

Essential Health Pack Contents List

Trimethoprim: antibiotic used mainly in the treatment of bladder infections. With sulfamethoxazole or dapsone it may be used for *Pneumocystis pneumonia* in people with HIV/AIDS.

Paracetamol: used to treat pain and fever

Amoxicillin: Amoxicillin is an antibiotic often used for the treatment of a number of bacterial infections. These include middle ear infection, strep throat, pneumonia, skin infections

Salbutamol: opens up the medium and large airways in the lungs. It is used to treat asthma, including asthma attacks, exercise-induced bronchoconstriction, and chronic obstructive pulmonary disease

Bendroflumethiazide: used to treat hypertension

Omeprazole: used in the treatment of gastroesophageal reflux disease, peptic ulcer disease, and Zollinger–Ellison syndrome. It is also used to prevent upper gastrointestinal bleeding in people who are at high risk

Doxycycline: to prevent malaria and treat a wide range of infections, including: *Pneumonia* and other respiratory tract infections. *Lyme disease*

Co-Trimoxazole: used to treat certain bacterial infections, such as *pneumonia* (a lung infection), *bronchitis* (infection of the tubes leading to the lungs), and infections of the urinary tract, ears, and intestines

Metronidazole: treat pelvic inflammatory disease, endocarditis, and bacterial vaginosis. It is effective for *dracunculiasis*, *giardiasis*, *trichomoniasis*, and *amebiasis*

Naproxen: nonsteroidal anti-inflammatory drug used to treat pain, menstrual cramps, inflammatory diseases such as *rheumatoid arthritis*, and fever

Daktacort: Therapeutic indications. For the topical treatment of inflamed dermatoses where infection by susceptible organisms and inflammation co-exist, eg *intertrigo* and *infected eczema*.

Hydrocortisone / Miconazole: Uses include conditions such as *adrenocortical insufficiency*, *adrenogenital syndrome*, *high blood calcium*, *thyroiditis*, *rheumatoid arthritis*, *dermatitis*, *asthma*, and *COPD*.

Miconazole: an antifungal medication used to treat *ring worm*, *pityriasis versicolor*, and yeast infections of the skin or vagina.

Mebendazole: used to treat a number of parasitic worm infestations. This includes *ascariasis*, *pinworm disease*, *hookworm infections*, *guinea worm infections*, *hydatid disease*, and *giardia*,

Itraconazole: Itraconazole is an antifungal medication used to treat a number of fungal infections. This includes *aspergillosis*, *blastomycosis*, *coccidioidomycosis*, *histoplasmosis*, and *paracoccidioidomycosis*

Econazole: used to treat fungal infections of the skin

Fluconazole: antifungal medication used for a number of fungal infections. This includes *candidiasis*, *blastomycosis*, *coccidioidomycosis*, *cryptococcosis*, *histoplasmosis*, *dermatophytosis*, and *pityriasis versicolor*. It is also used to prevent *candidiasis* in those who are at high risk such as following organ transplantation, low birth weight babies, and those with low blood neutrophil counts

Piroxican: used to relieve the symptoms of painful inflammatory conditions like arthritis.

Amlodipine: used to treat high blood pressure and coronary artery disease.

Azithomycin: used for the treatment of a number of bacterial infections. This includes middle ear infections, strep throat, pneumonia, traveler's diarrhea, and certain other intestinal infections. It may also be used for a number of sexually transmitted infections, including chlamydia and gonorrhea infections. Along with other medications, it may also be used for malaria.

Misoprostol: used to prevent and treat stomach ulcers, start labor, and treat postpartum bleeding due to poor contraction.

Clindamycin: useful for the treatment of a number of bacterial infections. This includes middle ear infections, bone or joint infections, pelvic inflammatory disease, strep throat, pneumonia, and endocarditis among others. It can be useful against some cases of methicillin-resistant *Staphylococcus aureus*. It may also be used for acne and in addition to quinine for malaria.

Metformin: is the first-line medication for the treatment of type 2 diabetes, particularly in people who are overweight. It is also used in the treatment of polycystic ovary syndrome. Limited evidence suggests metformin may prevent the cardiovascular disease and cancer complications of diabetes.

Bisoprolol: medication most commonly used for heart diseases. This specifically includes high blood pressure, chest pain from not enough blood flow to the heart, and heart failure.

Chlorhexidine: It is used primarily as its gluconate salt chlorhexidine gluconate, which is a disinfectant and antiseptic that is used for skin disinfection before surgery and to sterilize surgical instruments. It may be used both to disinfect the skin of the patient and the hands of the healthcare providers. It is also used for cleaning wounds, preventing dental plaque, treating yeast infections of the mouth, and to keep urinary catheters from blocking.

Prochlorperazine: medication used to treat nausea, schizophrenia, migraines, and anxiety. It is a less preferred medication for anxiety.

Ibuprofen: treating pain, fever, and inflammation. This includes painful menstrual periods, migraines, and rheumatoid arthritis. It may also be used to close a patent ductus arteriosus in a premature baby.

Furosemide: used to treat fluid build-up due to heart failure, liver scarring, or kidney disease. It may also be used for the treatment of high blood pressure.

Cetirizine: a second generation antihistamine used to treat hay fever, dermatitis, and urticaria

Erythromycin: respiratory tract infections, skin infections, chlamydia infections, pelvic inflammatory disease, and syphilis. It may also be used during pregnancy to prevent Group B streptococcal infection in the newborn, as well as to improve delayed stomach emptying. It can be given intravenously and by mouth. An eye ointment is routinely recommended after delivery to prevent eye infections in the newborn.

Ciprofloxacin: antibiotic used to treat a number of bacterial infections. This includes bone and joint infections, intra abdominal infections, certain type of infectious diarrhea, respiratory tract infections, skin infections, typhoid fever, and urinary tract infections, among others.

Amoxicillin: treatment of a number of bacterial infections. These include middle ear infection, strep throat, pneumonia, skin infections, and urinary tract infections.

Multivitamin / multimineral tabs: Micronutrients are recommended by the WHO as part of the treatment for children affected by malnutrition.

Water purification tablets: Contains chlorine dioxide which kills bacteria, viruses and cysts in water. These water purifying tablets are the safest and most effective form of water disinfection and unlike chlorine, have no noticeable aftertaste.