



Fact Sheet

Student Health Services, Texas A&M University

Self Care Guide

What you should have in your Personal First Aid Kit for College

- Ace bandage
- Alcohol wipes OR a bottle of alcohol and cotton balls
- Antibiotic ointment (not Neosporin)
- Bandages (assorted sizes, flexible material)
- Calamine lotion (not Caladryl)
- Cortaid cream (1% hydro-cortizone)
- Elastic bandage wrap
- First aid book
- Immodium AD
- Insect repellent w/ Deet
- Instant cold/heat compress
- Non-Drowsy Antihistamine tablets (Claritin)
- Pain/fever reducer tablets (Tylenol or Advil)
- Robitussin PM
- Scissors (small pair)
- Sterile needle
- Sudafed-30mg
- Sunscreen-15 SPF or higher
- Thermometer (digital)
- Tweezers

Here are some Do's and Don'ts for taking care of yourself

Do:

- Get a blood pressure check once a year; especially if you are having headaches or have a family history of hypertension
- Have an annual dental cleaning and check up
- Make sure to have your eyes checked and vision tested on a regular basis
- Wear a helmet while riding a bicycle or motorcycle OR while rollerblading or skateboarding
- Wear a safety belt

Don't:

- Take Tylenol, aspirin, or any other medicine and consume alcohol at the same time
- Don't drink and drive; always designate a driver

Women- Remember

- Get your annual pap smear
- Do your monthly Breast Self-Exam

Men- Remember

- Do your monthly Testicular Self-Exam

If you are experiencing any of the Conditions below, here are some tips to help you feel better:

Fever

Drink 8oz. of water, juice, soup, tea, or water every 2 hours
Place a cool compress on forehead or sponge body with lukewarm water
Take acetaminophen (Tylenol) to decrease fever

Nausea/ Vomiting

Consume small but frequent amounts of water, ginger ale, 7UP, sport drink, popsicles, or chicken soup to keep you from getting dehydrated
When you feel better drink apple juice, bouillon, or gelatin
Progress to a BRAT diet (bananas, rice, applesauce, & toast)

Diarrhea

Stop eating for 24 hours
Sip orange juice to replace potassium
Drink clear liquids to replace fluids lost
Avoid milk products, coffee, chocolate, and fatty foods
Progress to a BRAT diet (eggs and potatoes can be tried)
No Fried Foods

Sore Throat

Take acetaminophen or anti-inflammatory medicines
Get plenty of rest
Gargle with warm salt water (1/2 teaspoon salt to a glass of water)
Soothe the throat with cough drops or anesthetic spray
Limit talking
Increase fluid intake to 8oz. every hour

Nasal Congestion

Drink more fluids, such as clear soups, juice, and hot tea with lemon and honey
Avoid milk products, coffee, and chocolate
Breathe in steam from the shower to decrease the swelling of the membranes in the respiratory tract
Get plenty of rest

Always seek medical attention if these symptoms worsen or do not go away. Please call 458-8250 to make an appointment at the [Student Health Center](#).