



SAND RUN PHARMACY

Newsletter

September 2014

Back-to-School May Bring New Friends, Some Unwelcomed

Getting back to school is fun and exciting for both children and their parents. Meeting new friends and teachers, starting new classes, and scheduling soccer practices quickly push summer to the side and sets fall into motion. Getting the kids to the right place at the right time may seem like the biggest priority during this time of year but there is one other thing that will make your head scratch...head lice!

With children eager to learn and see their friends after a long summer away from school, kids are going to be spending a lot of time with each other and closely at that! Although sharing is nice, it is important to educate young ones on the importance of **not sharing hats, combs, brushes, pillows, or hair accessories** with their friends.



Why do kids get lice? Head lice are spread mainly by direct head-to-head contact with a person who already has head lice. Lice move by crawling and can easily travel from child to child because children play closely together and often in large groups.

Contrary to popular belief, **head lice have nothing to do with poor hygiene** and are very common in the U.S. When researchers tested large groups of children to see how many have lice, they found that close to 10% do. There is no proof that lice prefer clean or dirty hair. They feed on blood, not dirt or skin cells on the scalp. Whether or not lice prefer long hair over short hair is still unclear.

What's the Treatment?

According to the National Library of Medicine, topical treatments containing **1% permethrin (Nix)** work well to treat head lice at home. These products are available here at Sand Run Pharmacy. If this method does not work, prescription products are available as well. Always use lice treatments exactly as directed because using them too often or incorrectly can cause side effects. Don't hesitate to call us here at the pharmacy if you have any questions or concerns.

Additionally, be sure to wash all clothes and bedding with hot water and detergent when treating head lice. This process will also help prevent the spreading of lice to others during the short time they can survive away from the human body. Talk to our friendly staff here at the pharmacy if you are unsure if a person sharing bedding or clothes with an infested person will need to be treated as well.

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Busy Month for Rubber City!

September 5th is Senior Safari Day at the Akron Zoo



Seniors 62 years and older are invited to venture through the zoo at a discounted admission rate of just \$5 and discover the many services our local vendors have to offer seniors. Refreshments and live entertainment will round out what promises to be a fun day for everyone. The Senior Safari takes place from 10 am to 2 pm at the Akron Zoo.

September 13th is the 11th Annual Rubber City Road Rally



The Rubber City Road Rally isn't just about who finishes first...it's a road course, scavenger hunt, trivia contest, dinner, socializing and lots of FUN! This year's destination is the Summit County Fairgrounds at 229 E. Howe Road in Tallmadge and the Farm Antiques Museum. Buffet dinner and signature drinks will be available with a silent auction as well. Call 330-535-1120 for more information.

September 27th is the Akron Marathon



Sand Run Pharmacy is a Blue Line Charity Partner sponsor with the Haslinger Family Pediatric Palliative Care Center at Akron Children's Hospital. Sign up to run as an individual or group, or choose to volunteer your time to help out at the event. Visit www.akronmarathon.org for details.

Flu Shot Season

Flu season is just around the corner, and Sand Run Pharmacy is here for you! We begin giving flu vaccinations as recommended by The Centers for Disease Control and Prevention (CDC) which is in the month of September. **Seasonal flu activity usually peaks in January or February, but it can occur as early as October and as late as May.**



Tom, Meg, and Jason are ready to give you, your family, friends, and coworkers a flu shot at any time. No appointment is necessary if you are stopping into the pharmacy but if you'd like to set up a flu shot clinic for your place of work, church, or other location please contact Tom at tlamb@sandruncharmacy.com to schedule.

