

First Aid Kit

Acetaminophen/Ibuprofen	Cough drops
Reusable ice/heating pack	Antacid tablets
Band aids	Antidiarrheal products
Antibiotic ointment	Hydrocortisone cream
Day/night cough medicine	Hand sanitizer
Non-drowsy allergy medicine	Oral digital thermometer

Sick Day Food Items

B anana	Gatorade/Pedialyte
R ice	Ginger Ale
A pplesauce	Water
T oast	Noodles
Jell-O	Juice
Dry Cereal	Herbal tea
Soup/Broth	Crackers/Peanut Butter