

## SURVIVAL SUPPLY LIST

It is recommended that you bring a variety of basic health supplies and over-the-counter medicines to help you with minor medical problems while you're away from home. The following list may be a helpful reminder of what to bring with you at the beginning of the school year or after you return from break or a weekend home. (**\*Note: it may be wise to check with your personal health care provider if you have special health conditions before using any medicines –just because they are available without a prescription does not mean they are safe for you to take).** Some of the medicines listed below may **NOT** be right for **YOU**.

***Remember to read package instructions carefully, especially the dose, the frequency, the contraindications, drug interactions with medicines you may already be taking, and side effects. Some medicines can make you very drowsy and should not be taken if you are driving. Some medicines cannot be taken if you have high blood pressure, heart problems, an ulcer, asthma, etc. Follow all directions carefully. Don't think that twice the recommended dose will give you twice the relief – instead it may cause you to end up in a hospital emergency room.***

Most Important:

- **All Health Insurance and Prescription Cards or a copy of the front AND back of these cards.**
- **Acetaminophen** (Tylenol): to treat pain, fever, and headache.
- **Band-aids:** get a few in various sizes. May also be helpful to have antibiotic ointment, such as Bacitracin, available to help prevent infection.
- **Ibuprofen** (Advil, Motrin) or **Naproxen** (Aleve): for pain, fever, headache and inflammation. Helpful for relief of menstrual cramps and swelling in minor sprains and strains.
- **Thermometer:** to check for fever. Digital thermometers are inexpensive and easy to use. Avoid glass thermometers – they are difficult to read, can break and contain harmful mercury. Providing information about fever is especially helpful to your health care provider.

Others:

- **Antacids:** for heartburn or stomach distress. Tums and Maalox are good choices.
- **Antihistamines:** may help relieve allergy symptoms and itching. Diphenhydramine (Benadryl) and Chlorpheniramine (Chlortrimeton) are generally good choices. Beware of DROWSINESS. A non-drowsy alternative is Loratadine (Claritin). Avoid alcohol when taking any antihistamine. Remember that the “D” in medicine names, such as Claritin D, means that a decongestant, usually Sudafed, is also present in the medicine.
- **Antidiarrheals:** for short term use only. Bismuth Subsalicylate (Pepto-Bismol), Kaopectate (to thicken stools), and Imodium are good examples.
- **Anti-itch Creams:** for minor rashes and itching. Hydrocortisone 1%, Calamine Lotion, and Domeboro solution are good examples. Antifungal creams are good to have on hand for those students prone to athlete's foot or jock itch.
- **Cough medicine, cough drops, and throat lozenges:** to relieve symptoms associated with the common cold. Robitussin DM, Vicks Formula 44 (plain), and Delsym are good examples of cough medicines.
- **Decongestants:** to help relieve sinus pressure and stuffy noses and ears associated with the common cold and allergies. Pseudoephedrine (Sudafed) is generally a good choice.
- **Saline Nasal Spray:** very safe and works well in relieving dryness in the nasal passages that often occurs with cold or exposure to nonhumidified air, such as in dorm rooms in the winter. Be sure it is SALINE (salt water) nasal spray and not one that contains medicine. Ocean is a good example of a saline spray.
- **Vitamins & Minerals:** a multivitamin with iron and calcium supplements to help keep you healthy and strong.