

Vicks DayQuil/NyQuil Plus Vitamin C Presents

# chapters *of* care

*Cold Comfort Tips  
from America's  
Favorite TV Moms*



Over the years, you have watched me play a mom on television, where I did everything from preparing meals, to bandaging boo-boos, to showing my love and support for my television family. The reason why it was so believable was because my actions mirrored what I did in my own home, with my own family. Providing the best care for my family has always been my number one priority, especially during the inevitable cold and flu season, which is once again upon us.

It's that time of year when our families come home with the sniffles, sore throats and body aches, so it's really important to provide a little extra TLC. With this in mind, I have partnered with Vicks®<sup>®</sup>, a trusted brand for more than 100 years, to create *Chapters of Care*. This booklet features cold comfort tips from some of America's favorite TV moms, including myself, on how we've cared for our families during the cold and flu season. My tip is extra Vitamin C to provide care and comfort to my family. Now I'm especially excited because Vicks has created new **Vicks DayQuil/NyQuil Plus Vitamin C**<sup>®</sup>, which I will be sure to use this cold season!



I'm also excited because this booklet was created with a great cause in mind. By visiting [Vicks.com](http://Vicks.com) and downloading *Chapters of Care*, Vicks will donate money to the **American Lung Association** to help prevent lung disease and promote lung health.

Be sure to give your family some big doses of TLC this cold and flu season and *Happy Days* will be here again!

**Marion Ross (Mrs. C)**, *Happy Days*





## Tichina Arnold

When it comes to the cold season, I always make sure my family takes their medication. Of course nothing beats my grandmother's home remedy of a warm bath with soothing oils and Vicks VapoRub on your chest after the bath.



## Meredith Baxter

When my family faces the wrath of the cold, cough and flu season the first thing I do is give them medicine that takes care of their aches and pains. Next I give them generous amounts of Echinacea tea with cream and honey, to make it light and sweet—my favorite. Last but not least, I always have my family replenish with lots of water, which flushes out their systems, and of course I make sure they get lots of rest! No one ever seems to get enough of either!



## Florence Henderson

Whenever my family got sick, the most important thing was that I was there to take care of them and provide a giant dose of TLC.

Also, for working mothers like me, it is always important to have a great doctor on speed dial so you can call them the minute your loved ones are sick.



## Catherine Hicks

Two things I can't live without during the cold, cough and flu season are rubbing alcohol and Vicks VapoRub. Rubbing alcohol sterilizes everything, including the thermometers. My mom always told me that when you're sick, you should take a sponge bath and use a little bit of rubbing alcohol afterwards because it closes the pores and prevents a chill. For a cough I always relied on Vicks VapoRub, it's still the best! Rub it on your loved ones chest and then cover them up with a cotton shirt or towel before tucking them in to bed.



## Shirley Jones

With two broods of kids, one on the TV set and the other in real life, I found myself taking on the leading role of 'Super Mom' whenever anyone got sick with a cold. I will always cherish the good old days when I took care of my kids by wrapping them up in blankets and giving them mama's tea, while waiting for their next temperature check.

## Constance Marie



When someone in my family is feeling sick and they seem to be coming down with a cold, or sore throat, the first thing I do is tell them to take a HOT bath or steam shower for at least 20 minutes. Then when they get out, I quickly cover them with a robe, tell them to lie down and hope that they sweat the fever out.

Another way I treat my family when they are sick is I place their head over a bowl of steaming water and then cover it with a towel (to keep the steam in) for at least 10 minutes. And if they are feeling really clogged, I drop a little eucalyptus oil in the bowl, but not too much!

Last but not least, I always have my family replenish with lots of water, which flushes out their systems, and of course I make sure they get lots of rest! No one ever seems to get enough of either!



## Alley Mills

The two things I cannot live without when caring for my family during the cold, cough and flu season are homemade chicken soup and lots of TLC! Whether it's a century's old wives' tale or not, I've always believed that homemade chicken soup has actual medicinal qualities which can heal the ailing. I also serve the soup on a tray with fresh orange juice and a flower from the garden so the patient feels particularly loved.

It's also so important to do whatever it takes to make your loved ones stay in bed and rest all day. I do this by lying down beside them, reading a story, playing a game and of course making sure they get lots of hugs! If they have a fever, a cool washcloth on the forehead works wonders!



## Marion Ross

My family's health and well-being are my number one priority, and when you're fighting a cold your body needs a little help. Throughout the years, I have found myself relying on Vitamin C to provide care for my family. Now I'm especially excited because Vicks is bringing together DayQuil and NyQuil, to help relieve multiple cold symptoms, with Vitamin C to replenish what your body needs.



*Thank you  
for caring!*

As a result of your download,  
Vicks will donate money to the  
American Lung Association.

[www.Vicks.com](http://www.Vicks.com)



**You're taken care of.**