



Preparing Students for a Safer College Experience

ARE YOU PREPARED FOR A MEDICAL EMERGENCY?

A CHECKLIST FOR COLLEGE STUDENTS & PARENTS

Emergencies don't wait. A little preparation now can help ensure your student gets the right care, the right info is shared, and you're notified when it matters most.



☐ COMPLETE HIPAA AUTHORIZATION FORM

Allows trusted people (like parents) to receive your medical information in an emergency.



☐ COMPLETE HEALTHCARE POWER OF ATTORNEY (HCPA)

Designates someone you trust to make medical decisions if you are unable to.



☐ SAVE CAMPUS EMERGENCY NUMBERS

Program these into your phone and keep them handy.
Campus Police • Health Center • Counseling Services
RA/Front Desk • Local Emergency Contact



☐ DOWNLOAD THE CAMPUS SAFETY APP

Get quick access to emergency contacts, alerts, safe walks, reporting tools and more.



☐ SIGN UP FOR EMERGENCY NOTIFICATIONS

Enroll in text, email and/or phone alerts from your college so you receive important updates.



☐ SET UP EMERGENCY SOS & MEDICAL ID ON YOUR PHONE

Emergency SOS can call 911, share your location and notify your emergency contacts. Add your Medical ID with allergies, medications and medical conditions.



☐ PACK A BASIC FIRST AID KIT (SEE RIGHT)

Be ready for the little things so they don't become big problems.



☐ CARRY YOUR HEALTH INSURANCE INFO

Keep a photo or digital copy of your insurance card in your phone and know your policy details.



☐ KNOW WHERE TO GO FOR CARE

Find the campus health center, nearest urgent care and hospital before you need them.



☐ SHARE YOUR EMERGENCY PLAN

Talk with your parent/guardian about who to contact, your preferences and important medical information.

Because accidents happen.
Lives can change in an instant.

Be prepared.



IT TAKES JUST 15 MINUTES TODAY TO PREPARE.

It could make all the difference tomorrow.



PACK A BASIC FIRST AID KIT

Keep these essentials in your dorm, backpack or car:

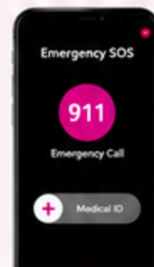
- ✓ Adhesive bandages (various sizes)
- ✓ Elastic bandage (ACE wrap)
- ✓ Gauze pads
- ✓ Hydrocortisone cream
- ✓ Medical tape
- ✓ Antihistamine (as recommended by your doctor)
- ✓ Antiseptic wipes
- ✓ Antibiotic ointment
- ✓ Pain relievers (acetaminophen or ibuprofen)
- ✓ Cough drops
- ✓ Hand sanitizer
- ✓ Tissues
- ✓ Thermometer
- ✓ Prescription medications
- ✓ Tweezers
- ✓ Small scissors
- ✓ Instant cold pack



Check expiration dates and replenish supplies as needed!

EMERGENCY SOS CAN SAVE YOUR LIFE.

- Quickly call 911
- Share your location
- Notify your emergency contacts
- Provide first responders with your Medical ID information



LEARN HOW TO SET IT UP!

Scan the QR code or visit RachaelFirstWeek.org/emergency-sos to set up Emergency SOS on your phone today.



Preparation today. Protection tomorrow.

A FEW MINUTES OF PREP TODAY CAN MAKE A **LIFETIME** OF DIFFERENCE.

Always Look Out For Each Other.



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For more safety resources for students and families, visit

RachaelFirstWeek.org

