

Campus Emergency Checklist

Menstrual Emergency Response Guide | periodhub.health

For Middle School & University Campus Environments



Emergency Kit Essentials

Basic Hygiene Products

- ☐ Sanitary pads (2-3 regular, 1-2 overnight)
- ☐ Tampons (if you use them)
- ☐ Panty liners (2-3 pieces)
- ☐ Wet wipes (1 pack)
- ☐ Small hand sanitizer
- ☐ Disposable underwear (1-2 pairs)
- ☐ Sealed bags (for used products)

Pain Relief Items

- ☐ Ibuprofen or acetaminophen (follow dosage instructions)
- ☐ Heat patches (2-3 pieces)
- ☐ Small hot water bottle
- ☐ Peppermint balm (for headaches)

Other Necessities

- ☐ Chocolate or energy bars
- ☐ Insulated water bottle
- ☐ Small towel
- ☐ Emergency cash
- ☐ Emergency contact card



Emergency Situations

Seek immediate help if you experience:

- Severe pain preventing normal walking or standing
- Heavy bleeding (soaking through a super pad in 1 hour)
- Fever, vomiting, or fainting
- Worsening pain unrelieved by pain medication



Campus Help Resources

First Contact

- ☐ School health center/nurse's office
- ☐ Dormitory supervisor
- ☐ Homeroom teacher or advisor
- ☐ Roommates or classmates

Off-Campus Resources

- ☐ Nearby pharmacy locations
- ☐ Nearest hospital emergency room
- ☐ Parent/guardian contact information
- ☐ Emergency services (911 for severe situations)



Emergency Contact Information

Please fill out and carry with you:

Name: _____ Class: _____

Dorm Address: _____

Parent/Guardian: _____ Phone: _____

Roommate: _____ Phone: _____

School Health Center: _____

Nearby Hospital: _____



Emergency Response Steps

When Pain Strikes

1. **Find a safe place to rest** - classroom, library, dorm
2. **Apply heat** - use heat patch on lower abdomen or lower back
3. **Take pain medication** - follow dosage instructions, don't take on empty stomach
4. **Notify someone nearby** - tell a classmate or teacher about your situation
5. **Record symptoms** - pain level, duration, accompanying symptoms

When Period Starts Unexpectedly

1. **Stay calm** - this is a normal physiological process
2. **Use hygiene products immediately** - ask classmates or teachers for help if needed
3. **Check clothing** - rinse with cold water or change if stained
4. **Adjust your plans** - avoid intense exercise, rest appropriately



Daily Prevention Tips

- **Track your cycle** - use apps or calendar to monitor
- **Prepare in advance** - carry supplies 3 days before expected period
- **Maintain good habits** - adequate sleep, regular meals
- **Exercise moderately** - maintain light exercise routine
- **Learn to ask for help** - don't suffer in silence due to embarrassment



When to See a Doctor

- ☐ Severe menstrual pain affecting studies and daily life
- ☐ Pain medication doesn't provide relief
- ☐ Abnormally heavy or light menstrual flow
- ☐ Severely irregular menstrual cycles
- ☐ Other abnormal symptoms present

This checklist is created by the periodhub.health professional team

For more resources visit: www.periodhub.health

Seek medical attention for emergencies - this checklist is for reference only