COLD & FLU SEASON CHECKLIST

- [ ] Thermometer
- [ ] Humidifier
- [ ] Tissues
- [ ] Soups
- [ ] Tea
- [ ] Gatorade
- [ ] Pedialyte
- [ ] Disinfectant Spray
- [ ] Disinfectant Wipes
- [ ] Heating Pad
- [ ] Cold Packs
- [ ] Hand Soap
- [ ] Hand Sanitizer
- [ ] Extra Toilet Paper
- [ ] Extra Paper Towels
- [ ] Children's Acetaminophen
- [ ] Children's Ibuprofen
- [ ] Children's Cough Medicine
- [ ] Adult Acetaminophen
- [ ] Adult Ibuprofen
- [ ] Adult Cough Medicine
- [ ] Cough Drops
- [ ] Decongestants
- [ ] Anti-Diarrheal

FLU SYMPTOMS

Sudden Onset of Fever

Aches

Chills

Fatigue

Headache

Sneezing *

Stuffy Nose*

Sore Throat*

Chest Discomfort

Cough

* not always present