First Aid Kit for Students

On the list of items to include when moving to campus should be a first aid kit. The University of Houston Health Center is on campus to help you with your health care needs, but minor injuries and illness can occur at any time and it’s best to be prepared. Many of these items may be purchased at the Health Center Pharmacy.

**SUGGESTED ITEMS**

- Antibacterial soap
- Antibacterial wipes
- Hand sanitizer, pocket size and room size
- Adhesive bandages (various sizes)
- Non-stick gauze
- Adhesive tape
- Triple antibiotic ointment
- Ibuprofen or acetaminophen for fever or pain
- Thermometer
- Cold packs
- Ace or elastic bandage
- Warm pack or heating pad
- Cold medicine (daytime and nighttime)
- Antacid tablets or liquid
- Anti-Diarrhea medication
- Throat lozenges/Cough drops

- Lip Balm
- Antihistamine tablets (for allergies)
- Hydrocortisone cream/Calamine lotion
- Sun Screen
- Insect repellant
- Tweezers
- Scissors
- Nail Clippers

**IMPORTANT DOCUMENTS:**

- Copy of insurance card
- Personal medical information
- List of medications
- Emergency contact information

**AFTER HOURS AND HOLIDAYS**

If you are experiencing a medical emergency and are on the UH campus, call the UH Police at 713-743-3333. If you are anywhere else, call 911.

For after hours non-emergency medical issues, please refer to our website for local area health care options at www.uh.edu/healthcenter.

24-Hour Student Emergency Care Hotline – 1-866-315-8756

Confidential Health Care Advice and Information from Registered Nurses - 24 hours a day, 365 days a year.

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