



**NURSES
CLINIC**

**THE CARE
IS FREE...**

**BECAUSE
YOU
GIVE**

Donors just like you provide

- time (organize a donation drive)
- talent (volunteer RN's)
- treasure (financial support)
- things (items from needs list)

make it possible to provide basic health support for seniors in homelessness.

Thanks for Helping

FEVER & PAIN (capsules or tablets)

Acetaminophen (Tylenol) 325mg / 500mg
Acetaminophen/aspirin/caffeine (Excedrin) 325mg/500mg/65mg
Ibuprofen (Advil) 200mg
Tylenol PM (Acetaminophen/Diphenhydramine) 325mg/25mg
Naproxen Sodium (Naprosyn) 220mg

ALLERGY, COLD & COUGH (tablet or capsules)

Diphenhydramine (Benadryl) 25mg
Cetirizine (Zyrtec) 10mg
Pseudoephedrine/Loratadine (Claritin D) 5mg/120mg
Fexofenadine (Allegra) 30mg
Guaifenesin (Mucinex) 400mg
Dextromethorphan/guaifenesin (Coridin HBP, Mucinex DM) 10mg/200mg
Dextromethorphan/Acetamin/Phenephrine (Theraflu daytime) 325mg/10mg/5mg
Sore Throat (Cepacol) lozenges
Sugar-free, individually wrapped cough drops

STOMACH & INTESTINAL

Tums
Alka Selzer (chewable)
Bismuth subsalicylate (Pepto Bismol, Maalox) (chewable)
Omeprazole (Prilosec) 20mg
Famotidine (Pepcid) 10mg or 20mg
Loperamide (Imodium) 2mg
Bisacodyl (Dulcolax) 5mg
Phenylephrine/mineral oil/petrol (Preparation H) ointment (small tubes)
Phenylephrine/mineral oil/petrol (Preparation H) (suppositories)
Docusate (Colace)100mg

TOPICAL PAIN RELIEF

Salonpas Lidocaine 4% (patch)
Emu crème/ Aspercreme (Trolamine salicylate 10%)
Icy/Hot (Bengay) gel or crème (patch /and single use crème)
10-Hour Hand Warmers Packets

Donations are accepted every day from 8 am to 2 pm
1001 W Jefferson Street | Phoenix, AZ 85007-2913
602.254.6524 x 235 | bobbie@justacenter.org

FIRST AID

Antibiotic ointment (Neosporin, Bacitracin), single-use packets
Band-Aids, various sizes
Gauze 4x4, 2x2
Non-stick pad (Telfa), various sizes
Adaptic gauze (for burns) non-stick
Roll Gauze, various sizes
Coban (CoFlex), various sizes
Tape (surgical, medical) 2 and 4 inch

SUPPLEMENTS (VITAMINS)

Multivitamins (tablets, and chewable tabs)
Vit C (chewable) 500mg
Vit B complex
Calcium Citrate 600mg with Vit D3 250 IU
Glucosamine 1500mg/Chondroitin 1200mg
ImmuBlast chewable (Airborne) chewable

SKIN CARE

Anti-Fungal (Topical)

Miconazole (Monistat) 2%, crème or ointment
Clotrimazole 1% or 2%, crème or ointment
Athlete's foot spray

Creams & Lotions

Hydrocortisone crème 1%
Anti-Itch crème (Benadryl extra strength)
Ben's Tick and Insect Repellent, 30% DEET
Eucerin crème
Aloe vera Gel
Petroleum jelly

Foot Care

Foot Powder
Diabetic socks, various sizes

ORAL CARE

Orajel

Denture Adhesive

EARS

Ear Pain drops (Hylands, Walgreens, etc)

Ear Wax removal drops

EYES

Lubricating drops (Refresh)

Irritation relief (Visine AC)

Zyrtec allergy eye drops

Reading Glasses in 1.5, 2.0, 2.50, 2.75, 3.0, 3.5, 4.0

MOBILITY

Canes (adjustable) aluminum with offset handle

Rollators (4-wheel folding with seat)

Wheelchairs