FIRST AID CHECKLIST FOR STUDENTS
Be prepared for the unexpected – bring these basic first aid items with you to school.

HEALTH EQUIPMENT
- Digital thermometer
- Tweezers, to remove splinters or ticks
- Cold/hot pack
- Medicine dosage cups

ACHES, PAIN, STRAINS, SORE THROATS AND FEVER
- Tylenol® (acetaminophen, 325 mg. tabs)
- Motrin®, Advil® (ibuprofen, 200 mg. tabs)

ALLERGIES AND ITCHING
- Benadryl® (diphenhydramine) for itching and hives (can cause drowsiness)
- Claritin® (loratadine) for allergies and hay fever
- 1% hydrocortisone cream for itching

COLDs AND FLU
- Robitussin® DM or Tussin DM (guaifenesin with dextromethorphan) for cough
- Sudafed® (pseudoephedrine) for nasal congestion
- Saline nasal spray
- Lozenges
- Salt
Honey
Tea
Chicken noodle soup mix or vegetable bouillon

**CUTS, SCRAPES, BRUISES,**
- Antiseptic wipes
- Adhesive bandages (such as Band-Aid®)
- Bacitracin (triple antibiotic cream)
- ACE® bandage
- Elastic gauze bandage
- Sterile gauze pads, 3" x 3"
- Adhesive tape

**UPSET STOMACH**
- Immodium® A-D (loperamide) or Pepto-Bismol® for diarrhea
- Antacids (such as TUMS®, MYLANTA®, Zantac®) for heartburn and acid reflux
- Ginger tea for nausea
- Drinks (such as water, Gatorade® or POWERade®) to prevent dehydration

**PREVENTION**
- Washing with soap and water is best, but alcohol-based hand sanitizer (such as Purell®) is a good on-the-go preventative against germs
- Sunscreen, with an SPF of at least 15 or 30
- Condoms / dental dams