



## WELCOME...from Cornhusker Girls State 2025 Medical Staff

We hope you have a great week with us! We are available 24/7 to help with your needs or if you just need someone to talk to. Be sure to complete the medical part of the online registration.

We will follow current health mandates. Please watch the website for any changes or health updates.

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.
- 🧐 Masks if you have a few to bring (just in case).

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

*Cornhusker Girls State Medical Staff*