

10 SUMMER ESSENTIALS FOR YOUR MEDICINE CABINET

Summer brings more time outdoors, and with it, a higher chance of sunburns, bug bites, minor injuries, allergies and heat-related issues. Medications can also lose effectiveness or even become unsafe after expiration, and heat and humidity can further degrade products that are already past their prime. When summer ailments or accidents strike, you want relief that works quickly and safely. Prepare now to avoid last-minute store runs.

The average American opens their medicine cabinet 468 times each year. However, nearly 3 in 4 people admit they often forget to replace their expired products.

A cabinet check today ensures you're prepared for common summer needs. Make sure these summer staples are stocked and up to date:

- 1 Pain reliever (e.g., ibuprofen) and fever reducer (e.g., acetaminophen)
- 2 Antihistamines, nasal sprays and eye drops
- 3 Hydrocortisone cream for rashes and bug bites
- 4 Broad-spectrum sunscreen
- 5 Aloe vera or after-sun gel
- 6 Insect repellent
- 7 Oral rehydration packets or electrolyte drinks
- 8 Bandages and basic first-aid supplies
- 9 Antibiotic ointment for minor cuts
- 10 Instant cold packs

Refreshing your medicine cabinet is a small task that can make a big difference, allowing more time for fun in the sun. Make it a habit to check expiration dates every six months so you're always prepared.



Lawley