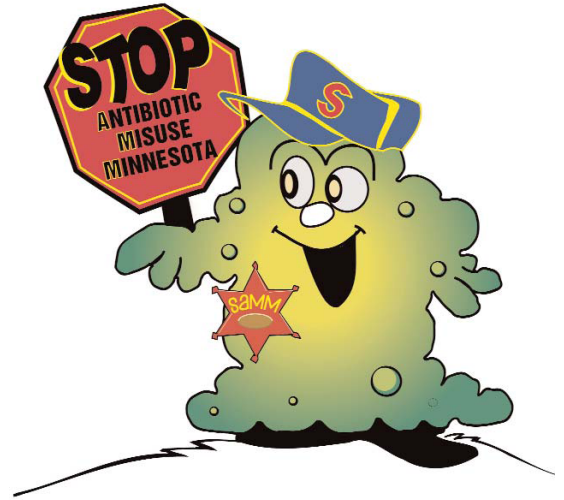


Cough and Cold Care Kit Shopping List

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 or ibuprofen (read instructions)
- ✓ Tea
- ✓ Chicken Soup
- ✓ Tissues
- ✓ Throat Lozenges (adults and older children only)
- ✓ Decongestant (pseudoephedrine)
a decongestant may relieve sinus pain or pressure, but should not be used in young children (particularly those under four years of age)
- ✓
- ✓