Medications to Consider Bringing to Campus

1) acetaminophen (Tylenol)
   - use for fever,
   - minor aches and pains

2) ibuprofen (Advil, Motrin)
   - fever
   - minor aches and pains, swelling

3) diphenhydramine (Benadryl)
   - hives, itching, allergic skin reactions
   - tends to be sedating

4) hydrocortisone 1% cream
   - itchy, skin rashes

5) cetirizine (Zyrtec) or fexofenadine (Allegra)
   - hives,
   - itching, skin reactions
   - allergy symptoms (runny nose, itchy/watery eyes)

6) pseudoephedrine
   - nasal congestion

*When using non-prescription medication - be sure to check Active Ingredients to avoid using two medications of the same type.*

Medical Supplies

1) Oral thermometer

2) Band-Aids

3) Ice packs and heating pads

4) Insurance card
   - Injuries requiring x-rays or evaluation by an Orthopedics
   - Illness requiring hospitalization or additional testing
   - Late evening/weekend Urgent Care and ER visits