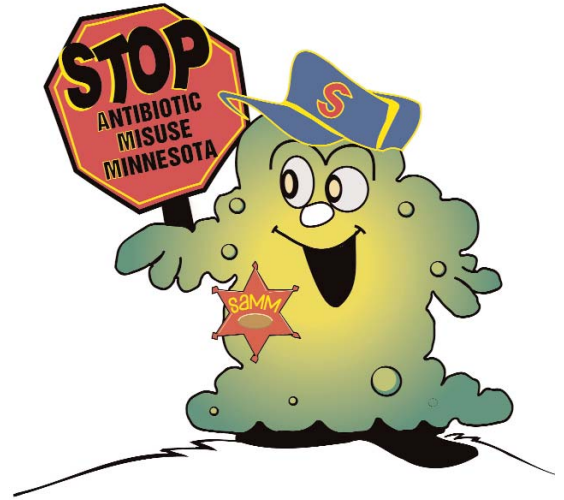


Cough and Cold Care Kit Shopping List

Take good care of yourself:

- Drink plenty of fluids; water, broth, tea, juice
- Inhale moist air; use cool mist vaporizer
- Get plenty of rest



- ✓ Acetaminophen
- ✓ Decongestant (pseudoephedrine)
- ✓ Cough Syrup
- ✓ Tea
- ✓ Chicken Soup
- ✓ Tissues
- ✓ Throat Lozenges (adults and older children only)
- ✓ Other _____

