

*Keep this practical first aid reference guide handy.*

*With these simple suggestions,*

*you'll always know how to relieve your family's minor ailments.*

**Important: Keep these products out of the reach of children, and call your pharmacist if you need more information.**

## INSECT STINGS AND BITES

Rinse the sting/bite site with water to remove any trace of dirt. If the stinger is still in the skin, scrape gently with a fingernail or flick with a finger to remove it. If no stinger is visible, it's probably because there isn't one. Never press on a stinger to remove it (by using tweezers, for example), because that could squeeze out even more venom. Remember: An insect sting/bite in a hypersensitive person is a medical emergency.

The Rouquier line of first aid products includes several products useful for relieving the pain and itching that can accompany insect stings:

- CALAMINE LOTION USP
- CALAMINE LOTION WITH ANTIHISTAMINE
- HYDROSONE 0.5%
- WITCH HAZEL USP



## DRY AND CHAPPED SKIN

Skin changes with age. The number of sebaceous glands decreases, along with the capacity to attract and retain moisture, reducing skin lubrication. Unfortunately, the moisture-retaining substances in the skin that keep it from drying out cannot be replaced. But it is possible to apply a moisture-retaining barrier that protects the skin from the drying effects of the cold and wind, etc.

The Rouquier line of first aid products includes several emollients that can relieve dry, chapped skin:

- GLYCERIN USP
- GLYCERIN AND ROSEWATER
- HEAVY MINERAL OIL USP
- LIGHT MINERAL OIL USP
- OLIVE OIL NF
- SWEET ALMOND OIL NF



## MILD BURNS AND SUNBURN

The seriousness of a burn depends on three factors: The depth of the burn, the extent and the location. A first-degree burn affects only the upper layer of skin (the epidermis). The burned area becomes red and painful due to the engorgement of superficial blood vessels.

In second-degree burns, blood serum escapes from the blood vessels and forms blisters. The pain is relatively intense.

Third-degree burns affect all layers of the skin and can affect the underlying tissues. The skin turns copper and black. There are no blisters and usually very little pain, because the nerve endings have been destroyed.

See a physician for all third-degree burns and for second-degree burns if they cover a large area of the body. Before applying anything to a burn, it is recommended to put the burned area in cool water (or under running water, or to use cold water compresses, depending on where the burn is located) for at least 15 minutes to stop the process of tissue destruction and decrease the pain.

Sunburn is a first-degree burn. It can usually be treated at home, even if a large area of skin is affected.

The Rouquier line of first aid products includes products useful for relieving dryness, itching and minor skin irritation:

- GLYCERIN USP
- ZINC OINTMENT



## MINOR CUTS AND SCRAPES

Always wash your hands before treating a wound. Rinsing minor cuts and scrapes under a stream of water (under running tap water, with a spray bottle or a syringe without a needle) is generally sufficient to clean them. If debris remains in the wound after rinsing, use tweezers (clean first with rubbing alcohol) or gauze moistened with water, to remove it.

Cover the wound with a bandage for 24 to 48 hours to encourage healing. You can also use astringents and antiseptics on the area surrounding the wound, but it is better to avoid putting them directly on the wound, to not disturb the natural healing process.

The Rouquier line of first aid products includes several antiseptics useful for cleaning the skin around a minor skin wound:

- ALCOVAP
- BORIC ACID NF (Powder)
- COLOURLESS ANTISEPTIC
- FRIAR'S BALSAM (BENZOIN TINCTURE COMPOUND)
- 3% HYDROGEN PEROXIDE USP
- 70% ISOPROPYL RUBBING ALCOHOL USP
- PEROVAP
- RUBBING ALCOHOL COMPOUND (ETHANOL)
- 2.5% TINCTURE OF IODINE
- 5% TINCTURE OF IODINE



## RELAXING BATH

Added to hot water, sea salt maintains a sensation of warmth that lasts about 15 minutes, during which sea salt and minerals are absorbed by the skin. Iodine (as potassium iodide), which can have a certain therapeutic effect, is reabsorbed into the bathwater. Blood circulation and the immune system are stimulated, muscles relax, pain is relieved, large fat cells break down, the body eliminates toxins and all muscle and joint movements are toned. A 15- to 20-minute bath at an optimal temperature of 37°C is sufficient to get the maximum benefits from the treatment.

