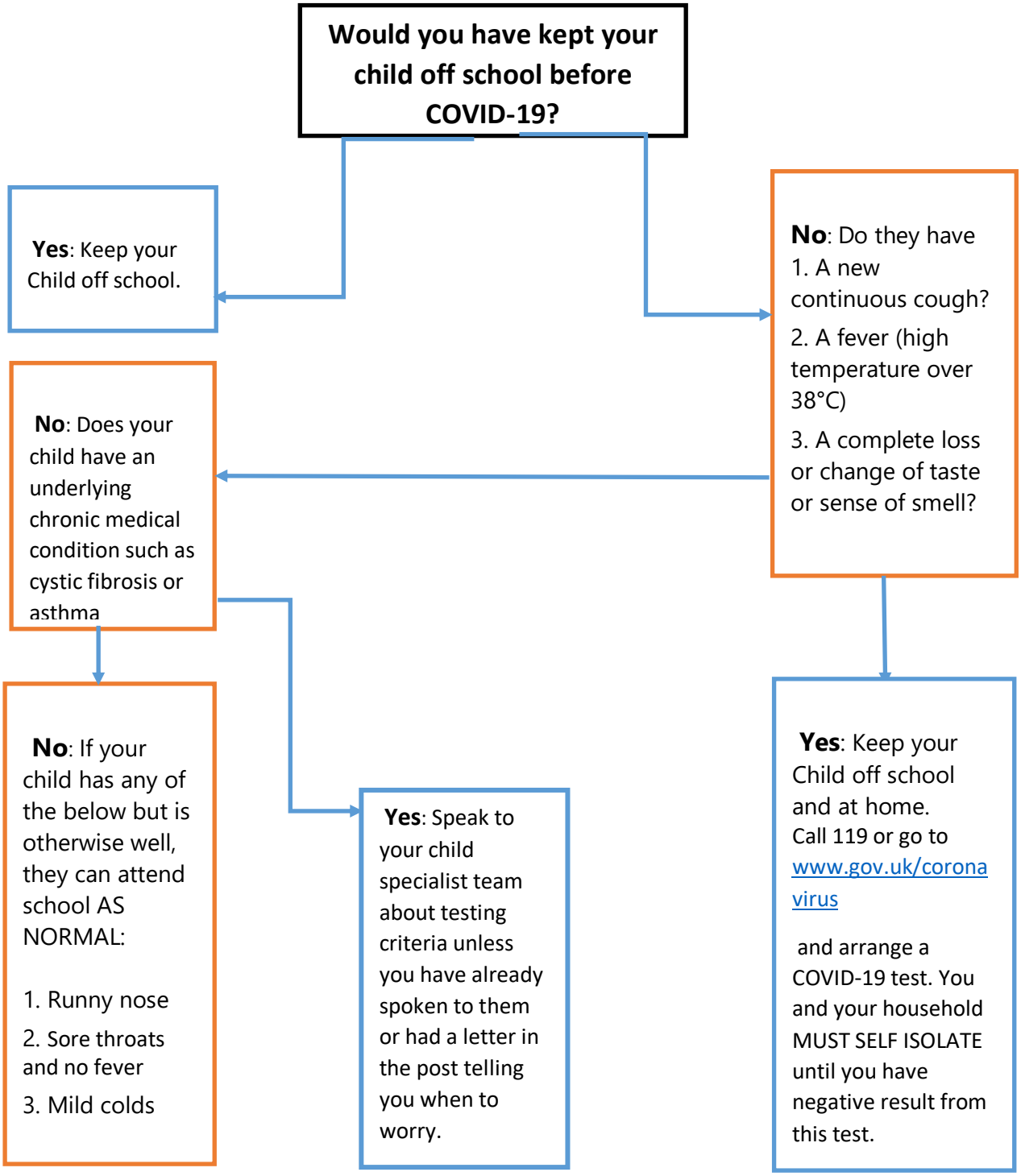Coughs and Colds COVID-19 Guidance