

Health and Safety Checklist

Prepare your student for the unexpected! Send your child to campus with a health and safety kit including the supplies listed below. Store items in a waterproof, sealable container that will fit in a corner of their closet or desk for easy accessibility should the need arise.

- Copy of health insurance card, front and back**
- Thermometer (small digital is best)
- (1) Small bottle of Acetaminophen
- (1) Small bottle of Ibuprofen
- (1) Box of over the counter cold medicine
- (1) Bag of Cough drops
- (1) Bag or box of sore throat lozenges
- (1) Box of Band-Aids of varying sizes
- (4-5) Individually wrapped 2"X2" and 4"X4" gauze bandages
- (1) Roll of bandage tape (adhesive, paper, or cloth)
- (1) Tube of antibiotic ointment
- (1) Small Ace bandage
- Instant ice packs
- Instant heat packs
- Multivitamins
- Anti-itch cream and/or antihistamines
- Sunscreen and aloe
- Hand sanitizer and sanitizing wipes

If your student uses prescription medication, please make sure they have the original bottle and discuss with them about how to refill their prescription. There are several pharmacies within a mile of the clinic, and we are happy to assist students in locating places they can fill their prescriptions.

One last thing: Be sure your student knows that additional help for any health concern is available at:

Campus Health Center
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campushealth@wayne.edu
health.wayne.edu