

Be aware. **And prepared.**

STUDENT FIRST AID KIT

A Student First Aid kit should contain a good selection of basic supplies as well as instructions on how and when to use them. Take the time to explain to your daughter or son when they can deal with health issues themselves and how to use the supplies in the kit but also when they must seek advice from a medical or health professional. Store first aid items in a sturdy plastic container with a lid. Tape a sheet of paper with the following information on the lid:

- Name, contact number and address of student's doctor or other medical or health professional
- Name, contact number, address of student's health insurance; include policy number
- If available, contact number of Students' Health Service or Campus Health Service
- Other emergency contact information (e.g. parents, adult friends who live close to university, etc.)

Additionally, place the following in the container:

- Copy of student's insurance card
- First Aid manual
- Any personal medical information (allergies, medical conditions, medications taken on a regular base, blood type)

FIRST AID EQUIPMENT

1. For wounds (cuts, scrapes) and minor burns

- Antiseptic ointment
- Adhesive bandages in various sizes (large selection)
- Wound or skin closure strips (Steristrips)
- Sterile dressings in various sizes [(6) medium-sized, (2) large]
- Gauze bandages in various sizes
- Adhesive tape

2. For sprains, strains and other similar injuries

- Instant ice packs (and if possible, reusable ice packs to be stored in the freezer; alternatively, tell your students to buy a bag of frozen peas, label it, keep this in the freezer and use as ice pack)
- Elastic bandages
- ACE bandage for sprains (different sizes: 3 inch for ankle or wrist, 4 inch for knee)
- Warm pack or heating pad

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MEDICATIONS

1. Wound, skin and burns care
 - Disinfectant wound cream (choose one)
 - Povidone Iodine ointment (Betadine Cream)
 - Wound cream (Bepanthen Salbe)
 - Zinc lotion (optional)
 - Calamine lotion (anti-itching, mildly antiseptic, astringent to dry small oozing wounds such as blisters, etc.)
 - Cream to treat sunburns and burns (choose one)
 - Aloe lotion for sunburn
 - Burn spray
 - Flammazine (Silver Sulfadiazine) (CH)
 - Solarcaine Spray (US), Burneze (UK), Vesta Gel (CH)
2. For headaches, aches and pains (1 small package of each)
 - Ibuprofen (Advil, Dolormin)
 - Best choice for swelling and pain from sports injuries
 - Do not take with alcohol
 - Acetaminophen (Paracetamol)
 - Do not take with alcohol
3. For colds, coughs and fever
 - Fever medication
 - Acetaminophen (Paracetamol)
 - Ibuprofen (Advil, Dolormin)
 - Cold medication
 - Saline spray
 - Decongestant spray (Privin, Otriven)
 - Cough and sore throat medication
 - Lozenges against sore throat and cough
 - Box of table salt (to gargle - ¼ tsp dissolved in 250ml water 3 to 4 times daily)
 - Cough expectorants (take only during day time hours)
 - Cough suppressant
4. For allergies, insect stings, itchy skin
 - Zinc
 - Calamine lotion (anti-itching in case of skin rash, eczema, sunburn, insect stings)
 - Antihistamines
 - Fenistil Gel (topical) for insect stings etc.
 - Tablets against hay-fever or mild allergies (optional; choose one and talk to your family doctor for more information)
 - Loratadin (Claritin)
 - Cetirizin (Zyrtec)

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5. For digestive tract ailments

- Anti-nausea medication
 - Bismuth subsalicylate
 - Pepto-Bismol (only if no allergies to aspirin are known); also helpful against heartburn (also called indigestion), upset stomach
- Antidiarrheal medication
 - Pepto-Bismol (see above)
 - Immodium

OTHER EQUIPMENT

- Tweezers and tick card (to remove ticks and splinters)
- Digital thermometer
- Eye wash
- Sunscreen

PERSONAL ITEMS

Add any items your student needs such as any personal medication for chronic conditions (migraine, diabetes, asthma inhalers, et.c) or medical alert bracelets.

REMINDER

Remind your student of the following precautionary steps when dealing with medical emergencies or when taking medications:

- 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 or 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.