

Quick Email for Cold or Flu

Subject: Hope you're feeling better soon!

Hey [Friend's Name],

Just heard you're under the weather! That's no fun at all. Make sure you're getting plenty of rest, drinking lots of fluids, and binge-watching your favorite shows guilt-free.

I know you hate being stuck at home, but your body needs time to heal. Don't even think about checking work emails or doing anything productive – this is doctor's orders for complete relaxation!

Let me know if you need anything delivered – soup, medicine, groceries, or emergency chocolate supplies. I'm happy to be your errand runner.

Feel better soon!

[Your Name]

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