

## Taking Care of Yourself in College

### What medications or supplies do I need to bring?

- ✓ **Acetaminophen** (Tylenol) or **ibuprofen** (Motrin, Advil) for fever and pain relief
- ✓ **Tums** for upset stomach and **Pepto Bismol** for nausea, vomiting, and diarrhea
- ✓ **Cold and sinus medication** (ex. Dayquil, Nyquil, Sudafed, Mucinex)
- ✓ **Allergy medication** if needed (ex. Claritin, Zyrtec)
- ✓ **Any prescription medications or inhalers** in original containers
- ✓ **Thermometer**
- ✓ **Basic first aid kit** (Band-Aids, antibiotic ointment, hydrocortisone cream, etc.)
- ✓ **Ace wrap or joint braces** if needed regularly
- ✓ **Copy of health insurance card**

### What are some common illnesses and conditions in college and how do I treat them?

- **Cold and Sinus symptoms-** Nasal congestion, headache, sore throat, cough, low grade fever. Treat with cold medicine containing decongestant and cough suppressant if needed. A cool mist humidifier and saline nasal spray will help with sinus irritation. Take acetaminophen or ibuprofen for fever and headache. Increase rest and fluids.
- **Allergies-** Runny nose, sneezing, itchy eyes. Treat with allergy medication containing antihistamine. A cool mist humidifier and saline nasal spray will help with sinus irritation.
- **Flu-** Fever 100 °F or higher, headache, body aches, fatigue, sore throat, cough, nasal congestion, diarrhea and vomiting. Treat fever by rotating acetaminophen and ibuprofen every four hours and other symptoms with above listed medications. Increase rest and fluids. Seek medical care if you have any medical conditions or if you feel you're not getting better after 3-4 days.
- **Stomach virus-** Nausea, vomiting, diarrhea, stomach cramps, low grade fever. Increase rest and sip fluids to stay hydrated. Sports drinks like Gatorade and Powerade replace electrolytes lost with vomiting and diarrhea. When able to eat again, stick to bland food, nothing spicy or greasy. May take Pepto Bismol, Zantac or Pepcid, and anti-diarrheal medication when vomiting stops.
- **Minor cuts and wounds-** Clean with soap and water twice daily, apply antibiotic ointment and Band-Aids. Watch for signs of infection including redness around area, heat, swelling, yellow or greenish drainage, and increased pain.
- **Insect bites and rashes-** Keep clean and dry, apply hydrocortisone cream or antifungal cream depending on type of rash. May take allergy medication containing antihistamine for itching. Watch for signs of infection.

### Where can I seek medical care if needed?

- **Student Health Services** is available Monday-Friday 8am-5pm. Call (205) 665-6275 for an appointment.
- **American Family Care** in Alabaster, AL is open 7 days a week 8am-6pm. No appointment is needed.
- **Shelby Baptist Medical Center** in Alabaster, AL is the closest emergency room available for after-hours emergencies.