DrHouse

Print it. Stick it on the fridge.

YOUR FAMILY FLU CHECKLIST FROM DRHOUSE

Family Flu Season Checklist

One pharmacy trip and ten minutes of planning, before the sniffles start.

STOCK THE MEDICINE CABINET

- **Working thermometer.**
  Check the battery now.
- **Fever reducers in the right dose.**
  Children's acetaminophen or ibuprofen, with the dosing syringe, not a kitchen spoon. Never aspirin for kids.
- **Oral rehydration solutions.**
  To help prevent dehydration.
- **Tissues.**
  Buy more than feels reasonable.
- **COVID tests.**
  Symptoms alone can't tell flu from COVID.
- **Everyone's regular medications.**
  Check expiration dates while you're at it.

PLAN AHEAD

- **Flu shots for the whole family.**
  Protection builds in about two weeks.
- **Your doctor's contact info.**
  Saved where the whole household can find it.
- **An after-hours plan.**
  Telehealth app ready on your phone.
- **Higher-risk family noted.**
  Young kids, adults 65+, pregnancy, or a chronic condition. Call a doctor at their first symptoms.
- **Guest message sent.**
  "If you're feeling sick, please stay home. We'll save you a plate!"

IF SOMEONE GETS SICK

- **Give them their own space.**
  Keep them apart from the household when you can.
- **Air out the room.**
  Crack a window, run a fan or an air purifier.
- **Wash hands more often.**
  Everyone, not just the patient.
- **No shared cups or utensils.**
  Towels too.
- **Mask up for close contact.**
  Especially around higher-risk family.
- **Note when symptoms started.**
  Antivirals work best in the first 48 hours.

GET IMMEDIATE MEDICAL CARE IF

- Difficulty breathing or chest pain
- Confusion or severe dehydration
- Any fever in a baby under 3 months

In an emergency, call 911.

BACK TO SCHOOL OR WORK WHEN

- Symptoms are clearly improving
- Fever-free for 24+ hours without fever-reducing meds

Then keep up extra precautions for about 5 more days.

Sick on a weekend? Don't wait until Monday.

A licensed doctor can see anyone in your family by video in minutes, day or night, holidays included.

Start a visit at drhouse.com

This checklist is for general information only and is not a substitute for professional medical advice, diagnosis, or treatment.
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