



# DO-IT-YOURSELF FIRST AID KIT FOR YOUR DORM

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The items mentioned below are non-prescription and over-the-counter medicines that can be purchased from any pharmacy. Purchase all items and place in a box for use when you are under the weather. If in doubt, seek out the doctor at your school.

READ ALL THE DOSAGE LABELS 🦊 ASK A PHARMACIST FOR INSTRUCTIONS IF UNSURE 🦊 MAKE SURE YOU KNOW ALL THE MEDICATIONS YOU ARE ALLERGIC TO 🦊 DON'T FORGET TO CALL HOME, AND ALWAYS BE SMART LIKE A FOX!

## PACK THESE ITEMS, AND CHECK 'EM OFF WHEN DONE!

**THERMOMETER AND PROBE COVERS** You probably have "a temperature" if it's 100°F or above. A high grade fever is 103°F. DANGER: Anything above 104°F (or if you feel really bad) require a doctor's visit.



**ICE PACK/HOT PACK** Great for sprains or bruises. Keep one in the freezer and another one ready to microwave.



**BANDAIDS** Keep various sizes for cuts and scrapes.



**NEOSPORIN** (or similar antiseptic) for minor cuts and scrapes, and for pain relief.



**IBUPROFEN** (brands like Advil, Motrin etc.) Good for swelling, pain, headaches and fever.



**ACETAMINOPHEN** (brands like Tylenol) Good for general pain, fever, sinus and sore throat. DANGER: Acetaminophen and alcohol combined causes liver damage!



**COUGH/FLU MEDICINE** You may need both day and night medicines. Ask your pharmacist to discuss the different types.



**COUGH DROPS/SORE THROAT DROPS** Great for that annoying cough or a sore throat. Also try tea with honey and lemon.



**BENADRYL** Good for allergic reactions to food or bites. Can cause extreme drowsiness.



**ALLERGY MEDS** Make sure you take seasonal allergy medicines with you if you are prone to attacks.



**VITAMIN C** Great to take if you feel you are coming down with a cold.



**ANTACID CHEWS** New foods may cause heartburn. Take about 1 hour after eating.



**ANTIDIARRHEAS** Use if you have diarrhea for longer than 6 hours. Fever or bloody stools can be another type of serious illness. Some products also treat pain that may accompany diarrhea.



**TWEEZERS** Great to have on hand for splinters



**AFTER BITE CREAM** For mosquito infested areas, it's great to have on hand! Can also use Tea Tree Oil and Neosporin.



**TEA TREE OIL** A great essential oil that has so many uses and should be part of your first aid kit. Great antiseptic!



**Just a few of it's uses:**

1. Relieves itchiness from rashes.
2. Helps treat acne with a small amount dabbed onto area.
3. Works as an antiseptic on small cuts.
4. Cleaner – add a couple of teaspoons of the oil to a spray bottle and fill with water.
5. Bad breath - little tea tree oil and water in your mouth (don't swallow).
6. Add a drop of oil on small cuts as an antiseptic.
7. Cold Sore - add a drop to the sore with a cotton swab 2 or 3 times daily.
8. Insect Repellent - Add 15 drops to a quart of water, shake and spray.
9. Sore Throat-Add 5 to 10 drops of oil and a pinch of salt to a cup of warm water and gargle 2- 3 times a day. Do NOT swallow.
10. Mildew and Mold. Use 2 teaspoons in 2 cups of warm water and spray on area - no need to rinse.
11. Bites - Add a drop of the oil onto the bite.
12. Toenail fungus. Rub 1 to 2 drops of oil directly into the affected nail.