



# How to make a Wellness Kit



The H1N1 Flu is already here, and cold and flu season is fast approaching. It is never too early to protect yourself. Below are some items we recommend putting together in a Wellness Kit. This is a handy kit that can be stored in a small shoe box or plastic bag that will help prepare you for when sickness may strike.

Your wellness kit can include:

- Kleenex
- Face Mask
- Tea Bags
- Soup Packets
- Lozengers
- Salt
- Honey
- Extra Toothbrush
- Thermometer
- Tylenol
- Hand Sanitizer

Please remember to prevent the spread of germs by doing the following things:

- Cover your mouth and nose when you sneeze or cough
- Put your used tissue in the waste basket
- Wash your hands with soap and water
- Stay home when you are sick