

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.

