

Without a doubt, several members of the chapter are likely to come down with the flu bug this semester. In an effort to help curb the spread of the virus, we are offering chapter members a kind of "care package" that will allow you to stay in bed and stay out of the dining room. Just let the kitchen staff know that you or your roommate has the flu and they'll fix up a small care package that contains:

- Tylenol
- Emergen-C (Vitamin C)
- Chicken Noodle Soup Packets
- Saltine Crackers
- Bananas
- Rice
- Drink Packets





The best advice to give anyone who has the flu is to rest in bed and drink plenty of fluids. The second-best advice is to avoid contact with other people. Hopefully, our little care packages will help you stay comfortably out of circulation for a day or two.