

College First Aid Kit Components

Definite:

- Laminated card with student's health history, insurance information, allergies and current medications
- Digital thermometer
- Acetaminophen
- Ibuprofen
- Cetirizine (Zyrtec)- works faster, lasts longer than diphenhydramine (Benadryl)
- Zantac
- Tums
- Small tube of Vaseline/aquaphor
- Nasal saline spray/nasal rinse
- Variety of bandaids
- Triple antibiotic or Neosporin ointment
- Clotrimazole (antifungal/yeast cream)
- Cortaid (steroid cream)
- Small hand sanitizer
- Bug spray
- Sunscreen
- Nail clippers
- Qtips
- Tweezers
- Small flashlight
- Small scissors
- Pectin cough drops

Consider:

- Small safe to store any personal prescription medications (particularly controlled substances such as ADHD meds, and antidepressant/anxiety meds)
- Gauze/first aid tape
- Pair of surgical gloves
- Allergy medication (Zyrtec or Allegra, Flonase steroid nasal spray)
- Loperamide (Immodium)
- Mucinex DM/Robitussin DM/Delsym (one of these)
- Afrin or Neosynephrine
- Ice pack
- Breathe-Rite strips
- Condoms
- Emergency contraceptive pill (Plan B or generic levonorgestrel- can be found on Amazon prime)

First Aid Kit Instructions

Fever/Pain

Acetaminophen 650-1000 mg every 4-6 hours (no more than 4 doses in 24 hours) OR
Ibuprofen 400-600 mg every 6-8 hours (don't take on an empty stomach)

EXCESSIVE TYLENOL CAN BE VERY DANGEROUS, DO NOT EXCEED THESE GUIDELINES
AVOID IBUPROFEN IF YOU HAVE NAUSEA/VOMITING

Cold/Cough

- First, stay hydrated- lots of water, hot tea with honey, REST
- Hot steamy showers help decongest
- Saline nasal spray to clear out thick secretions and keep nasal passages moist
- If very very congested, you can use **Breathe-Rite strips** at night (helps hold open nasal passages), and **Astepro** (as long as needed) or **Afrin/Neosynephrine** for ONLY 2 DAYS (longer and you will have a hard time stopping the spray)
- For coughs, try **pectin cough drops** and/or spoonfuls of honey (a good coating agent).
- If having trouble sleeping you can try **Cetirizine 10 mg** at bedtime for congestion/help sleeping.
- **Mucinex DM/Robitussin Dm/Delsym (dextromethorphan)** can help for the irritative cough (i.e. "I have a hair ball stuck in my throat" cough).
- If ANY trouble breathing or wheezing, go to student health.

MAKE SURE YOU DO NOT DUPLICATE MEDICATIONS: MANY COMBO COLD/COUGH/FLU MEDICINES CONTAIN ACETAMINOPHEN OR IBUPROFEN AS WELL

Nosebleeds

- Pinch lower third of nostril closed firmly for at least 5-10 min.
- If bleeding continues, can use a spray of Afrin/Neosynephrine then reapply pressure
- If recurrent nosebleeds (esp. in the winter), try using Vaseline applied to the inner lower third of each nostril with a qtip a few times a day.
- If very frequent, please go to student health to be examined

Nausea/vomiting

- Take frequent sips of water, gatorade, clear juice (apple/grape), warm or iced herbal (uncaffeinated) tea, or flat, uncaffeinated, regular (sugared) cola or ginger ale.
- If you cannot hold down any liquids, or are peeing fewer than 3 times a day, please go to student health.

Diarrhea

- Avoid greasy foods and dairy other than yogurt.
- Bananas, apples, toast and simple starches will be easily digested
- stay hydrated (avoid a lot of sugar in juices, use G2 if drinking Gatorade, no caffeine)

- If having very frequent, watery diarrhea without blood you can try one immodium tablet. If that does not help, see student health or portal us.

Cuts/scrapes

- If a cut is more than ¼ inch long, and the edges can be pulled apart, it may need stitches.
- For superficial cuts/scrapes, wash with soap and warm water (can use hydrogen peroxide if you have it), then cover with antibiotic ointment and a bandaid/gauze. Scrapes heal best when MOIST not dry! Do not use peroxide to clean a wound after the initial cleaning, it will interfere with healing.
- If the cut/scrape develops an expanding red edge, is painful, or starts to ooze please go to student health.

Vaginal/Groin (Jock) Itch

- Caused by yeast/fungi- can be a red, scaly, itchy rash or white, cheesy vaginal discharge.
- Use **clotrimazole cream** three times a day (women can use insertable suppositories as well)
- You can add **Cortaid** twice a day if needed for bad itching.
- If no improvement in 2 days, see student health.
- Avoid using soaps in vaginal area or douching, this can lead to irritations/infections.

Unprotected Sex

- Consider using the morning after pill, which ideally should be taken ASAP (within 1-3 days). The pill, levonorgestrel, is sold over the counter as a generic or brand (Plan B) without a prescription. It is also available on Amazon Prime if you want to have one on hand for emergencies (do NOT use it as a form of regular birth control!) Morning-after pills can help prevent pregnancy if you've had unprotected sex - whether you didn't use birth control, you missed a birth control pill, you were sexually assaulted or your method of birth control failed. It may delay your period, but if you do not have your period within 3-4 weeks of taking the pill take a urine pregnancy test.
- Morning-after pills **do not** end a pregnancy that has implanted (cannot cause an abortion.
- Please visit student health for STD testing after any unprotected sex (males and females.)
- Always carry condoms.
- If you believe you have been sexually assaulted, PLEASE go to student health or the ER ASAP. Take a friend for support and extra ears to help you remember instructions. Do NOT be afraid to report any non-consensual sexual contact. You can CALL US if you need support.

Remember our website with lots of medical articles and access to our portal to ask the MD questions (MyKidsChart):

www.saugatuckpeds.com

PORTAL EMAIL: _____

PORTAL PASSWORD: _____