



Cold & Flu Cabinet Check

Take 10 minutes today to check your cold-and-flu supplies. Having a few basics on hand can make it easier to rest, manage symptoms or care for someone else.

Choose only products that are appropriate for your household, and always read the Drug Facts label before use.

Stock by Symptom	Adult on hand	Kids on hand	Exp. Date
Fever & aches Pain & fever reliever	☐	☐	_____
Dry cough Cough suppressant	☐	☐	_____
Chest congestion Expectorant	☐	☐	_____
Stuffy nose A nasal spray or rinse, etc.	☐	☐	_____
Sore throat Cough drops, lozenges, etc.	☐	☐	_____
Runny nose Saline spray, antihistamine,...	☐	☐	_____
Stomach upset Antacid, anti-diarrheal, other...	☐	☐	_____
Other _____	☐	☐	_____
Other _____	☐	☐	_____

Read before relief

Check active ingredients.
 Know what medicine is actually in the product.

Read the warnings.
 Check age limits, health conditions, possible interactions and drowsiness.

Follow the directions.
 Use only the amount and timing listed on the label.

Avoid duplicate ingredients.
 Different products may contain the same active ingredient. Compare labels before combining medicines. For example, many multi-symptom products contain acetaminophen.

Helpful extras: Thermometer | Tissues | Flu/COVID test | Humidifier | Hand Sanitizer

Prepare now. Feel more ready later.

Over-the-counter medicines may temporarily relieve symptoms, but they do not cure. Contact a healthcare professional for symptoms that are severe, worsening or concerning. Seek urgent help for trouble breathing or other emergency symptoms.