



## HOME CARE SHOPPING LIST

### Pandemic flu care giving supplies

- thermometer
- soap
- box of disposable gloves
- acetaminophen
- ibuprofen
- bleach
- alcohol-based hand sanitizer
- paper towels
- tissues
- surgical masks
- sugar, baking soda, salt, salt substitute, lemon juice or sugar-free Kool-Aid (for electrolyte drink)

Visit **healthvermont.gov** for more information and resources such as:

- Family Health Information Sheet
- Emergency Contact List
- Home Care for Pandemic Flu (American Red Cross)