

# Flu Season Shopping List

This is a common sense list of items that are easily overlooked during flu season. A little planning and preparation makes life a bit easier when you don't feel well. You can print the complete list and take it with you on your next shopping trip.

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## Medicinal Shopping List – Age Appropriate for Each Family Member

- Thermometer
- Cough syrup
- Cough drops
- Throat lozenges
- Chest rub – mentholated
- Fever Reducer - avoid Aspirin for children due to Reye's syndrome
- Electrolyte drinks – Pedialyte, Gatorade, etc.
- Vitamins
- Anti-Diarrhea
- Over the counter flu medications that ease flu symptom discomfort – they DO NOT CURE the flu

## Hygiene & Sanitation List

- Hand Sanitizer
- Hand soap in a pump for every sink in the house
- Facial Tissue – a box for family room and each bedroom
- Toilet paper – don't skimp here! Have several rolls for each bathroom.
- Paper towels – put back extra rolls for quick clean up of messy accidents
- Disposable gloves – quick clean ups and minimum exposure of contamination
- Trash can placed next to each person's bed
- Trash can liners – use plastic bags from your last shopping trip – put several in each trash can so that bags can be quickly removed, tied up and removed from the home and leave a fresh bag ready to collect new deposits of germs!
- Disinfectant and cleaning products

## Food Shopping List

- Disposable cups, plates, silverware
- Soup – canned or dry mix
- Crackers
- Jell-o
- Bread – freeze a loaf or two until needed
- Instant tea, coffee, powdered drink mixes
- Peanut butter & jelly or any other easy comfort food that your children can help themselves to and like to eat.
- Staple items such as rice, pasta, salt, sugar
- Canned fruit and vegetables
- Canned fish and meat
- Shelf stable or powdered milk

## Additional Items

- Humidifier
- Heating pad(s)
- Lip moisturizer or ChapStick – one per person

## Special & Critical Needs

- Prescriptions – make sure each person's regularly needed medications stay refilled and don't let run out. Call your doctor now if prescriptions are expiring soon.
- Baby items – keep extra formula, baby food, diapers, wipes, etc. on hand
- Pet items – extra food and other necessary items your pet requires everyday

## P.S.

Does your car have gas in it? Keep your car properly fueled and don't leave it on empty. This ensures you won't need to stop for gas in an emergency or when you realize you need something extra from the store at the last minute.



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