

Are you prepared? 4 must-haves for your child's home health kit

SEP 29, 2026



Featured topic and speaker

What should every parent keep on hand for those unexpected fevers, sniffles, scrapes, and bumps?

Pediatrician and Allergist/Immunologist Zachary Rubin, MD, [?@rubin_allergy?](#), shares four essential items every family should include in a home health kit to help you care for your child when illness or minor injuries happen. Learn why a digital thermometer, medication syringe, saline and nasal suction device, and a well-stocked first aid kit can help you respond quickly and confidently when your child needs care.

Being prepared can make stressful moments easier and help you provide accurate information to your child's doctor when needed.

For personalized medical advice, talk with your physician or pediatrician.

- Subscribe to [@americanmedicalassociation](#) on [YouTube](#) for more physician-backed health advice, wellness tips and preventive care information.
- [Sign up](#) for Morning Rounds and free daily newsletters from the AMA.
- Follow [#AMA](#) on [social media](#).

Speaker

- **Zachary Rubin, MD**, allergist and author, *All About Allergies*

Transcript

Dr. Rubin: Your kid may be healthy now, but one day they may get sick or have a cut, scrape, or other injury requiring you to be able to provide them assistance. Here are the four things that you need in your house to make sure you're prepared to take care of your child in those cases.

When your child has a fever, you're going to want to make sure that you have a digital thermometer on hand that you know how to use and know where to place it, because not all of them are oral. Some of them are rectal. So for babies, they may need a rectal thermometer, as an example. This is a quick and accurate way to assess their temperature so that if they do have a fever, you can give that number to your pediatrician when you talk to them.

So if you have to give your child liquid medication, you need to make sure that you have a syringe that is clearly marked in milliliters so that you can correctly dose their medications, because they're not just age-based, but some of them are weight-based. And so, you need to check with the instructions on the package label to know how much you're going to give your child. If you have any questions, talk with your doctor about it.

If your child has a stuffy nose, it's a really good idea to make sure you have saline, as well as some type of aspirator device, like a bulb suction. That can help clear out their secretions to help not only them sleep a little bit easier but for you to sleep easier as well.

And lastly, we want to make sure that you have a first aid kit that is kid-friendly, where you have adhesives, gauzes, bandages, cold packs and some medicine that is for your child. And if you ever use any of it, you need to make sure that you replace it as soon as possible. And check your kit regularly to see if any of it has expired. And know exactly where it is in your house and how to use all of these pieces of equipment.

If you have any questions about your home health kit, talk to your doctor.

Disclaimer: This video is for educational purposes only and is not medical advice. If you have questions about your health, please consult your doctor.