

# Get through cold and flu season with this shopping list



This is the time of year when contagious respiratory illnesses are at their highest. This “season” usually starts in the fall and lasts through the winter months.

## Take precautions such as:

- Avoiding contact with people who are sick
- Covering coughs and sneezes
- Washing hands regularly
- Keeping vaccinations up to date

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## We’ve organized a list that will help you be prepared.

*As always, consult with your primary care doctor before taking any new medications or supplements.*

# Pharmacy



## Vitamin D supplements

Vitamin D may help increase your body's ability to fight infection. While we get it from exposure to sunlight and certain foods, many adults don't get enough Vitamin D.<sup>1</sup> Check with your healthcare provider to see if a supplement is right for you.



## Pain reliever and fever reducer

Over-the-counter nonsteroidal medication can be a useful pain reliever and fever reducer. Follow dosing instructions and read the label carefully for precautions. Talk to your doctor or pharmacist if you have any questions or concerns.



## Cough drops

Over-the-counter cough drops help provide relief for coughs, sore throats and even nasal congestion.



## Epsom salts

Sometimes a warm bath is all you need when you're sick. Add Epsom salts to your bathwater to help relieve achy joints and muscles.



## Hand soap, hand sanitizer and disinfectant wipes

Washing your hands with soap and water prevents the spread of infection. Stock up on plenty of hand soap, alcohol-based hand sanitizer and disinfectant to keep hands and surfaces clean.



## Tissues

With any upper respiratory illness, expect mucus. Keep tissues on hand just in case. The softer, the better!

## Produce



### Ginger

Fresh ginger root may help soothe a sore throat and reduce inflammation. Store ginger in an airtight container in the fridge.



### Citrus, bell peppers and broccoli

These foods (and more!) are high in vitamin C. Getting enough vitamin C may help the body better respond to infection.<sup>2</sup>

## Pantry Items



### Honey (not for infants less than 12 months of age)

Honey can help soothe your sore throat. For a soothing drink, steep fresh ginger in hot water. Add honey and lemon to taste.



### Herbal tea

Herbal teas can help you stay hydrated and soothe a sore throat or cough.



### Chicken or vegetable broth

You may or may not have an appetite while sick. However, staying hydrated is important. Broths and soups offer a quick light meal that can help keep you hydrated.

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<sup>1</sup><https://www.eatright.org/food/vitamins-and-supplements/types-of-vitamins-and-nutrients/what-is-vitamin-d>  
<https://www.medscape.com/answers/128762-54281/what-is-the-prevalence-of-vitamin-d-deficiency-in-the-us>

<sup>2</sup><https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7696052/>  
<https://www.eatright.org/food/vitamins-and-supplements/types-of-vitamins-and-nutrients/how-vitamin-c-supports-a-healthy-immune-system>