

MY FLU READY SHOPPING LIST



Self Care for You and Your Family

Keep these items on hand to help you through a flu outbreak when you or a loved one have to stay home.

PREVENT THE SPREAD

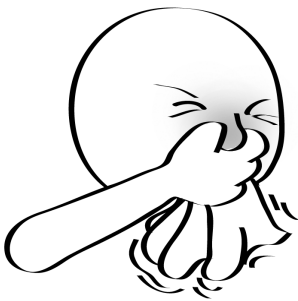
- ✓ **GET A FLU VACCINATION WHEN AVAILABLE**
- ✓ **COVER COUGHS AND SNEEZES WITH A TISSUE**
- ✓ **WASH HANDS OFTEN WITH SOAP OR ALCOHOL HAND SANITIZER**
- ✓ **STAY HOME WHEN ILL**

HEALTH & WELLNESS ITEMS

- Prescription items. *Antibiotics are no help against the flu, unless prescribed for complications.*
- Over-the-counter pain and fever reducers.
Do not give aspirin to children & teenagers for flu symptoms. Aspirin can cause a rare but serious illness called Reye's Syndrome
Consult your pharmacist or health care provider for appropriate medications, especially for children under the age of 6 years.
- Anti-Diarrhea medicines
- Cough medicines & throat lozenges
- Thermometer & First Aid Kit
- Face masks for care-giver
- Disposable gloves for handling facial tissues or body fluids
- Soap & alcohol-based sanitizer & wipes
- Facial tissues, toilet paper, paper towels
- Disposable cups for bathroom & kitchen
- Comfort Items-special items for children including age appropriate toys

FOOD & DRINK ITEMS

- Canned or boxed Soup
- Canned Fish & Meats
- Canned Fruits & Vegetables
- Rice, Pasta , Grains & Staples (sugar, condiments)
- Canned or boxed juice & non-perishable milk
- Peanut butter & Jelly
- Bread (freeze until needed) & crackers
- Instant coffee/tea/powdered drinks
- Baby food, diapers, infant formula, baby wipes
- Sports drinks & liquids to prevent dehydration
- Pet food and supplies



You Can Fight Flu

WHAT IS THE FLU?

Influenza (Flu) is a highly contagious virus that infects your lungs and spreads easily from person to person. Flu is serious and can cause illness or death.

IS IT THE COLD OR FLU?

A common cold, including chest and head colds, are caused by over 200 viruses, but flu is caused by either Influenza A or B. And with the flu, you feel terrible! You may have fever and body aches and your symptoms are worse with the flu than a common cold.

GET YOUR FLU VACCINE

- Being vaccinated with the flu vaccine each year is the first and most important step in protecting against influenza.
- Who should get the flu vaccine? Simply said, all people 6 months of age and older.
- Those with chronic medical conditions (like diabetes, heart disease or asthma) or those that are pregnant are at higher risk for complications from flu and should be sure to get the flu vaccine.

DON'T SPREAD THE FLU

- Stay home if you are sick.
- Cover your coughs and sneezes with a tissue or your elbow sleeve.
- Avoid touching your eyes, nose and mouth when you are sick.
- Wash your hands often with soap and water or use alcohol-based hand sanitizers when appropriate.

TAKE MEDICINES AS DIRECTED

- Antiviral medications are prescription medicines that your doctor may recommend to treat the flu. These work best if started within the first two days of symptoms so contact your healthcare provider right away.



For More Information, please consult the
Florida Department of Health
Palm Beach County

FightFluFlorida.com

Or call 1- 888- 411-4FLU (4358)

Florida Department of Health at floridashealth.com
Centers for Disease Control and Prevention at cdc.gov
Or your healthcare provider.