



Student Wellness Centre

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UNIVERSITY OF
SASKATCHEWAN

Leaving home for the first time? It is difficult to think of everything you may need. Here are some helpful hints to prepare a university student medical kit so you are ready for just about anything and can have a healthy and productive year!

What to Include in Your Kit

- Pain relief / anti-fever medication (e.g., Tylenol and Advil) for mild to moderate pain and fever,
- Anti-nausea medication (e.g., Gravol) for nausea and motion sickness,
- Decongestant (e.g., Sudafed) for nasal congestion or nasal swelling,
- Antihistamine (e.g., Benadryl and Allegra) for allergic reactions and seasonal allergies,
- Throat lozenges for sore, irritated throats,
- Thermometer to detect/monitor fevers,
- Band-Aids for small scrapes, cuts, and blisters,
- 3 ply medical grade face mask
- Hand sanitizer,

- Tensor bandage for minor sprains or to stabilize joints until further medical attention,
- Tweezers for splinters,
- Sunscreen to prevent sunburns and skin damage from the sun,
- A birth control method (e.g., contraceptive pill) and sexually transmitted infection (STI) prevention method (condoms) to decrease risk of pregnancy and spread of STIs,
- Dental hygiene products,
- Current medications or emergency interventions (e.g., epinephrine auto injector and asthma inhaler), and
- An extra pair of glasses or contacts, if applicable.

Always follow directions on labels or health care professional's advice when using any medication and be sure to check expiry dates of medications.

Documents to have with you and to bring to your first medical appointment

- A copy of current prescriptions (medications, eyeglass, etc.),
- A list of herbs or home remedies used, if applicable,
- Emergency contact information (note: enter ICE [in case of emergency] in your phone contacts with your emergency contact number/s),
- A copy of immunizations to date,
- A provincial health card, and
- Current drug plan information.

Advil, Tylenol, and Aspirin

Ibuprofen, acetaminophen, and Aspirin are often used interchangeably. It is important to know which medications are most effective for certain symptoms. Below is a quick summary of uses for each medication.

Ibuprofen (Advil)

- Decreases fever,

- Decreases mild to moderate pain, and
- Decreases inflammation.

Acetaminophen (Tylenol)

- Decreases fever and
- Decreases mild to moderate pain.

Aspirin

- Decreases fever,
- Decreases mild to moderate pain, and
- Decreases inflammation.

Note: Aspirin should not be used for influenza if under 18 years of age.

Medical Resources

If you are unsure about when to seek medical attention, call the Saskatchewan HealthLine at 8-1-1 (24/7 access to registered nurses, psychiatric nurses, and social workers).

Student Wellness

Centre, Place Riel Student Centre. Medical and Health Care for all registered students and dependents.

Services offered include:

- Medical treatment,
- Mental health assessment and counselling,
- Birth control and STI testing, treatment, and counseling,
- Nutrition counselling, and
- Massage therapy, physiotherapy, and chiropractic

Campus Medicine Shoppe, Place Riel Student

Centre. Pharmacists can prescribe prescription medication for birth control, emergency contraception, and many minor ailments (including cold sores, mild acne, recurrent urinary tract infections, allergies, menstrual cramps, athlete's foot, jock itch).

After Hours and Emergency Care

In an emergency requiring immediate medical attention, call 9-1-1 or visit a **hospital emergency room:**

- Royal University Hospital (24 hour),

- St. Paul's Hospital (24 hour), or
- City Hospital (9 AM-8:30 PM).

After hours or urgent care clinics are for when minor emergency care is needed, but do not require emergency room care. These clinics should be used when you have an ailment that is not threatening your life but needs to be dealt with as soon as possible.

Walk-in clinics are for when you need same day care, or you need to see a physician but do not have a family physician. Clinics are listed on the SK Health Authority web page.

Fever

A virus or an infection can cause fevers. Sometimes there can be no apparent reason for your fever. If your temperature is between 37.2-38.3°C (99-101°F) you have a low-grade fever. Seek medical help if your fever lasts three or more days.

Treatment

- Rest during the day and get a full night sleep and
- Drink lots of fluids to stay hydrated.

Seek Medical Treatment as Soon as Possible if You Have

- A temperature that is greater than 38.3°C (102°F) for 24 hours,
- A stiff neck,
- A severe headache,
- Severe swelling of throat, and
- Confusion.

**Visit the Student
Wellness Centre
Webpage - Nurses for
more medical treatment
information**

Quick Checklist

- ☐ Pain relief / anti-fever medication
- ☐ Anti-nausea medication
- ☐ Decongestants
- ☐ Antihistamines
- ☐ Throat lozenges
- ☐ Thermometer
- ☐ Band-Aids
- ☐ Hand sanitizer
- ☐ Tensor bandage
- ☐ Tweezers
- ☐ Sunscreen
- ☐ Birth control method
- ☐ Condoms
- ☐ Dental hygiene products
- ☐ Current medications and emergency interventions
- ☐ Extra pair of glasses / contacts
- ☐ Prescriptions
- ☐ Emergency contact information
- ☐ Copy of immunizations
- ☐ Health card and drug plan information

Additional Resources

Saskatchewan HealthLine: 8-1-1

Poison Centre: 1-866-454-1212

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