

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)

DORM ROOM HEALTH KIT



UNIVERSITY of
LOUISIANA
L A F A Y E T T E

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.