

# COLLEGE HEALTH SURVIVAL KIT

- ACE Wrap:** Helpful to wrap up and apply compression to an injury.
- Allergy Relief:** Benadryl (diphenhydramine) can tackle everything from seasonal allergies to bug bite reactions.
- Antiseptic or Antibiotic Ointments:** A topical ointment, like Bacitracin or Neosporin, is useful to have nearby for cuts and scrapes.
- Band-aids:** Uncovered abrasions and cuts are more likely to become infected, so students should have a box of band-aids of mixed sizes and shapes.
- Digital Oral Thermometer:** A thermometer is key to deciding between a day in bed or a visit to Student Health Services.
- Ear Plugs:** Reduces the environmental noise and helps students get the sleep they need.
- Hand Sanitizer:** Public restrooms, dorm rooms, and classrooms can be breeding grounds for bacteria. Hand sanitizer stashed in a backpack can be used when soap and water are not available.
- Insurance Card:** Have your insurance information available and find out before you move if your insurance will cover services at Student Health and/or the Grand Forks community.
- Pain Relievers:** Whether Tylenol (acetaminophen), Advil/Motrin (ibuprofen), or Aleve (naproxen), students should pack an ample supply. Headaches can be lessened by any of these. Acetaminophen is better for flu-related aches and pains. Ibuprofen is more effective for sports injuries as it also reduces inflammation. For hangovers, stick with ibuprofen as acetaminophen and alcohol both affect the liver.
- Prescription Medications:** Any prescription drugs students take for chronic medical conditions should be included in their college moving supplies. Bring at least a 1-2 month supply so there is time to figure out how to get refills.
- Shower Shoes:** Athlete's foot and plantar warts can be quite painful. They are spread via shared showers, where fungi and viruses grow easily on moist tile. A pair of rubber flip flops worn in public restrooms and shower stalls can go a long way in keeping feet protected.

- Stomach Support:** Belly issues are high on the list of common college ailments. Pepto-Bismol neutralizes stomach acids and can calm an upset stomach. Imodium can be useful for diarrhea or gastritis (stomach upset) but should not be used when vomiting. Students with a history of heartburn or reflux should keep Tums or other antacids nearby.
- Sunscreen:** Campus life is filled with outdoor activities, and sunscreen is essential to prevent skin damage.
- Vitamins:** Students can have erratic eating habits at college, so a daily multivitamin can help bridge nutritional gaps.
- AND DON'T FORGET YOUR SHOTS:** Required immunization information can be submitted through the patient portal at [myhealth.und.edu](http://myhealth.und.edu).
  - Required vaccinations/screenings for UND are as follows:
    - **Measles, Mumps, Rubella (MMR):** 2 doses are required. The first dose must have been given after the 1st birthday, and the 2nd shot given at least a month after.
    - **Meningitis:** Students 21 years of age and younger need a Meningitis (Menactra, MenQuadfi, or Menveo) vaccination that was given after the 16th birthday.
    - **TB:** The TB screening form is required for all students attending UND. If a student has a risk factor for Tuberculosis, then TB testing will be required.

## NOTES: