



WELCOME.....from "Cornhusker" Girls State 2019 Medical Staff!

We hope you have a great week while with us! We are available 24/7 to help with your needs or if you just need someone to talk to. Please complete the gray colored **Medical Consent and Information** form in this packet and return by **April 26, 2019**. Mailing instructions are on the apricot colored instruction page attached to the forms.

Some of the medications that we have on hand and are able to give you are:

- ♦ Tylenol or Ibuprofen for pain
- ♦ Antihistamine, decongestant, and cough syrup or drops for cold symptoms
- ♦ Pepto Bismol or Tums for upset stomach
- ♦ Milk of Magnesia for constipation
- ♦ Imodium for diarrhea
- ♦ Triple antibiotic ointment for cuts and blisters
- ♦ Ace wraps for sprains or strains
- ♦ Ice packs are also available

Just a reminder of what to bring with you...

- 📦 Keep your feet healthy. Bring shoes for walking that will not cause blisters.
- 📦 It is always a good idea to pack band-aids or anything else you might use for blisters. We will be doing a lot of walking and even the best shoes can cause blisters.
- 📦 Be sure to bring tampons or pads, even if it isn't your time of the month. Sometimes the unexpected happens.
- 📦 Bring along any medications you take for cramps. We are only able to give you Tylenol or Ibuprofen.
- 📦 Also be sure to pack any medications you may take on an as needed basis, such as for allergies or upset stomach, along with any medications you take daily.
- 📦 If you have an ankle or knee brace that you wear sometimes, it would be a good idea to pack it just in case.
- 📦 Remember to pack your inhaler...even if you rarely use it.
- 📦 Be sure to pack your glasses and contacts along with any solutions you use for them.

We're looking forward to an active and healthy week!

Cornhusker Girls State Medical Staff