

# Parent Information

There are many things to think about as you prepare to send your student to college. Be sure to include supplies and resources for health issues on your list. Below are some suggestions that will make that first experience with illness or injury away from home go more smoothly.

Send a basic first aid kit stocked with a thermometer.

Include over-the-counter medications that may be needed such as: pain/fever medicine (Ibuprofen or Tylenol), cold/cough/decongestant medicine, antibiotic ointment, hydrocortisone cream, Band-Aids, etc. A basic supply of the same preparations your student is accustomed to using at home will be appropriate for use at college.

Prescription medications: bring an adequate supply and a refill prescription for local use if needed. Local pharmacies include: [Hy-Vee](#), [Medicap](#), [Walgreens](#), [Wal-Mart](#). Medicap pharmacy is within walking distance of campus. Hy-Vee pharmacy may deliver depending on class of prescription medication.

If students are taking medication regularly, summer time (or sooner) is a good time to teach them independence. Instructing them what the medication is for, when it should be taken, how to get refills, etc. are important life skills and will help your student succeed at college. A pill box or more trendy phone app may help your student remember to take medications as directed.

Glasses and contacts: update prescriptions and supply of contacts.

Please see [Student Health Insurance](#) for information and tips on insurance coverage.

Review with your student a plan of action if they become ill or injured. A solid first step in your plan is to be evaluated by Student Health Service staff. Staff will assist students in sorting through illness and injury and make appropriate referrals as needed.

For students attending college with a chronic illness, it is recommended finding a local provider if the home provider is not within a comfortable driving distance. Local medical providers can be found at on [HS home page](#).

Students are responsible for communication with their professor if illness or injury should keep them from class.

Transportation options can be found [here](#).

Complete Health Form and return to Health Services **by August 1 for Fall and December 1 for Spring**. Health forms can be found on [HS home page](#).

Arrange for any remaining immunizations or boosters over the summer. Immunizations can be provided by your local provider, county public health office, or pharmacy.

## Required Immunizations

- MMR (Measles, Mumps, and Rubella) – 2 doses
- DTP (Diphtheria/Tetanus/Pertussis) – within past 10 years
- Meningococcal (MenACWY)

## Highly Recommended Immunizations

**SIMPSON COLLEGE**

- Meningococcal B
- Hepatitis B
- Hepatitis A
- HPV (Human Papilloma Virus)
- Varicella (chickenpox)

Last, you might find the following links helpful to connect with other parents and find further information.

<https://www.facebook.com/SCStormParents/>

<http://simpson.edu/student-life/parents-families/>