

# CARES Act: What It Means for You

The CARES Act permanently reinstated over-the-counter products and added menstrual care products for the first time as eligible expenses for your FSA or HSA **WITHOUT A PRESCRIPTION!**

IRS Notice 2021-07 has added Personal Protection Equipment (PPE) as eligible expenses as well.

Eligible items for purchase without a prescription now include, but are not limited to:

- Pain relief medications, e.g., acetaminophen, ibuprofen, naproxen sodium
- Cold & flu medications
- Allergy medications
- Cough medicines
- Acne treatments
- Eye drops
- Stomach & digestive aids
- Pads
- Tampons
- Menstrual sponges
- Sleep aids
- Children's pain relievers, allergy medicines, and digestive aids
- Masks
- Hand sanitizers
- Sanitizing wipes
- At-Home COVID-19 Tests
- And more