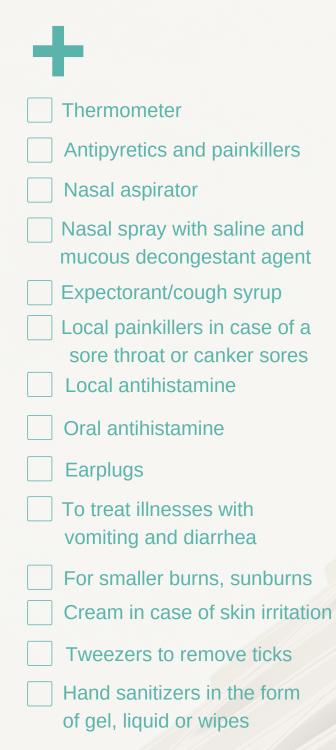
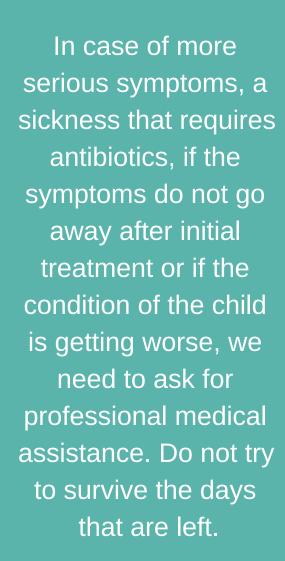




# TRAVEL HEALTH KIT





| A product that can disinfect the skin and injuries              |
|---|
| Band aids, sterile gauze sheets and bandages of different sizes |
| Scissors  |
| Earpicks  |
| Repellent cream, spray  |
| Sunscreen lotion  |
| Physiologic saline + eyedropper                                 |
| Plastic bags  |
| ALL DAILY MEDICATION, INCLUDING MEDICATION FOR EMERGENCIES      |



### Preventiv steps

- Probiotics
- Vitamina C
- Vitamin D

## Antipyretics and pain killers

- Nurofen
- Panadol

### Nasal drops, nasal sprays

- Sea water nasal spray (Physiomer)
- Nasopax

### Coughing

- Babypront
- Prospan
- Ambroxol
- Ones that contáis Iceland lichen
- Plantado lanceolata syrup with pine bud

### Sore throat

- Strepsils
- Tantum Verde

## Vomiting and diarrhea

- Ors
- Humana
- Biogaia
- Normaflore
- Enterobull

### Constipation

LaxaClean

## Allergies

Cetrizin Hexal

#### **Bites**

- AfterBite
- Fenistil

### Burning

- Irix
- Pantenol
- Aloe Vera

### Wounds

- Betadine
- Octenisept

