

Self-Care Kits

GI Kit: \$2

contains:

Emesis bag

Tums

Oral rehydration packet

bleach wipe for bathroom

flushable personal wipes

XL gloves

ginger ale and crackers (if available)

Sleep care kit: \$2

contains:

sleep mask

ear plugs

melatonin/sleep vitamin sample

chamomile tea bag

Breathe Right nasal strips

Feminine Care kit: \$2

contains:

pads

tampons

menstrual cup or disc with instructions

heat patch\

ibuprofen

URI Kit: \$4

contains:

ibuprofen

acetaminophen

diphenhydramine

cough and cold medicine

cough drops

KN95 masks

chest rub

tissues

disposable thermometers

tea bag

honey stick

COVID test: \$4

Stress Kit: free

contains:

mint and sour warhead

Chamomile tea

Mini Pop Keychain Fidget Toy

List of Additional Resources

Information about Stress