

# 7 ways to plan for cold & flu season

cold & flu season

**BRAUN**

## 1 Dispose of expired medicine



## 2 Stock up

Get cold & flu season must-haves like:

- Ginger ale
- Ice pops
- Recommended cough suppressants

## 3 Practice healthy habits

- Wash hands
- Eat a balanced diet
- Drink plenty of H<sub>2</sub>O
- Cough or sneeze into your elbow or a tissue

## 4 Use a reliable thermometer

**Braun ThermoScan® 5 Ear thermometer:**

proven to be more accurate than forehead or rectal measurement\*

**Braun No touch + forehead thermometer:**

professionally accurate readings by gently touching the forehead or by holding it up to two inches away



## 5 Have important information on hand

### Medicine tracker

Date	Time	Medication	Dosage

## 6 Manage humidity levels

Control your home's humidity levels with a humidifier



## 7 Keep contact information accessible

Emergency contact information:

- Family doctors
- 24-hour pharmacies, etc.



\*Measurements in detecting temperature changes. Nimah, Marianne M., et al. "Infrared tympanic thermometry in comparison with other temperature measurement techniques in febrile children." *Pediatr Crit Care Med* 7.1 (2006): 48-55.

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