TAKING CARE OF YOUR BASIC HEALTH NEEDS ON-CAMPUS

Be Prepared!
Stock up for cold/flu, sore throat, fever/chills, upset stomach, nausea/vomiting, insect bites/stings, cuts/scrapes & rashes.

List of essentials for taking care of yourself when living in the residence halls:

- **Digital Thermometer**: Use to assess if fever is present and if medical attention is necessary *(a fever is a temperature over 100.4°).*
- **Tylenol or Ibuprofen**: Use for fever and pain. Ibuprofen - Advil can also be used to reduce inflammation from an injury.
- **Antihistamines**: Use for allergies and itching - Benadryl
- **Cough drops and throat lozenges** - Halls
- **Antacids**: Use for occasional heart burn or stomach upset - Tums/Maalox
- **Saline Nose spray**: Use for congestion.
- **Reusable hot/cold pack**: Use for minor injuries/cramps.
- **Tweezers**: Use to remove splinters.
- **Cotton balls/Cotton swabs**: Use to clean cuts and scrapes.
- **Topical creams**:
  - Neosporin/Antibiotic ointment (use for minor cuts and scrapes)
  - Calamine or 1% Hydrocortisone cream (use for rashes and bites)
- **Bandages**:
  - Band-Aids and Gauze pads (use for minor cuts and scrapes)
  - Adhesive tape and a 3” elastic wrap - Ace bandage (use for minor injuries)

**Additional items**:  
- Any prescription medications (with refills if needed)
- Any medical equipment that is used at home (i.e. nebulizer, blood sugar monitor, etc.)
- Box of tissues
- Clear fluids to help with dehydration in the event of illness
  - Gatorade, ginger ale, Jell-O, chicken broth, tea bags
- Box of plain crackers and applesauce for stomach illness
- Moisturizing cream and lip balm for dry skin
- Hand sanitizer
- Antifungal cream for athlete’s foot
- Sun block

For medical/psychiatric conditions – contact:  
Counseling, Health and Wellness Center  
Overlook South  
973-720-2360 or 973-720-2257

Don’t forget to get the annual flu vaccine  
(Available on-campus at the Counseling, Health, and Wellness Center.)
Important On-Campus Information:

- Counseling, Health and Wellness Center (973)720-2360/2257
- Campus Police (973)720-2300
- Poison Control (National) 800-222-1222

Important Local Information for students:

Local Hospitals and Emergency Rooms

- **St. Joseph’s at Wayne** (973) 942-6900
  224 Hamburg Tpke, Wayne
- **St. Joseph’s at Paterson** (Trauma center) (973) 754-2000
  703 Main St., Paterson
- **Chilton Hospital** (973) 831-5000
  97 West Parkway, Pompton Plains

Urgent Care Centers

- **Valley Health Medical Group** (973) 709-0099
  759 Hamburg Tpke, Wayne NJ
  [www.valleyhealthmedicalgroup.com](http://www.valleyhealthmedicalgroup.com)
- **Totowa Immedicenter** (973) 790-0090
  500 Union Blvd. Totowa
- **MinuteClinic at* CVS Pharmacy** (973)694-5500
  2440 Hamburg Tpke (Preakness Shopping Center), Wayne
  *Also for vaccines

Pharmacies

- **CVS Pharmacy** (973) 389-2081
  1762 Ratzer Road, Wayne
- **De Bliek’s Pharmacy** (973) 427 6300
  (Will deliver to campus)
  467 High Mountain Road, North Haledon

Dental Emergencies

- **Dental Clinic at St. Joseph’s** (973) 754-2290
  703 Main Street, Paterson

Students should always have the following information available and accessible:

- Picture ID – Driver’s license/passport
- Student ID card
- Medical insurance card and prescription card
- Medical alert bracelet – if applicable
- Emergency contact number
- List of current medication with dosage – if applicable
- Any emergency medication such as Epi-pen and asthma inhalers