Over the Counter Medication Box

Each dorm is equipped with an over the counter medication box. Contained in this box, you will find common over the counter medications for minor illnesses. These over the counter medications can usually be found in nearby drug stores. This box and its contents are provided to you as a convenience. You may elect not to use it. However, if you do decide to take and use any over the counter medication(s) from this box, you assume all responsibilities, liabilities and risks in doing so.

If you feel your condition requires more medical care or treatment than what is provided by the over the counter medications in the box or if your illness does not improve with the over the counter medication(s) you selected, please seek medical care by one of the following:

a) Being seen by the La Sierra University Student Health Service (Monday thru Thursday 8am-4:30pm, Friday 8am-12 noon).

b) Being seen by your private doctor (private insurance)

c) If after hours, student may contact the La Sierra University Health Service facilitator if the student chooses to: 1. go to urgent care or an emergency room* or
   2. make an appointment to see the doctor, at La Sierra University Student Health Service, for the following day.

*If a student needs help with transportation, arrangements can be made with the La Sierra University Health Service facilitator.

Name: _____________________________ ID#: __________________ Date: ___________________

The Over The Counter Medication Box in your dorm contains the following:

Advil (Ibuprofen) Cough Syrup
Benadryl (Diphenhydramine) Gatorade
Sudafed (Pseudoephedrine) Instant Ice
Tylenol (Acetaminophen) Ace wrap
Pepto-Bismol (liquid/tablets) Biofreeze
Bacitracin/Triple Antibiotic Cough drops
Band Aid Throat lozenges
Hydrocortisone 0.5% Alcohol pads
Mylanta Temperature strips
Imodium (liquid/tablets) Pepcid AC
Claritin (Loratidine) Face mask