



Fact Sheet

2005

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](http://shs.tamu.edu).