

NORFOLK STATE UNIVERSITY
SPARTAN HEALTH CENTER
700 Park Avenue, Rm. 101
Norfolk, Virginia 23504
Phone 757- 278-3360, Fax 757-823-2695

Recommended College First Aid Items

- **Be prepared** for minor health illnesses and emergencies by packing a supply of over the counter (otc) medicines and first aid items that can be safely used.
- **Check with your doctor** and **bring any prescriptions** you have for any chronic health condition(s).

For best cost savings get generics at your local “Dollar” store.
Place items below in a plastic box for easy access.

- **Allergies** (non-sedating, once daily antihistamines are best- like loratadine, cetirizine or fexofenadine)
- **Allergic reactions** (bites, foods, skin contact) – diphenhydramine **pills** (Benadryl). Hydrocortisone cream 1% for skin rashes
- **Antacids**- for indigestion/heartburn/overeating (Tums, Gaviscon or H2 blockers like Zantac, or Pepcid)
- **Antibiotic ointment**- bacitracin or neosporin
- **Anti diarrhea medicine**- bismuth based products (Pepto-Bismol) or loperamide (Imodium)
- **Cold and flu medicines** – cough drops, Mucinex, Dayquil/Nyquil, or Theraflu type products. Avoid use of aspirin for flu symptoms.
- **Cold and flu nutrition support** - instant soups, tea bags (any flavor), hydration powders, sugar and salt packets
- **Face masks**- 3-4 ply or KN95 types **preferred** over cloth masks
- Hand sanitizer
- **Headache/fever/injury medicines** - acetaminophen or ibuprofen or naproxen
- **Injuries (minor)**- ace wrap, Band-aids- ¾” and various sizes, gauze roll, hot & cold gel pack, medical tape
- Insect repellent
- Sunscreen/sunblock of at least 30 SPF
- Digital thermometer, tweezers, scissors