal, and follow their guidance  
Keep prescription medicines tracked and stored according to your doctor's instructions