Self-Care Kits – contents in kits may vary

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: $0
contains:
pads
tampons
menstrual cup or disc with instructions
heat patch\
ibuprofen

URI Kit: $0
contains:
ibuprofen
acetaminophen
diphenhydramine
cough and cold medicine
cough drops
KN95 masks
chest rub
tissues
disposable thermometers
tea bag
honey stick

COVID test: $5
Stress Kit: free
contains:
mint and sour warhead
Chamomile tea
Mini Pop Keychain Fidget Toy
List of Additional Resources
Information about Stress