



Morgan's Sniffy Nose



Morgan's nose is sniffy. Morgan's head and body aches.
Morgan is sick with a head cold. ICK!



While Morgan's nose is sniffy, no MTEP.

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Even though no MTEP while sniffy, Mom will say OK for fast food on Tuesday and Friday. (But no school means no choices this week.)



No need to go see Dr. Carruthers. For head cold, no need doctor. (No extra fast food!)



A head cold takes days and days to go away. But there are things you can do to make it go away faster.



Get lots of rest. Sleep as much as you can.



Drink lots and lots of water.



Take Motrin when mom gives it to you.



Blow your nose clean whenever you can.



And always use a tissue when you sneeze or clean your nose.



Being sick is ick!!! It will take many days to get better -- maybe even as many as 14 days. But the head cold will go away and Morgan will feel all better.

The End