ILLINOIS MATHEMATICS AND SCIENCE ACADEMY

Courtesy of the IMSA Student Health Care Services Staff

First Aid Supplies:
Antiseptic towlettes, such as benzalkonium chloride
Band-aids
Triple antibiotic ointment, such as Neosporin
Non-adherent pads, such as Telfa
Gauze pads
Tape
Elastic wrap, such as Ace
Plastic freezer bags, such as Zip-Loc (to make ice packs)

For allergy/cold/flu seasons:
Allergy medication
Nasal decongestant, such as Sudafed (cannot be purchased by individuals under 18)
Cough suppressant/expectorant, such as Robitussin DM
Throat lozenges, such as Chloraseptic
Acetaminophen (such as Tylenol) or ibuprofen (such as Advil) – NO ASPIRIN due to risk of Reye Syndrome
Facial tissues
Vaporizer (extra humidity is especially important to help loosen secretions)

General items which may be helpful:
Multivitamin supplement
Heating pad (or gel pack which can be heated/chilled)
Insect repellent
Anti-itch lotion, such as Calahist (clear type is available)
Sunscreen
Sunburn gel, such as aloe
Antacid, such as Mylanta
Hydrocortisone cream
Lip balm, such as Chapstick
Moisturizing lotion for skin
Orthodontic supplies as needed (i.e. wax, bands)

If a student has medication for a specific condition, such as migraine headaches or menstrual cramps, please provide an adequate supply for relief of symptoms.

For updated information concerning health at the Academy, please go to the website at http://www.imsa.edu/living/health/