

College First Aid Kit - Symptom & Med List

I Feel...	Use or Take This...	How Often, Use With, Caution...
JUST STARTING TO NOT FEEL WELL	Emergen-C	1 packet dissolved in 16oz water bottle/day
Aches/Pains with no swelling (headache)	Acetaminophen (Tylenol) 500mg	2 tabs every 6 hours
Allergies (itchy eyes, runny nose)	Loratadine (Claritin) 10mg	1 tab daily (as needed)
Congestion, stuffy nose, sinus pressure	Pseudoephedrine (Sudafed)	2 tabs every 4-6 hours, DO NOT take with other pain relievers (Tylenol and Ibuprofen)
Cough	Vick's VapoDrops (menthol)	Dissolve drop slowly in mouth as needed
Dehydration	Electrolyte Powder (Pedialyte)	Add packet to 16oz water bottle, drink slowly as needed, around 2 packs/day
Diarrhea (loose stools) only	Immodium (loperamide) 2mg	2 tabs initially, then 1 if symptoms persist DO NOT take more than 4 tabs/day
Diarrhea, Nausea, Upset Stomach	Bismuth Digestive Relief (Pepto)	2 tabs, then 1 after an hour if symptoms persist, DO NOT take more than 8 tabs/day
Heartburn/Acid Reflux	Famotidine (Pepcid) 20mg Tums (antacid)	1 tab as needed, DO NOT take more than 2 tabs/day Chew 2-4 tabs as needed, DO NOT take more than 10 tabs/day
Minor cuts/skin wounds	Bacitracin (Neosporin) ointment	Apply 1-3 times per day, cover with band aid
Minor burns, abrasions, sunburn	Aloe Vera	Apply 3-4 times per day, DO NOT cover
Nausea only, dizziness, motion sickness	Dramamine	1-2 tabs daily as needed
Skin rash, skin irritation (itchy), bug bites	Hydrocortisone (itch relief cream)	Apply 3-4 times per day, DO NOT cover
Sore throat	Ibuprofen and VapoDrops	Take both as instructed above (these CAN be taken together)
Toothache	Oral Analgesic (benzocaine) 20%	Apply to affected tooth/gum area, CAN take with Ibuprofen as instructed above

Disclaimer: this is not medical advice – please confirm all information with your doctor first.

