

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

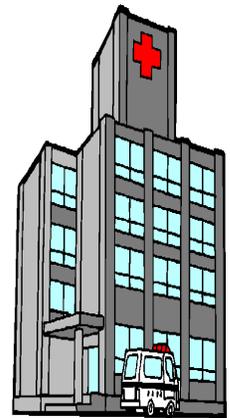
Important Local Information for students:

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
- ♥ **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 Blik's Pharmacy**(Will deliver to campus) (973) 427 6300
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

