

First Aid Items to Bring to College

Items	Usage
Ace Wrap	for joint injuries
Acetaminophen	for temporary relief of minor aches, pains & reduction of fever
Antacid	for upset stomach, acid indigestion
Antibiotic Ointment	to help prevent infection in minor cuts, scrapes & burns
Bandages	assorted sizes
Diphenhydramine	for temporary relief of hay fever symptoms and respiratory allergies
Antibacterial Wipes	to clean and kill germs
Cotton Balls	
Cough Drops	
Cough Suppressant Expectorant	
Decongestant	for relief of nasal congestion
Drinks	for oral rehydration and electrolyte replacement
Hand Sanitizer	to avoid transmission of germs
Humidifier	to ease problems caused by dry air; symptoms of a cold
Hydrocortisone cream 1%	for temporary relief of itching associated with minor skin irritation, inflammation & rashes
Ibuprofen	for temporary relief of minor aches & pains; fever reduction
Cold/Hot Pack	reusable for relief of pain & swelling
Bismuth Subsalicylate	for relief of upset stomach, nausea & diarrhea
Sodium Chloride Nasal Spray	for temporary relief of dry nasal membranes & nasal congestion
Salt	for gargling to help relieve discomfort related to sore throat
Sore Throat Lozenges/Spray	
Sun Block (UVA and UVB)	
Thermometer	
Tissues	
Health Insurance Card	
Refer to The Student Health Center's Web site for instructions in use of the OTC products. http://www.bloomu.edu/health	