



Health Wish List

Phunzira supports the local health centre, which offers an essential and accessible service to over 2000 people. Equipment and medication are basic and often in short supply. We would therefore be very grateful if any individuals or organisations can help us with donations of the following materials:

Equipment

- Gloves – sterile and non-sterile
- Bandages, gauze, plasters and tape
- Suturing materials
- Male condoms
- Thermometers
- Ophthalmoscope
- Auroscope
- BP machine
- Electronic haemoglobin monitor
- Blood glucose monitor + glucose strips

Over the Counter Medicines

- Paracetamol
- Ibuprofen
- Aqueous cream and solution (for eczema)
- Folic acid (for pregnant women)

Prescribed Medication

Donating and distributing prescribed medicines can be slightly complicated but if you think you can help with acquiring medicines please get in touch with our health co-ordinator on georgina@phunzira.org These are some of the more common drugs we are in need of:

- Salbutamol and steroid inhalers (for asthmatics)
- Hypertension (blood pressure) medicines
- Diabetic medicines
- Topical steroids i.e. hydrocortisone cream
- Omeprazole (for peptic ulcers)

If there is anything else you think might be useful not included on the list please don't hesitate to contact us