Get it together

Five steps to increase your flu-readiness

1. stock up on basic non-prescription health items such as a digital thermometer, cold and flu medications, soft tissues

2. purchase soups, crackers, and electrolyte drinks such as Gatorade, Powerade, Pedialyte

3. develop back-up plans for child/elder care as needed

4. share emergency contact information with your family, friends, and employers as needed

5. make copies of family health insurance/pharmacy insurance cards, and contact information for health care providers

More info: www.gannett.cornell.edu