

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