Epsom salts added to the water in a hot bath (34°C to 37°C) activates blood circulation, relieves pain, tension and muscle stiffness after a 15- to 20-minute treatment. Epsom salts increase the density of the water. This increases floating, which encourages relaxation. They also help soften the skin. Blood vessels that are under the skin relax and circulation intensifies. As the blood circulates better when no pressure is made on the body, joint pain is reduced.

The Rouquier line of first aid products includes products that encourage relaxation:

- EPSOM SALTS
- SEA SALT



## DIAPER RASH

Diaper rash is an irritation of the skin covered by diapers, usually as a result of the skin being in contact with urine and feces. To prevent or relieve diaper rash, apply a product that forms a physical barrier between the skin and the diaper.

The Rouquier line of first aid products includes two products that can be used as a protective barrier to prevent or relieve diaper rash:

- IHLE'S PASTE (25% Zinc oxide)
- ZINC OINTMENT (15% Zinc oxide)



## SORE MUSCLES

Muscular aches and pains are a common problem related to the overuse of muscles or injury caused by exercise that is out of the ordinary. Other common causes include tension and stress. Pain can be relieved by applying heat, through massage, hot baths, warm clothes, and by rest and relaxation.

The Rouquier line of first aid products includes several products useful for relief from sore muscles:

- CAMPHORATED OIL
- HEAVY MINERAL OIL USP
- OIL OF WINTERGREEN



## OCCASIONAL CONSTIPATION

Each person's digestive system functions at a different pace. Some people have bowel movements three times a day, while others go only every three or four days. This depends partly on their constitution, but mainly on what they eat.

Constipation is when there is a decrease in the usual frequency of bowel movements, often with the following symptoms: stomach cramps, the feeling of an incomplete or difficult bowel movement, headache and loss of appetite. Constipation can be caused by different factors: too little fibre or liquid intake, lack of exercise, stress and pregnancy, as well as certain medications and medical conditions.

The Rouquier line of first aid products includes several products useful for relief from occasional constipation:

- CASTOR OIL USP
- EPSOM SALTS
- HEAVY MINERAL OIL USP
- OLIVE OIL NF



## DEFINITIONS

- Analgesic** | A pain reliever.
- Anesthetic** | An agent that produces local loss of sensation.
- Antipruritic** | A substance that relieves or prevents itching.
- Antiseptic** | A substance that inhibits the growth and development of certain microorganisms.
- Astringent** | A substance that can dry skin.
- Counterirritant** | A substance that can relieve pain by stimulating skin.
- Emollient** | A substance that softens tissues, notably skin.
- Laxative** | A substance that is mildly purgative. See purgative.
- Purgative** | A substance that can provoke the evacuation of the intestines.
- Spirits** | A liquid product obtained by distilling a volatile substance with alcohol (pure or mixed with water).
- Topical Product** | A product to be applied to skin or mucous membrane.



## ROUGIER FIRST AID PRODUCTS

Here is a description of various products in the Rougier line of first aid products.

- **ALCOVAP**

(70% isopropyl alcohol spray)

Topical antiseptic in a practical sprayer. Useful for cleaning the skin around minor skin wounds and for killing bacteria and harmful germs. Also used to disinfect medical instruments, such as thermometers. For external use only.

- **ALUM Powder**

Topical antiseptic (dilute 3 g of powder in 200 mL of boiled and cooled water). Useful for cleaning the skin around minor skin injuries. Also useful in a footbath to soothe tired feet.

- **BORIC ACID NF Powder**

Topical antiseptic useful for cleaning the skin around minor skin wounds. Dilute 3 g of powder in 200 mL of boiled and cooled water.

- **CALAMINE LOTION USP**

Slightly astringent topical lotion used for partial temporary relief of itching and redness due to insect stings or bites, poison ivy or similar plants.

- **CALAMINE LOTION WITH ANTIHISTAMINE**

(1% diphenhydramine)

Slightly astringent topical lotion containing an antipruritic used for temporary relief of pain and itching due to insect stings or bites, poison ivy or similar plants. Because of the risk of side effects, always consult a pharmacist before using this product. Do not use for chickenpox or measles.

- **CAMPOR SPIRITS**

(10% camphor in an isopropyl alcohol base)

Topical counterirritant used for temporary relief of muscle and joint pain, and itching due to insect stings and bites.

- **CAMPHORATED OIL**

Topical counterirritant used for temporary relief of sore muscles, and aches due to the flu. For external use only.

- **CASTOR OIL USP**

Laxative or purgative used for relief from occasional constipation. Not recommended for children under 12. Counter-indicated during pregnancy.

