**Essential Items**

- Thermometer
- Tissues
- Salt (salt water gargles for sore throat)
- Eye wash
- Tweezers
- Sore Throat/Cough Lozenges
- Medication:
  - **Aches/ Pain/Fever Reducers**: (Tylenol / Acetaminophen/ Motrin/ Ibuprofen)
  - **Allergy Medications**: (Claritin, Zyrtec, Allegra)
  - **Benadryl** (Diphenhydramine): allergies or insect bites (wasp/ caterpillar stings)
  - **Cough Medication**: (Delsym / Dextromethorphan)
  - **Decongestants**: Pseudoephedrine
  - (nasal / sinus/ head congestion / pressure in ears)
  - **Chest Congestion/Coughing**: loosening phlegm in chest: Mucinex/ Robitussin (guaifenesin)
  - **Nasal Steroid/ Allergy Sprays**: (Nasalcort/ Flonase) nasal congestion/ sneezing / runny nose
  - **Antibacterial Ointment**: (Neosporin)
  - **Hydrocortisone Cream** helps with reducing redness, itching and swelling associated with insect bites or rashes
  - **Antacid** (Tums, Maalox): indigestion, heart burn
  - **Nausea and vomiting**: Dramamine (Dimenhydrinate)
  - **Diarrhea**: Imodium (Loperamide)

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**DORM ROOM HEALTH KIT**

**Student Health Services**
220 Hebrard Blvd. (O.K. Allen Hall, Saucier Wellness Center)
Lafayette, LA  70504-3692
337/482-1293 (Clinic)
337/482-1873 (Fax)
Email : shs@louisiana.edu
Immunization Email : immunizations@louisiana.edu

- Band-Aids
- Gauze/Tape
- Ace wrap
- **Ice Pack**: Apply to insect bites or aches /pains to reduce swelling.
- **Rubbing Alcohol/ Hydrogen Peroxide**

**Good to Have**

- Heating Pad
- Sun Screen
- Insect Spray
- Lip Balm
- Soup
- Crackers
- **Clear Liquids** (Gatorade/ PowerAde) rehydrate while having vomiting/ diarrhea.
- **Popsicles**: soothing when you have a sore throat, nausea and vomiting.