



# Make a cold care kit

Like a first aid kit, a cold care kit contains all the essentials for managing a cold. Whether a run-of-the-mill cold virus, the flu, or COVID-19, the items in your kit make managing symptoms easier.



## MEDICINE

Depending on the severity of your symptoms, some medications can bring much-needed relief. Always follow the dosing guidelines and talk to your doctor to make sure these over-the-counter medications are right for you:

- Pain relievers/fever-reducers such as Tylenol and Ibuprofen
- Decongestants
- Cough medicine, both those for dry cough (suppressant) and a cough with mucus (expectorant)
- Cough and throat drops
- Nasal and throat sprays

## SANITIZING

Preventing the spread of a virus protects everyone around you. While most cold and flu viruses are not dangerous to healthy adults, the elderly, those with preexisting health conditions, and young children may be at higher risk of complications. At the first sign of a virus, up your sanitizing practices with these items:

- Hand sanitizer
- Sanitizing wipes
- Disinfectant spray
- Masks
- Disposable gloves

## TOOLS

Your body will naturally need more support as your immune system works to neutralize the virus. Your kit should include items to aid in reducing discomfort and monitoring your symptoms. While unlikely to be serious, have tools on hand to evaluate how your body manages the virus:

- Thermometer
- Pulse oximeter
- Humidifier to moisten the air
- Tissues with lotion or aloe
- Electrolyte drinks

## COMFORT

Your cold care kit should include some items to make you feel more comfortable until your symptoms pass. Everyone has their own tricks to soothe pesky symptoms. Make sure your kit contains those items you naturally wish for whenever a cold strikes. Here are some ideas:

- Bath salts
- Heating pad
- Essential oils
- Soup or broth
- Tea bags (include decaffeinated options)