

Student Health Services



Checklist for Self-Care Items to Bring to College

Insurance card; list of Allergies; Current Prescription or Over the Counter Medications; both daily and as needed; eyeglass prescription/contact lens prescription.

First Aid items:

- Thermometer
- Ace Wrap
- Antibacterial soap
- Band-Aids – Multi size package
- First Aid tape, antibiotic ointment and gauze pads
- Humidifier – Cool Mist
- Reusable hot/cold pack
- Sunscreen

Over the Counter Medications:

- Acetaminophen (Tylenol) and/or Ibuprofen (Motrin) for fever and pain
- Aloe Vera gel for sunburn
- Antacids for upset stomach (Mylanta, Tums)
- Antihistamine for allergy symptoms (Allegra, Claritin, Zyrtec)
- Cough syrup
- 1% Hydrocortisone cream for skin irritations
- Guaifenesin (Mucinex) for congestion
- Pseudoephedrine for stuffy nose
- Saline nasal spray
- Throat lozenges for sore throat