

FLU SELF-CARE PACKAGES

The following items for packages are put into a Tall Kitchen Drawstring Garbage Bag:

1 Tall Kitchen Drawstring Garbage Bag

1 box Kleenex

1 tub of Clorox Wipes

4 pair medium gloves

4 simple yellow surgical masks

1 bottle hand sanitizer (4oz)

Throat/cough lozenges (small package of 5 lozenges)

1 bottle nasal saline spray

1 bottle acetaminophen caplets

1 bottle ibuprofen caplets

1 box Mucinex

1 oral thermometer

CDC article “What to Do If You Get Flu-Like Symptoms”
Self Care Instructions For Flu Patients

Bon Appetit Menu and written instructions for how to order food and fluids to dorm room

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