

COLD AND FLU SOLUTIONS:

Make Sure Your Medicine Cabinet Is Ready For Fall and Winter Ailments

It's that time of year again, when the simplest snuffle or sneeze could be nothing—or, it could be the flu, and run through a family like a brush fire. That's why smart families will prepare ahead and plan on having a few medicine cabinet essentials lined up and ready for use!

According to the U.S. Food and Drug Administration, the following is a list of the medicines and other products that should be kept on hand to treat minor ailments or injuries:

- Analgesic (relieves pain)
- Antibiotic ointment (reduces risk of infection)
- Antacid (relieves upset stomach)
- Antihistamine (relieves allergy symptoms)
- Syrup of ipecac (induces vomiting)
- Decongestant (relieves stuffy nose and other cold symptoms)
- Fever reducer (adult and child)
- Hydrocortisone (relieves itching and inflammation)
- Antiseptic (helps stop infection)
- Adhesive bandages and adhesive tape
- Gauze pads
- Tweezers
- Thermometer
- Calibrated measuring spoon
- Alcohol wipes
- Disinfectant (to clean scrapes and cuts)