

SICK KIT

- Thermometer
- Kleenex
- Lysol spray or Clorox wipes
- Hand Sanitizer
- Electrolyte Drinks- Smart Water, Gatorade, Pedialyte
- Soup
- Crackers
- Applesauce
- Cough drops, cough medicine
- Pain reliever (adult and kids)
- Anti diarrhea medication, anti nausea medication
- Nasal Saline, Mucus Relief Med (like Mucinex)
- Vick's Vapor Rub or Essential Oil (like Eucalyptus)