- **CLOVE OIL BP**

Topical analgesic used to relieve toothache.

- **COLD SORE LOTION**

Topical lotion used to decrease discomfort due to cold sores.

- **COLOURLESS ANTISEPTIC**

Topical antiseptic useful for cleaning the skin around minor skin wounds.

- **EPSOM SALTS**

Laxative or purgative used for relief from occasional constipation. Not for children under 6 except on the advice of a physician.

- **EUCALYPTUS OIL BP**

Counterirritant used for inhalation for the temporary relief of coughs due to colds. For external use only.

- **FRIAR'S BALSAM**

(Benzoin tincture compound)

Topical antiseptic useful for cleaning the skin around minor skin wounds and to stop the bleeding of minor cuts. Also used for partial relief of bronchial congestion by inhalation (5 mL in 600 mL of hot water). For external use only.

- **GLYCERIN USP**

Topical skin emollient for temporary relief of dry chapped skin and minor burns.

- **GLYCERIN AND ROSEWATER**

Emollient for relief of dry skin.

- **HEAVY MINERAL OIL USP**

Laxative used for relief from occasional constipation. Also useful as a topical emollient for dry skin and to massage sore muscles.

- **3% HYDROGEN PEROXIDE USP**

Topical antiseptic used for minor wounds or to help remove adhesive bandages from the skin.

- **HYDROSONE 0.5%**

HYDROCORTISONE CREAM USP

Topical cream used for temporary relief of minor skin irritations, itching and redness due to eczema, dermatitis, insect stings or bites, poison ivy or similar plants, soaps, detergents, cosmetics or jewellery.

- **IHLE'S PASTE**

(25% zinc oxide)

Topical protective paste to protect the skin or relieve diaper rash and irritation.

- **70% ISOPROPYL RUBBING ALCOHOL USP**

Topical antiseptic useful for cleaning the skin around minor skin wounds and for killing bacteria and harmful germs. Also used to disinfect medical instruments, such as thermometers. For external use only.

- **LIGHT MINERAL OIL USP**

Emollient used to moisturize the skin. Also useful to remove makeup and to massage muscles.

- **METHYLENE BLUE**

Topical antiseptic used to soothe inflammation of mucous membranes in the mouth.

- **OLIVE OIL NF**

Laxative or purgative used for relief from occasional constipation. Also used to remove accumulated earwax. Do not administer to children except on the advice of a physician.

- **PEROVAP**

(3% Hydrogen peroxide spray)

Topical antiseptic in a practical sprayer used for minor wounds or to help remove adhesive bandages from the skin.

- **STRAWBERRY EXTRACT**

Oral solution used to relieve occasional diarrhea.

- **SWEET ALMOND OIL NF**

Emollient used for temporary relief of dry skin. Also useful for massaging muscles.

- **2.5% TINCTURE OF IODINE**

Topical antiseptic useful for cleaning the skin around minor wounds.

- **5% TINCTURE OF IODINE**

Topical antiseptic useful for relief of minor wounds, cuts and scrapes. Also used for cleaning the skin around minor wounds.

- **WINTERGREEN OIL**

Topical analgesic used for temporary relief of muscle aches and rheumatism pain. Do not use on people allergic to aspirin or on children. For external use only.

- **WITCH HAZEL USP**

Topical astringent used for temporary relief of insect stings and bites, and for bruises. For external use only.

- **ZINC OINTMENT**

(15% zinc oxide)

Topical ointment used for temporary relief of diaper rash.

## Your home pharmacy should contain...

- A wide assortment of adhesive bandages
- Adhesive tape
- Gauze roll
- Elastic bandages
- Scissors, tweezers
- Safety pins
- Topical antiseptic
- Rubbing alcohol (to disinfect medical instruments)
- Thermometer
- Calamine lotion
- Hydrogen peroxide (to help remove adhesive bandages)
- First aid manual
- Disposable gloves
- Analgesic (acetaminophen tablets)
- Emergency telephone numbers (911, etc.)
- Instant cold packs



**JR ROUGIER**

For more information, contact our  
Customer Service Department at 1 866 470-6886 • 450 433-6886  
w w w . r o u g i e r . c o m

## REFERENCE GUIDE TO FIRST AID PRODUCTS



Your home  
pharmacy...

**JR ROUGIER**

Rougier, a recognized brand since 1901,  
offers a full line of first aid products.