


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
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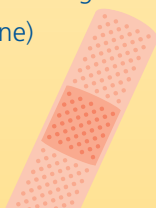
ACHES, PAIN, STRAINS, SORE THROATS AND FEVER

- Tylenol®
(acetaminophen, 325 mg. tabs)
 - Motrin®, Advil®
(ibuprofen, 200 mg. tabs)
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ALLERGIES AND ITCHING

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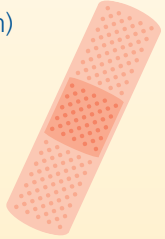
COLDS AND FLU

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

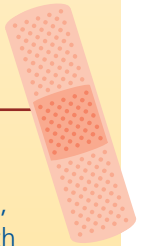
CUTS, SCRAPES, BRUISES,

- 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



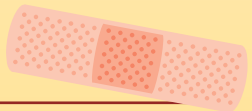
UPSET STOMACH

- 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



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