

## First Aid Kit For Students

### We Strongly Encourage You Bring:

- Antibiotic ointment
- Band aids in various sizes
- Contact lens supplies/back-up glasses
- Disinfectant wipes
- Hand sanitizer
- Ibuprofen or acetaminophen for fever or pain
- Rubbing alcohol
- Sunscreen
- Thermometer

### Other Items To Consider:

- Ace or elastic bandage
- Antacids
- Anti-diarrhea medicine
- Antifungal cream or powder
- Antihistamines for allergies
- Artificial tears
- Cough medicine/drops
- Face masks
- Hydrocortisone cream
- Hydrogen peroxide
- Insect repellent
- Lip balm and/or Vaseline
- Nail clipper
- Nail file
- Nasal saline
- Oral decongestants
- Reusable ice pack
- Tweezers
- Warm pack or heating pad

### Health Documents To Have On Hand:

- Copy of insurance card
- Emergency contact information
- Immunization records
- List of medications
- Person medical information
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