

Make a First Aid for Your Room



Don't forget~
Rest
Good Nutrition
Plenty of Water
Stress
Management
Exercise

Allergy medicine
Antacids
Antibiotic ointment
Anti-Diarrheal
Anti-itch cream
Band-Aids – variety pack
Cold medicine - Night & Day
Cold pack
Elastic bandage
Eye drops
Gloves
Hot pack
Ibuprofen
Lozenges

Pepto Bismol
Saline or Afrin nasal spray
Salt for sore throat gargle
Thermometer
Tweezers
Tylenol
List of Prescription Meds

**Which local urgent care locations are within your insurance network

Phone: _____

Wilmington College Student Health Center

Providing Counseling and Medical Health Care
to students at no or little cost.

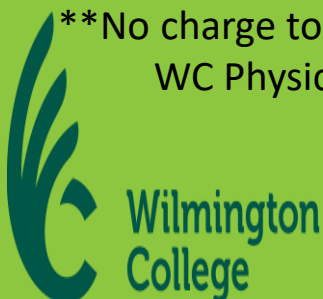


Scan to See the Medical Office Calendar



Bailey Hall – Basement
937-481-2272 – Counseling
937-481-2217 – Medical

**No charge to see the
WC Physician.



Is it a Cold... or the Flu?

Stay In!

If you are sick with flu-like illness the CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. Your fever should be gone without the use of fever-reducing medicine. *Contact your RA if you need assistance with meals. *Contact your professors/coaches if you have been diagnosed with the flu.

Cold	Symptom	Flu
Gradual	Symptom Onset	Abrupt
About a week	Typical Duration	One to three weeks
Rare	Fever	Almost always, lasting 3-4 days
Not usually	Aches	Almost always, often severe
Not usually	Headache	Common
Sometimes	Chills	Fairly common
Sometimes, but not extreme	Fatigue, weakness	Almost always, usually extreme
Almost always	Congestion, runny nose, sore throat, sneezing	Sometimes
Mild to moderate, hacking	Cough/Chest discomfort	Common, dry cough, can be severe

Doc Or Not?

1. If you think you have a cold, in most cases it's OK to treat your symptoms with cold medication and wait it out for a week. BUT if your symptoms worsen or you have flu symptoms you should come to the Student Health Center.

2. Take precautions to protect others. Cover your nose and mouth with the crook of your arm when you cough or sneeze. Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub. Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.



TIPS

- Wash your hands often! Or use alcohol based hand sanitizers when facilities are not available.
- Cover your cough or sneeze with the crook of your arm.
- Disposable Thermometers are available in the Health Center.
- Call the Health Center if you have flu symptoms. 937-481-2217
- If you have flu symptoms and a fever you will be given a note.
- If you have a fever of 100.4F or greater stay in your room, except to come to the Health Center. Contact Housing or Dining Services for assistance with meals.
- Housing 937-481-2312
- Dining Services 937-481-2469
- Contact your professors/ AT

