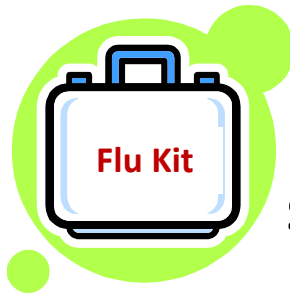


College Students



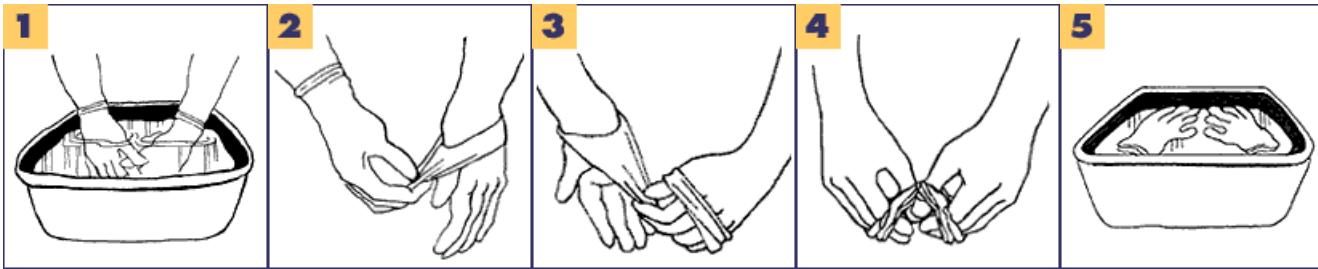
Being far away from home and getting sick can be horrible for your college student! Chances are that they are going to get sick just when the Health Center may not be staffed. Help them to be ready. Packing them a *College Student Flu Kit*. Kits can be packed in a large zip lock bag, a small thermal lunch bag, a plastic shoe box a fancy photo box ... whatever works for your student-away-from-home. Be prepared for 'Sheeesh, I don't need that'. BUT, if they get sick, they'll thank you, later.

Have your college student store the box in a safe place, but somewhere where they can get it, if they wake up feeling ill. (Maybe under the bed or in a nearby desk. Small dorms require some creativity). Items to include:

- ✓ N95 Masks (several styles) (*for the student to wear if someone visits to help care for them!*).
- ✓ Instructions for wearing a mask (Link to PDF: <http://tinyurl.com/ktcyhx>)
- ✓ Latex free gloves
- ✓ Instructions for proper removal of gloves (Attached below)
- ✓ Hand sanitizer (60+ % alcohol)
- ✓ Disposable Thermometers
- ✓ Tissues
- ✓ Cough & Cold Med
- ✓ Pain Relief (Tylenol)
- ✓ Anti Nausea
- ✓ Anti-Diarrhea
- ✓ Home Care Guide--Useful sources to choose from:
 - 'Taking Care of a Sick Person in Your Home' (CDC Guidance)
http://www.cdc.gov/h1n1flu/guidance_homecare.htm
http://www.cdc.gov/H1N1flu/guidance_homecare.htm
 - 'Citizen's Guide to Pandemic Influenza' (the Flu Manual), Chapter 3, Jane & Peter Carpenter
<http://www.rosscountyhealth.com/brochures/PandemicGuideforCitizens.pdf>
 - 'Good Home Treatment of Influenza', Dr.Gratton Woodson, MD,FACP
<http://www.birdflumanual.com/>
- ✓ Instant chicken soup cups
- ✓ Gatorade, PowerAde, or Pedialyte beverage (to rehydrate & replace lost electrolytes)
- ✓ Sip cup w/ straws

Removing Surgical Gloves

Source: <http://www.engenderhealth.org/ip/surgical/sum5.html>



Tips for removing surgical gloves

As you remove the gloves, avoid allowing the outside surface of the gloves to come in contact with your skin, because the outer surface will have been contaminated with blood and other body fluids. Avoid letting the gloves snap, as this may cause contaminants to splash into your eyes or mouth or onto your skin or other people in the area.

Remove used gloves before touching anything: Countertops, faucets, and pens and pencils are frequently contaminated because health care workers touch them while wearing used gloves.

Step 1

Rinse gloved hands in a basin of decontamination solution to remove blood or other body fluids.

Step 2

Grasp one of the gloves near the cuff and pull it partway off. The glove will turn inside out. It is important to keep the first glove partially on your hand before removing the second glove to protect you from touching the outside surface of either glove with your bare hands.

Step 3

Leaving the first glove over your fingers, grasp the second glove near the cuff and pull it part of the way off. The glove will turn inside out. It is important to keep the second glove partially on your hand to protect you from touching the outside surface of the first glove with your bare hand.

Step 4

Pull off the two gloves at the same time, being careful to touch only the inside surfaces of the gloves with your bare hands.

Step 5

If the gloves are disposable or are not intact, dispose of them properly. If they are to be processed for reuse, place them in a container of decontamination solution. Wash hands immediately after gloves are removed, since gloves may contain tiny holes or tears that leave you at risk of exposure to contaminated blood and other fluids.