

STUDENT HEALTH

First Aid Kit for Students

We strongly encourage you to bring:

- Thermometer
- Hand sanitizer
- Disinfectant wipes
- Band aids in various sizes
- Antibiotic ointment
- Rubbing alcohol
- Ibuprofen or acetaminophen for fever or pain
- Contact lens supplies/back-up glasses
- Sunscreen
- Other medications you take (ask your pharmacy to transfer your prescriptions. May need to check with your insurance)

Other items to consider:

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

Health documents to have on hand:

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