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