You never know when the cold or flu is going to hit so it’s important you are always prepared. The last thing you want to do when you are sick is run to the store to pick up something that will make you feel better. Use this survival guide to prepare for the next time you or your family gets sick.

### MEDICINE CABINET ESSENTIALS

- **Acetaminophen** (Tylenol)
- **Ibuprofen** (Advil)
- **Cough Syrup**
  - *Children & Adult*
- **Night Multi-Symptom Cold and Flu** (NyQuil / Theraflu)
- **Day Multi-Symptom Cold and Flu** (DayQuil)
- **Decongestant** (Sudafed)
- **Antihistamine** (Benadryl)
- **Expectorant** (Mucinex)
- **Cough Drops**
- **Menthol Rub**

### HOME REMEDIES TO KEEP ON HAND

- Gargle with Salt Water
- Orange Juice/Drink Lots of Fluid
- Honey
- Chicken Soup
- Hot Bath/Shower
- Cold-Mist Humidifier
- NetiPot

### IMPORTANT SUPPLIES TO KEEP ON HAND

- Kleenex
- Thermometer
- Hand Sanitizer
- Disinfectant wipes
- Masks
- Blankets
- Netflix Account/DVR/DVD’s

If symptoms are severe or continue for more than a few days visit an urgent care or call your primary care provider to schedule an appointment.

### URGENT CARE LOCATIONS & PREMIER FAMILY MEDICAL CARE PHONE NUMBERS

- **UC Pleasant Grove:**
  - 830 North 2000 West, Pleasant Grove, UT 84062
  - 801-756-3511
- **UC American Fork:**
  - 226 North 1100 East, American Fork, UT 84003
  - 801-855-3841
- **UC Lehi Main Street:**
  - 680 East Main Street, Lehi, UT 84043
  - 801-768-1699
- **UC Lindon:**
  - 275 West 200 North, Lindon, UT 84042
  - 801-796-1333
- **Lehi Mountain Point:** 801-753-4650
- **Saratoga Springs:** 801-766-8427

*Urgent Care available at locations with UC*