

Cold & Flu Season Checklist

Use this suggested checklist to take inventory of what you already have at home and what you need to buy at the store.

Misc. Household Items:

- | | |
|--|---|
| <input type="checkbox"/> facial tissues | <input type="checkbox"/> cleaning wipes |
| <input type="checkbox"/> hand soap | <input type="checkbox"/> humidifier |
| <input type="checkbox"/> canned soups | <input type="checkbox"/> bottled water |
| <input type="checkbox"/> electrolyte drink | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Medicine Cabinet Items:

- | | |
|---|---|
| <input type="checkbox"/> thermometer | <input type="checkbox"/> hand sanitizer |
| <input type="checkbox"/> over-the-counter pain reliever/fever reducer | |
| <input type="checkbox"/> cough drops/lozenges | <input type="checkbox"/> lip balm |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |