

H1N1 Comfort Kit

Supplies to have on hand:

To increase the comfort of someone that is sick from the H1N1 virus, consider having the following supplies available:

- Ibuprofen or acetaminophen as recommended by your healthcare provider.
 - **DO NOT** use aspirin in children or teenagers with influenza because it can cause Reye's syndrome, a life-threatening disease.
- Cough syrup and decongestants.
- Anti-diarrhea and nausea medication
- Large supply of tissues.
- Plenty of fluids to prevent dehydration such as soups (chicken noodle soup, etc.), broth, water, sports drinks, popsicles and Pedialyte for infants and toddlers.
- Crackers



To help prevent the spread of H1N1 in the house:

- Supply of alcohol-based hand sanitizer with 62% concentration.
- Surface wipes for nightstands, bathrooms, door knobs, light switches, remotes and counter tops.
- Trash can liners
- Disinfectant or bleach solution for keeping toys clean.

Don't forget vehicles can also be areas of contamination so keep wipes and hand sanitizer in each vehicle.