

HOW TO HELP SICK FRIENDS AND FAMILY

WHEN THOSE YOU CARE ABOUT ARE UNDER THE WEATHER, CONSIDER MAKING THEM A GET WELL CARE PACKAGE. HERE ARE SIX IDEAS ON WHAT TO INCLUDE. FAVORITE BEVERAGES TO KEEP THEM HYDRATED. COUGH DROPS. TISSUES SUCH AS PUFFS PLUS LOTION THAT LOCK IN MOISTURE TO HELP SOOTHE A SORE NOSE IRRITATED BY ROUGH OR THIN TISSUES. A "GET WELL SOON" CARD. LOW-KEY ACTIVITIES SUCH AS BOOKS, MOVIES, CROSSWORD PUZZLES AND THE LIKE. TREATS TO TEMPT A SLUGGISH APPETITE, PERHAPS CHICKEN SOUP OR FRESH FRUIT. LEARN MORE ABOUT PUFFS PLUS LOTION AT PUFFS--DOT--COM.