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# **PLAN AHEAD make a Cold and Flu Season Self-Care Package in case you get sick . . .**

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## **INCLUDE:**

- A Thermometer
- Tylenol or other non-aspirin Fever Reducer
- A Decongestant (regular & non-drowsy)
- Cough Drops
- Box of Tissues
- Anti-bacterial Hand Gel
- Packages of Dry Chicken Noodle Soup & Crackers, and Clear Fluids
- Lip balm

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