

Flu

What You Can Do

Supply List

Keep the following supplies in your home. They are useful when caring for someone with the flu. Many of these supplies can be found at the supermarket, convenience store, or drugstore.

- Soap for washing hands
- Alcohol-based hand sanitizer such as Purell® or a store brand for cleaning hands
- Medicines
 - Acetaminophen (such as Tylenol® or a store brand) or ibuprofen (such as Advil®, Motrin®, or a store brand)
 - Aspirin (such as Bayer® or a store brand) for people age 19 years and older
 - Cough and cold medicine (for children age 6 years and older and adults)
 - Throat lozenges
 - A medicine measuring spoon or medicine dropper to make it easy to give the right dose of liquid medicine, especially for children. Ordinary spoons should not be used because they do not measure accurately.

Check the expiration dates on medicines in your home regularly. Throw away any that have expired.

- Thermometer(s) for checking body temperature
 - You may need different types of thermometers depending on the ages of the people in your home.
- Fluids like water, fruit and vegetable juices, soups and broths, and beverages such as Gatorade® or a store brand (for adults) and Pedialyte® or a store brand (for children)
- Foods that are easy to digest (such as oatmeal, applesauce, and rice)
- Household disinfectant to clean surfaces
- Paper towels for cleaning and handwashing
- Trash bags to line waste baskets
- Note pads and pens or pencils
- An extra supply of special foods, medicine, or equipment that are needed by you or family members due to any chronic illnesses