

Cold and Flu Preparation Checklist

Medications

- Pain and Fever Reducers
Acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) for both adults and children (check dosing for kids).
- Decongestants (e.g., Sudafed)
For nasal congestion relief (avoid using in children unless recommended by a doctor).
- Cough Suppressants
(e.g., Dextromethorphan)
For a persistent cough.
- Cough Drops & Throat Lozenges
For sore throats and cough (avoid in young children due to choking risk).
- Antihistamines
For runny nose and sneezing (e.g., diphenhydramine or loratadine).
- Saline Nasal Spray
Helps relieve nasal congestion for adults and children.

Preventive & Supportive Care

- Hand Sanitizer
- Disinfectant Wipes
- Face Masks
- Vitamin C, Zinc, and Elderberry Supplements
Consult your doctor before use, especially for kids.

Comfort Essentials

- Thermometer
- Tissues
- Humidifier or Vaporizer
Adds moisture to the air, helping with congestion and sore throats.
- Honey
For soothing sore throats in children over one-year-old and adults.
- Electrolyte Drinks or Oral Rehydration Solutions
For hydration, especially if anyone has a fever or isn't eating/drinking well.
- Vapor Rub
Vick's is not recommended for children ages two and below. For small children, look for non-medicated formulations.

Other Supplies

- Soup, Broth, and Easy-to-Digest Foods
- Herbal Teas
Like ginger or chamomile to soothe sore throats and promote relaxation.
- Comfort Items
Such as blankets, extra pillows, and tissues for a cozy, rest-friendly environment.



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