



Suggestions from the Health Center

- Tissues
- Shampoo, soap, deodorant
- Lip moisturizer
- Hand sanitizer
- Disinfecting wipes
- Soup, ginger ale, crackers, tea
- Band-Aids
- Sanitary pads/tampons
- Ibuprofen: Advil/Motrin
- Acetaminophen: Tylenol
- Cough and cold medicine
- Cough drops
- Current prescription medications
- Inhalers/nebulizer
- Allergy medication if you have a known allergy