

Be aware. **And prepared.**

WHAT, WHEN AND HOW - USE OF THE STUDENT FIRST AID KIT

Please remember to add or to complete the following items after your arrival:

- Name, contact number and address of your doctor or other medical or health professional

- Name, contact number, address of your health insurance; include policy number

- If available, contact number of Students' Health Service or Campus Health Service

SYMPTOMS AND RECOMMENDED MEDICATION OR TREATMENT

PAIN & FEVER

- Dafalgan - paracetamol 500 mg
 - 1-2 tablets every 4 to 8 hours
 - Maximum dose per day 8 tablets (=4g paracetamol)
- Ibuprofen forte 400 mg (NOTE: double the usual dose!!)
 - 1 tablet every 4 to 6 hours
 - Maximum does per day 1200 mg (=3 tablets Ibuprofen forte)

WOUND & SKIN

- Betadine ointment
 - Disinfectant ointment for open wounds to avoid infection
- Bepanthen
 - Eczema
 - Dry skin
- Fenistil
 - Gel for burns and larger itchy areas
 - Fenipic Plus Roller against bug bites
- Solarcaine Lotion (CH; UK: BurnEze; USA: Solarcaine Spray or lotion)
 - Light burns & sunburn

COLD, COUGH & OTHER AIRWAY INFECTIONS

- Otrivin Mer (not a decongestant, natural sea-salt saline solution)
 - Dry nasal mucous membrane
 - Preventive against recurrent colds
 - recurrent nose bleeds due to dry rooms
- Triofan Schnupfen Spray
 - Blocked nose
- Strepsil Lozenges
 - Sore throat
- Neo Citran
 - Flu (fever, cold, headache, joint aches) - contains vitamin C, paracetamol and nose decongestant
- Demo Pectol
 - Expectorant (loosens phlegm in case of cough) - contains thyme, ivy and primula

DIGESTIVE TRACT

- Trawell
 - Chewing gums against travel sickness
- Imodium Lingual
 - Against severe diarrhoea and intestinal cramps - to be placed under tongue
- Pepto-Bismol
 - Against upset stomach, diarrhoea, heartburn (indigestion)
 - Only if no allergies to aspirin are known

ALLERGIES & HAY FEVER

- Ceteco Sandoz (= cetirizin = Zyrtec) 10 mg
 - Long lasting antihistaminic (anti allergy medication)

KEEP IN MIND

- Store all medicines in a cool, dry place.
- Occasionally check your kit and throw out any items outdated or expired. Do not take any medication that has expired.
- Replace any items used from the kit.
- Don't take medicines or drugs unnecessarily.
- Don't take medications prescribed for others.
- Read product labels thoroughly before taking a medication. Observe information about side effects and interactions with other drugs or food.
- Take medications as directed on the label or as directed by a medical or health professional.
- When taking medication, know the product by name and dosage.
- Only take antibiotics if prescribed by a medical or health professional.
- See medical advice if experiencing any unusual side effects when taking medication.
- Don't take any medication left over from a previous illness, even if at that time it had been prescribed by a medical or health professional.