

# SAND RUN PHARMACY

February 2017 Newsletter



## How to Stay Healthy During Cold & Flu Season

### Get the flu shot every year

This is the #1 thing you can do to prevent the flu! If you haven't had a flu shot this season, don't worry it's not too late. No appointments, no lines, just stop in during regular pharmacy hours.

Monday - Friday 9 am to 7 pm

Saturday - 9 am to 2 pm

Get the  
**FLU SHOT**  
not the flu!

### Wash your hands frequently

One of the most important steps to avoid getting sick and spreading germs to others is keeping your hands clean through good hand hygiene.

#### →When should you wash your hands?

**BEFORE:** preparing food, eating

**AFTER:** bathroom visits, petting animals, taking out the garbage, diaper changing

**BEFORE AND AFTER:** caring for someone who is sick or injured, wound care

#### Proper Hand Washing Technique:



## Maintain a healthy lifestyle

### →Exercise regularly

Lowers stress, stimulates the immune system, and promotes healthy sleep



### →Eat a well balanced meal

Eat or drink foods that contain Vitamin E (i.e. nuts) and Vitamin C (i.e. orange juice)

### →Stay hydrated

Drinking lots of water prevents dehydration caused by fever, loosens mucus, and keeps your throat moist

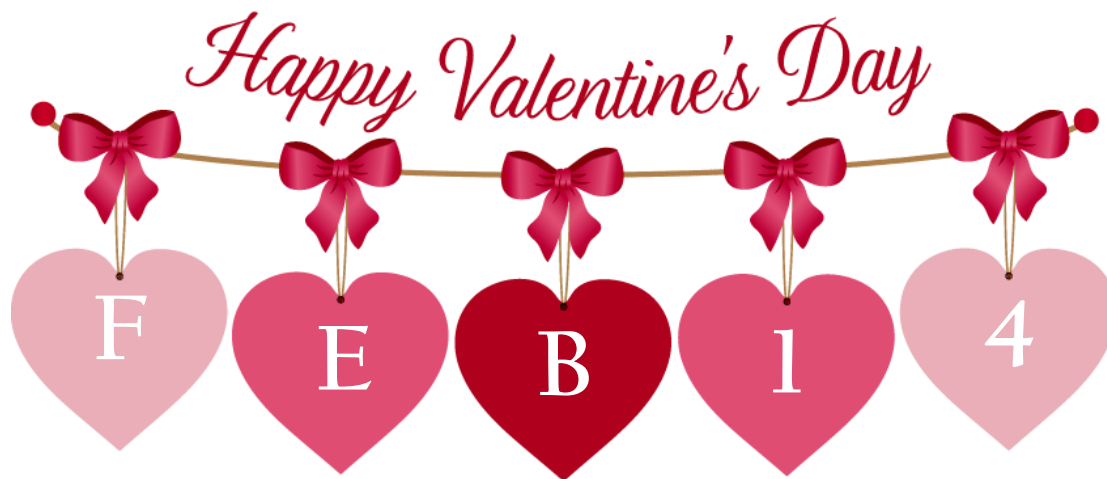
### →Get a good night's sleep

Proper rest helps your body recover from an illness. Also, regular (and restorative!) sleep can help keep you healthy.

## Emergency cold & flu kit

The last thing you want to do when you are sick is run any errands. So we suggest stocking up on supplies in case the flu hits. The CDC recommends that you **stay home** and **keep away from others** as much as possible, if you are feeling ill. Stop into the pharmacy today for all your cold and flu needs. Not sure what to choose? Ask one of our friendly pharmacists for a recommendation! We're happy to help.





## February Events

### ♥ 27th Annual Akron Rotary Chili Open

**Presented by Wayne Homes**

Saturday, February 4th

Hale Farm and Village Bath Township

Golf Classic: Presented by Wayne Homes

Tee Time: 9 am - 1:30 pm

Rotary Camp provides summer programs and year round respite care for over 2,000 children and adults. Campers enjoy traditional activities including crafts, outdoor games, swimming, canoeing, songs, campfires, and much more. For more information, please visit: [www.chiliopen.net](http://www.chiliopen.net)

### ♥ Senior Luncheon Series, 1590 WAKR

Wednesday, February 15th

St. George Fellowship Hall

3204 Ridgewood Road, Copley

Doors open at 11 am

**Visit our table!**

### ♥ WITAN's 40th Annual French Market

March 3rd and March 4th

St. George Fellowship Hall

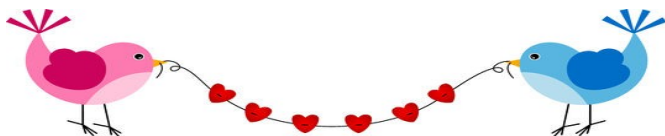
3204 Ridgewood Road, Copley

Friday, March 3rd: 10 am - 4 pm

Saturday, March 4th: 10 am - 3 pm

**Come enjoy shopping and lunch!**

WITAN (Women in Touch with Akron's Needs) is a self-sustaining, non-profit organization and has donated over one million dollars to community agencies.



## February is American Heart Month

- ♥ Heart disease kills an estimated 630,000 Americans each year
- ♥ Heart disease is a leading cause of death for both men and women
- ♥ Heart disease can often be prevented by making healthy choices and successfully managing health conditions
- ♥ Keep an eye on your blood pressure. **Stop by the pharmacy to get your blood pressure checked during pharmacy hours.** If you would like to purchase a blood pressure monitor for home use, we can help you choose a unit that is right for you.



## **DON'T FORGET YOUR VALENTINE!**



We have plenty of cards and **Temo's Chocolate** to choose from at the pharmacy:

- ♥ Papyrus
- ♥ Recycled Paper Greetings
- ♥ Viabella