



FORT NORFOLK PLAZA

NORFOLK STATE UNIVERSITY SPARTAN HEALTH CENTER

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Suggested College First Aid Items

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.

- Allergies (non-sedating long-acting antihistamines are best)
- Allergic reactions –diphenhydramine for insect bites, food, chemical contact reactions)
- Antacids- for indigestion/heartburn/overeating (Tums, Gaviscon or H2 blocker like Zantac, Pepcid)
- Antibiotic ointment- bacitracin, neosporin)
- Anti diarrhea medicine-loperamide, bismuth based products
- 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 medicines (acetaminophen or ibuprofen or naproxen)
- Injuries minor- gauze roll, medical tape
- Insect repellent
- Instant soup
- Tea bags
- Sugar/salt packets
- Sun screen
- Digital thermometer, tweezers, scissors, ace wrap, plastic box to hold supplies