



THRIVE AS A STUDENT

PREPARING FOR ILLNESS AND MEDICAL EMERGENCIES

BUILD YOUR OWN FIRST AID KIT FOR MINOR INJURIES AND ILLNESSES.

Do-it-yourself first aid should never be substituted for emergency services in a dire situation, but a good first aid kit can help you treat yourself or a friend until you can make it to a doctor. Some companies sell preassembled first aid kits, but you can also choose to put one together yourself so that it is specific to your needs.

FOR CUTS AND BURNS

Alcohol wipes or another antiseptic to clean a wound

Adhesive bandages of varying sizes for any situation, whether you nick yourself shaving or scrape your knee



Gauze for wounds too big for bandages

First aid tape to hold gauze in place

Antibiotic ointment to apply to wounds

Aloe Vera gel for sunburns

Calamine lotion to soothe irritations related to poison ivy, poison oak, rashes, and insect bites



Antidiarrheal medicine such as Imodium or Pepto-Bismol

Allergy medicine, also called an antihistamine, which treats mild seasonal allergies

Motion sickness medicine for travel

FOR PEACE OF MIND

Prescription information, or a list of your current medications and the pharmacy that fills them

A copy of your insurance card in case your real card is lost or stolen

Medical information such as blood type, emergency contacts, and the names and numbers of all doctors who have recently treated you

Gloves and hand sanitizer in case you need to help a roommate or friend bandage a cut or wound



FOR SPRAINS AND MUSCLE INJURIES



ACE bandage to compress a sprain

Ice pack to apply immediately after an injury

Electric heating pad to apply to older injuries or to diminish menstrual cramping



First aid manual

Flashlight and batteries

Scissors

Tweezers for splinters or ticks

Insect repellent

FOR ILLNESS

Pain reliever such as acetaminophen or ibuprofen

Students who have monthly periods may want Midol or its off-brand, a combination of ibuprofen, caffeine, and antihistamine which can relieve menstrual cramps and bloating



Thermometer

Cough drops

Cold and cough medicine

Antacid tablets such as Tums or Pepcid

