Top 10 recommended OVER-THE-COUNTER items to have in your dorm room

1. Pain/fever-acetaminophen (Tylenol), ibuprofen (Motrin/Advil), naproxen (Aleve) Throat pain-Cepacol lozenges, chloraseptic spray

2. Anti-histamine: Sedating-diphenhydramine (Benadryl)
   Non-sedating-loratadine (Claritin), cetirizine (Zyrtec), fexofenadine (Allegra)

3. Decongestant-pseudoephedrine (Sudafed), phenylephrine

4. Cough drops-dextromethorphan (Delsym, Mucinex-DM, Robitussin-DM)

5. Anti-diarrheal-peptobismol, Imodium

6. Stool softener-docusate, Senna

7. Antacid-Tums, famotidine (Pepcid), omeprazole (Prilosec), lansoprazole (Prevacid)

8. Anti-itch cream-hydrocortisone 1%

9. Anti-fungal cream-terbinafine(Lamisil) or clotrimazole(Lotrimin)

10. Sunscreen-at least 30 SPF

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Bring a First Aid Kit

- Thermometer
- Hand sanitizer
- Cloth face masks
- Disinfectant wipes for surfaces
- Bandaids of several sizes/shapes
- Ice pack and heating pad
- Medical Tape
- Gauze
- Cotton balls
- Butterfly strips
- Moleskin (for blisters)
- Tweezers
- Scissors
- Antibiotic ointment
- Ace wrap

Get a Flu vaccine this Fall!!

1. Bring your prescription medications
   *Consider a locked box to put them in*

2. Bring a copy of the front and back of your medical insurance AND prescription drug cards