August 7, 2020

Dear Texas Tech Student,

I hope that your summer is going well and that you are coping with the unique challenges caused by the COVID-19 pandemic. As you prepare for arrival/return to campus, it is necessary to have the supplies needed if you become sick with COVID-19, influenza, or other infections.

These supplies are also needed if you are exposed to someone with COVID-19 and are required to quarantine by staying strictly at home and monitoring for symptoms for up to 14 days. Please see the following list for suggested items. While this is not an all-inclusive list, it will help if you have these supplies when you return to campus.

1. **Thermometer** (re-usable kind, preferably digital): Use if feeling sick and notify a healthcare provider if your temperature is 100°F or higher.

2. **Disinfectant wipes**: a popular brand is Clorox. You can make your own disinfectant solution by combining 4 teaspoons of chlorinated bleach with 1 quart of water in a spray bottle. Wipe down surfaces such as door handles, commodes, and faucet handles frequently, especially if you have roommates. Don’t forget to gently wipe down your phones and keyboards too (unplug first, don’t spray cleaners directly onto electronics).

3. **Hand sanitizer**: This should be at least 60% alcohol-based. Use when you do not have access to soap and water.

4. **Facial tissues**: Remember to cough/sneeze into a tissue or your elbow, then dispose of the tissue, and wash hands.

5. **Face masks or cloth facial coverings**: Wear these in public places to protect yourself and others around you.

6. **All-purpose household cleaner** such as a can of Lysol spray.

7. **Over the counter medication for pain relief and fever** such as acetaminophen (Tylenol) or ibuprofen (or alternate medication if you have allergies to these). Assuming no medication allergy, acetaminophen is safer and has fewer side-effects than ibuprofen.

8. **Throat lozenges, Cold/Flu Medication over the counter, Salt** (mix 1 teaspoon in a glass of warm water to gargle and spit for sore throat), **Honey** (mix in warm water or hot tea and drink for sore throat and cough).

9. **A two-week supply of your prescription medication(s)**, if any.

10. A **water bottle** that is easy to fill and can be easily cleaned and re-used.

11. **Food and drink** that is easy to store and easy to digest, especially if you have vomiting or diarrhea. Examples are sports beverage with electrolytes, ginger ale or lemon-lime soda, bottled water, saltine crackers, graham crackers, instant ramen, and canned soup.

Preparation is key for a successful semester! Please start planning and stay safe.

Sincerely,

Dr. David Edwards
Medical Director, TTU Student Health Services