

Flu Season Preparedness Supplies



Use this list to build a supply of at least 2-week's worth of flu-fighting essentials to help your family weather this year's flu season. This is a basic list; you may add or subtract items as needed to suit your family's particular needs.

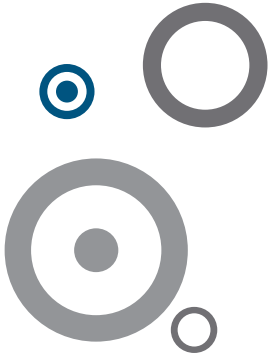
Home Health Kit

- Pain and fever reducers
 - Acetaminophen (Tylenol or generic brand)
 - Ibuprofen (Advil, Motrin, or generic brand)
 - Aspirin*
- Anti-diarrheal medicine
- Anti-nausea medicine
- Cough suppressants
- Personal prescribed medications
- Medical supplies for your health condition
- Thermometer
- First aid kit
- Cool-mist humidifier (keep clean as per instruction manual)
- A self-care medical guide, such as the *Healthwise Handbook***
- Disposable medical gloves
- N-95 rated respirator mask and surgical mask

Hygiene Essentials

- Soap
- Alcohol-based hand sanitizer
- Disinfectant (EPA-approved with registration number)
- Facial tissue
- Toilet tissue
- Infant diapers
- Feminine hygiene products
- Paper towels
- Trash bags





Food and Water

- Water (1 gallon per person per day)
- Electrolyte fluids made from a recipe or ready-made (Gatorade, Pedialyte, or generic brand)
- Nonperishable food
 - Canned meat, fruit, vegetables, and soups
 - Protein and fruit bars
 - Dry cereal and granola
 - Juice
 - Comfort foods
- Can opener

Other Essentials

- Pet supplies
 - Pet medication
 - Pet food
- Entertainment
 - Games, toys, books, videos, crafts, etc.
- Basic emergency supplies
 - Flashlight, radio, etc.

** Do not give aspirin to anyone younger than 20 years old because of the risk of Reye's syndrome, a rare but serious illness.*

****The *Healthwise Handbook* may be ordered at http://www.healthwise.org/f_bkorder.aspx or call 1-800-706-9646.**

For more information about the flu, visit the Texas Extension Disaster Education Network (EDEN) website at texashelp.tamu.edu.

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For more information, contact Dr. Carol Rice, Professor & Health Specialist
(Written by Josefa B. Peña, MPH, Program Specialist- Adult Health)
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