The McKinley Health Resource Centers (HRC's) provide over-the-counter self care supplies which can help you with skills and knowledge to better care for yourself. All supplies are included as part of your health service fee, and are provided at no extra cost to you. You will need to present your student I-card before you can receive any items.

You may pick up the following items twice per semester

**Cold care products**
Cold care medications can be obtained at all Health Resource Center locations. The following products are available to help alleviate your cold symptoms:
- decongestant to help with a stuffy nose
- cough syrup to help with coughing and chest congestion
- acetaminophen or ibuprofen (not both) for your aches, pains, or fever
- throat lozenges for your sore throat

Pseudoephedrine in tablet form will continue to be available for use through clinician prescription only.

**Home pregnancy test kit**
The home pregnancy test kit contains one home pregnancy test and a "Frequently Asked Questions" sheet.

**Yeast infection treatment kit**
The kit contains yeast treatment materials. This product cures most vaginal yeast infections and relieves vulvar itching and irritation associated with a yeast infection.

**Wound care package**
The wound care package contains an assortment of bandages, gauze and ointment, as well as instructions, to help you care for minor wounds.

You may pick up the following items every three weeks

**Condom package**
There are three options available in the condom packages. They are; lubricated, non-lubricated, or ½ lubricated and ½ non-lubricated condoms.

**Lubricant or spermicidal gel**
The lube can be used as an additional source of lubrication during intercourse and has many benefits. It can ease penetration, increase pleasure and reduce the likelihood of condom breakage. This lubricant does not contain Non-Oxyonol 9, a sperm-killing agent, and does not provide any protection against pregnancy or sexually transmissible diseases. Spermicidal gel, that does contain a sperm-killing agent, is also available. You may obtain only one product per visit.

**Latex barriers**
This product is designed to be used for safer oral sex to the vagina or anus. It is a thin, latex square that covers the genitals during oral stimulation to help prevent sexually transmissible diseases (STD's). You may choose from a variety of flavor-scented latex barriers.

**Main locations and hours**

**McKinley Health Center** - Information/HRC counter, located in the Main Lobby (333-6000)
1109 S. Lincoln Avenue, Urbana, IL 61801
Hours of operation - Monday - Friday from 8:00 a.m. - 5:00 p.m.

**Illini Union**, Room 40, lower level (244-5994)
1401 West Green Street, Urbana, IL 61801
Hours of operation - Monday - Friday from 8:00 a.m. - 8:00 p.m. / Saturday from 12:00 p.m. - 6:00 p.m.
Satellite locations and hours

**African American Cultural Program** (333-2092)
708 South Mathews (located at the Cultural Center)
Urbana, IL 61801
**Hours of operation** - Monday and Wednesday from 11:00 a.m. - 1:00 p.m.

**La Casa Cultural Latina** (333-4950)
1203 West Nevada (library on 2nd floor)
Urbana, IL 61801
**Hours of operation** - Thursday from 2:00 - 5:00 p.m.

For information on a variety of health-related topics visit McKinley's Web site at: [www.mckinley.illinois.edu](http://www.mckinley.illinois.edu)

Become a better health care consumer and **take charge of your health!**

If you are a registered University of Illinois student and you have questions or concerns, or need to make an appointment, please call: **Dial-A-Nurse at 333-2700**

If you are concerned about any difference in your treatment plan and the information in this handout, you are advised to contact your health care provider.

Visit the McKinley Health Center Web site at: [http://www.mckinley.illinois.edu](http://www.mckinley.illinois.edu)