



Flu Kits

The following is a list of basic items to have on hand BEFORE someone in your household gets the flu:

Hand sanitizer

The ethyl alcohol in it is an antiseptic and an antimicrobial, able to kill both bacteria and viruses. It's convenient and easy to slip into purses, backpacks and pockets.

Antiseptic wipes

These can be used to wipe down lunch boxes, notebooks and other school supplies daily. Many stores offer free wipes near the shopping cart storage area. Use them to wipe your hands and the handles of the carts.

Tissues

Tissues are still the best items to have to cover coughs and sneezes. New tissues contain anti-viral ingredients, such as citric acid.

Hand soap

Hand soap doesn't have to be anti-bacterial. In fact, anti-bacterial products have no effect on viruses, such as flu. Plain soap and water works fine, as long as hands are washed long enough. Experts suggest reminding your children (and yourself) to recite the ABC's *twice* while washing and rinsing hands to ensure they're clean.

Fever reducers

Fever reducers won't cure the flu, but they can certainly make the symptoms a little easier to bear. Pharmacists remind parents that children age 13 and under should not get any product containing aspirin. Aspirin has been linked to an increased risk of Reye's Syndrome in this age group.

Liquids

Keep a stash of hydrating liquids such as sports drinks and broth on hand. Juice is also a good option.

Remember

Covering coughs and avoiding close contact with anyone who is ill will go a long way toward preventing the spread of flu.