

AMERICAN UNIVERSITY STUDENT HEALTH CENTER BASIC HEALTHCARE KIT

The staff of the Student Health Center has compiled the following list of recommended health care items students should bring to college. Given the emergence of Covid19 this year coupled with annual flu season challenges, it is particularly important that students come to school equipped with tools and medications that enable them to monitor and address their health and wellbeing*. It is also strongly advised that all students get a flu vaccine before coming to college or while here. As always, students should know all medications they take regularly and any to which they have allergies. They should also check the expiration dates of any medications before they are taken.

*ESSENTIAL ITEMS

- Thermometer
- Disinfecting cleaners/wipes
- Antibacterial hand wash and Hand sanitizer
- Fever/pain relief medication (Tylenol, Ibuprofen)
- Reusable mask
- Gloves

INSURANCE INFORMATION

- Copy of Insurance Card
- Copy of Prescription Card if applicable
- Copy of Insurance Benefits

MEDICATIONS

- Any prescription medication currently used with enough to last the first 1-2 months of the semester. (You may want to transfer refills to a local pharmacy).
- Cold and Cough Medicines/cough drops
- Allergy Medications
- Benadryl and/or EpiPen for known allergies
- Stomach Remedies such as Zantac, Pepto-Bismol, Tums, Imodium, or Pepcid

First Aid Kit Containing the Following Items

- Cold Pack (disposable)
- Adhesive bandages (assorted sizes)
- Adhesive tape (1" wide)
- Antibiotic ointment and Antiseptic wipes
- Cotton balls and gauze pads
- Elastic bandage (3" wide) (Ace wrap)
- Scissors and tweezers
- Hydrocortisone cream

Other Recommended Items

- Pulse Oximeter
- An extra pair of eyeglasses or contact lenses, and keep a copy of your prescription on hand
- Artificial Tears
- Flashlight (and extra batteries)
- Tissues
- Sunscreen