



Nichols College

Health & Counseling

DIY Self-Care Kit Suggestions

It may be a good idea to include one item from each section. Name-brand examples are included for ease of recognition, but generics are cheaper, and trial-size or small quantities of each product keep the size of your kit reasonable.

IMPORTANT: Be aware of any personal allergies before creating your kit!

Antihistamines:

- Nonsedating: Fexofenadine (Allegra) or Loratadine (Claritin) or Cetirizine (Zyrtec)
- Sedating: Diphenhydramine (Benadryl)

Nasal Steroid Spray:

- Fluticasone Propionate (Flonase) or Triamcinolone Acetonide (Nasacort)

Decongestant:

- Oxymetazoline nasal spray (Afrin)
- Oral Pseudoephedrine (Sudafed)

Expectorant:

- Guaifenesin (Mucinex)

Cough Suppressant:

- Dextromethorphan (DM) liquid or capsules (Delsym or expectorant with DM, e.g., Mucinex DM)
- Cough drops of choice
- Combo product liquid or capsule “night-time cough reliever” (Nyquil or Robitussin)

Pain/Fever Relief: (Yes, these have different uses so you may want to grab a couple of these)

- Ibuprofen (Advil or Motrin)
- Naproxen (Aleve)
- Acetaminophen (Tylenol)
- Aspirin (Bayer)

Topical Creams or Ointments:

- 1% Hydrocortisone Cream (Cortaid or Cortizone)
- Triple antibiotic ointment
- Sunscreen

Indigestion/heart burn:

- Antacid Tablets: TUMS or Maalox
- Pepto Bismol

Diarrhea:

- Loperamide (Imodium)

Dehydration:

- Electrolyte replacement powder pack singles (Pedialyte, Liquid IV, etc.)
- Refillable water bottle!

Eyes:

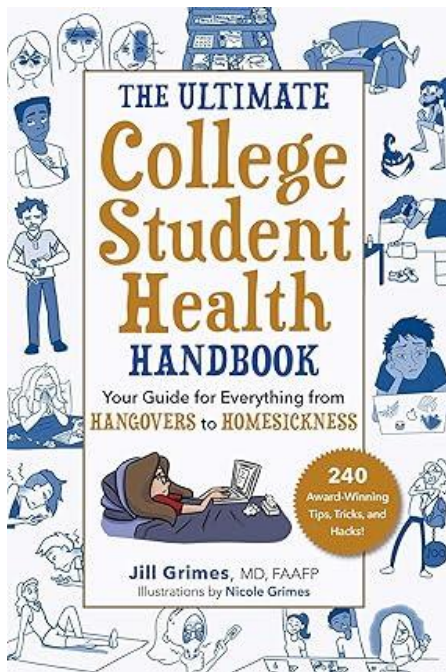
- Artificial tears: Blink, Systane, or Murine (not the “get the red out” ones)
- Small bottle of sterile saline wash
- Contact solution, if applicable

Miscellaneous:

- Digital Thermometer (choose like wine: not the cheapest, not the most expensive)
- Antiseptic Cleanser (Neosporin Wound Cleanser Foaming Liquid, Hydrogen Peroxide spray, or Hibiclens)
- Baid-aids: Be sure to include the “good ones”: Blister, Knuckle, and Fingertip bandages
- Tweezers
- Ace Wraps
- Menthol topical analgesia cream or patch (Icy Hot, Bengay creams, or Salonpas patch)
- Reusable ice pack or heating pad (reusable gel pack that can go in the fridge, freezer, and microwave are the best!)
- Roll of dog-poop baggies (or disposable trash bags) for convenient emesis (puke) bags and/or cleanup
- Condoms (if you choose)
- Tissues
- Disinfectant wipes (Lysol or Clorox wipes to clean surfaces)
- Tea/honey
- Packs of crackers (Saltines)

Consider this College Health 101 – an award-winning guide to what students really want (or need) to know about their mental and physical health when they're away from home.

The Ultimate College Student Health Handbook: Your Guide for Everything from Hangovers to Homesickness



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2022 American Writing Awards Nonfiction Health Category: Winner

2022 IAN Book of the Year Outstanding Non-Fiction Health/Medicine: Winner

2022 International Impact Book Award Winner

2021 Gold Medal Florida Authors & Publishers Association Presidents Award: Health Category

2021 Gold Medal Winner of the International Book Award: Health Category

2021 Silver Medal Winner of the Nautilus Award: Health, Healing, Wellness & Vitality

2021 Independent Press Award Distinguished Favorite: Health & Fitness

2021 New York City Big Book Award Distinguished Favorite in the Health & Fitness category

2021 Firebird Speak Up Talk Radio Winner

2021 Readers' Favorite Gold Medal: Young Adult Nonfiction

2020 Gold Medal Winner of the Literary Titan Award

2020 American Book Fest Best Book Awards Winner: College Guides

<https://www.amazon.com/Ultimate-College-Student-Health-Handbook/dp/1510778896>