

Taking Care of Your Basic Health Needs



Be Prepared...

Many medical problems can be taken care of at home without need for medical office appointments. Basic health supplies may not be at the top of your list of items to bring to college but having a personal supply of over-the-counter medicines and first aid materials will save you a trip to the pharmacy or book store when you don't feel like getting out.

Priority items:

Your health insurance and prescription cards - a front and back photocopy is fine.

Thermometer - just feeling your forehead isn't accurate!

Tweezers for removing splinters.

Band-aids.

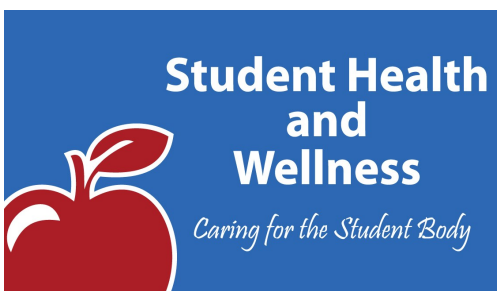
Non-prescription medications:

- **Tylenol** (acetaminophen) for fever and pain.
- **Advil** (ibuprofen) or **Aleve** (naproxen) for fever, pain and to decrease inflammation, such as with musculoskeletal injuries.
- **Antihistamine** for seasonal allergies or allergic reactions. A few generic examples are diphenhydramine (sedating) and Loratadine or Fexofenadine (non-sedating).
- **Decongestant** - for a stuffy nose. Pseudoephedrine is an example.
- **Cough medicine** - name brands include Robitussin DM and Mucinex DM.
- **Anti-itch cream** - Hydrocortisone Cream for minor itching from rashes or bug bites.

Hot and cold pack - even a Ziploc bag of ice cubes works well for a cold pack!

Condoms if you are sexually active or think you might become sexually active.

You'll Need Information Too...



Health care provider's phone number.

Where to receive health care:

UMKC STUDENT HEALTH AND WELLNESS

Volker Campus

5110 Oak Street, Brookside 51 Building

Suite 237

816-235-6133

Whom To Call In An Emergency...

Poison Control Center: 1-800-222-1222.

Call 9-1-1 for situations that threaten life or property and need immediate attention.