

# SAND RUN PHARMACY

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September 2012

## Flu Vaccine Now Available!



Flu season has arrived, and getting vaccinated early is important to make sure you are protected.

The influenza vaccine is recommended for everyone over the age of 6 months, but is especially important for those:

- Age 65 or older
- Pregnant women
- People with certain conditions (diabetes, asthma, lung disease) who are at higher risk for serious complications
- People who care for the elderly or others at higher risk for serious complications

Vaccination is recommended as soon as possible to make sure your body has time to produce antibodies against the influenza virus. It takes approximately two weeks for your body to build up protection.

Two vaccines are available at Sand Run Pharmacy. The traditional “flu shot” is available and recommended for everyone over the age of 6 months. This is an inactivated virus that provides protection with less risk of side effects. Although you cannot get the flu from this vaccine, side effects can occur and include:

- Soreness, redness, swelling at the injection site
- Low grade fever
- Aches

Also available is a nasal-spray flu vaccine, which is approved for healthy individuals ages 2-49. Pregnant women should not receive this vaccine, however breastfeeding women may still get the nasal spray if preferred. The nasal-spray contains a live but weakened virus that cannot cause the flu illness. Side effects in adults include:

- Runny nose
- Sore throat
- Cough
- Headache

Although the influenza vaccine is recommended for everyone over the age of 6 months, there are some individuals who should not

receive the vaccine. This includes individuals:

- With a severe egg allergy
- Who have had a serious allergic reaction to the flu vaccine in the past
- Who are currently ill with a fever (they should wait until they recover)
- With a history of Guillain-Barré Syndrome

These individuals should consult their physician prior to receiving the vaccine.

At Sand Run Pharmacy, we are able to vaccinate patients age 14 and above. We accept most major insurances and offer affordable prices for those whose insurance does not cover the vaccine. Walk ins are welcome! If you have any questions, please call us at (330) 864-2138.



## September is National Head Lice Prevention Month



Head lice is a tiny insect that can be found on the head, eyebrows, and eyelashes of people. Young lice, also called nymphs, are clear, but as they feed on blood they become a reddish-brown color. Head lice do not usually carry disease, but they do cause itching and irritation to the scalp. Head lice cannot jump or fly, but can move quickly and spread from person to person after close contact.

They are most commonly found in preschool children attending daycare, elementary schoolchildren, and family members of infested children. To look for lice, inspect the scalp closely. You may not see live lice, but lice eggs are more noticeable as they are off white in color. They will be attached to the hair shaft and do not flake off like dandruff.

Once it is determined a person has head lice, treatment should begin as soon as

possible. Over the counter products containing permethrin or pyrethrins are the first step in treatment. It is important to follow the directions on the product label. Removing nits can be done with a fine tooth lice comb, which can help the over the counter product work better. After initial treatment, it is recommended a second treatment be done nine days after to make sure the remaining lice are killed. If after two treatments you still see head lice or eggs, you should consult your physician for a prescription lice treatment. To stay lice free, it is important to wash any clothes, bedding, and towels used within the previous few days. Items should be washed in the hot water cycle and placed in a hot dryer for at least 20 minutes. Items that can't be washed or placed in the dryer should be vacuumed or placed in a plastic bag for two weeks. Any brushes or combs should be placed in hot water for at least 5 minutes.

At Sand Run Pharmacy, we carry our Good Neighbor Pharmacy brand lice treatment kit, which offers the items needed for proper treatment at an affordable price. If you have any questions, we are always happy to help!



## Why Do You Choose Sand Run Pharmacy?

**“In this day and age of big box and impersonal marketing, it is such a comfort to have the knowledge and customer service at Sand Run Pharmacy. That is such a necessary component today, and is greatly appreciated by their customers, all who are called by name every time they call or enter the store. You may enter as a new customer, but you leave as a friend.”**

**-Robert B.**

**Email why you like us at [pharmacist@sandrpharmacy.com](mailto:pharmacist@sandrpharmacy.com)**

## Interesting Health Fact of the Month

Among healthy adults, the influenza vaccine can prevent 70% to 90% of influenza-specific illness. Among the elderly, the vaccine reduces severe illnesses and complications by up to 60%, and deaths by 80%.



@SandRunPharmacy

## List of Events

September 3  
Labor Day  
Pharmacy Closed

September 8  
Summit County Historical Society's  
9th Annual Rubber City Road Rally

September 29  
10th Annual Akron Marathon

October 5  
A Day For Seniors  
Summit Mall  
8am-3pm