



NORFOLK STATE UNIVERSITY

NORFOLK STATE UNIVERSITY
SPARTAN HEALTH CENTER
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RECOMMENDED College First Aid Items 2020-2021

Be prepared for minor health illnesses and emergencies by packing a supply of over the counter medicines (otc) and first aid items that can be safely used. Check with your doctor if you have a chronic health condition and/or are on prescription medicines. Buy generic products for best cost savings.

Two face coverings(washable), hand sanitizer

- Allergies (**non-sedating** long-acting antihistamines like loratadine are best)
- Allergic reactions(acute)–diphenhydramine for insect bites, food, chemical contact reactions
- Antacids- for indigestion/heartburn/overeating (Tums, Gaviscon or H2 blocker like Pepcid)
- Antibiotic ointment- bacitracin or neosporin
- Anti diarrhea medicine-loperamide, or bismuth based products like Pepto-Bismol
- Band-aids- ¾” and various sizes
- Cold and flu medicines – cough drops and Mucinex, Dayquil/Nyquil, Theraflu type products suggested. Avoid use of aspirin for flu symptoms.
- Headache/fever/injury/menstrual cramps medicines (acetaminophen or nsaid like ibuprofen or naproxen)
- Minor Injuries-gauze roll, medical tape, ace wrap
- Insect repellent
- Instant soup
- Tea bags(any flavors)
- Sugar/salt packets
- Sun screen/sunblock of at least 30 SPF
- **Digital thermometer**, tweezers, scissors, , plastic **box to hold supplies**