



RIVER VALLEY SCHOOL DISTRICT

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## Cough and Cold Care Checklist

- Drink plenty of fluids: water, broth, tea, juice
- Get plenty of rest
- Acetaminophen or Ibuprofen as directed for pain and fever
- Use a cool mist vaporizer or inhale warm steam in the bathroom
- Throat Lozenges (adults and older children only, as directed)
- Chicken Soup
- Cough Syrup as directed
- Decongestant as directed
- Tissues
- Hand sanitizer if soap and warm water are not easily accessible
- Keep hands away from eyes, nose and mouth
- Stay home from school until fever free for 24 hours (without the aid of a fever reducing medication)
- Do not attend school if temperature is above 100 degrees
- Other \_\_\_\_\_

