

# SAND RUN PHARMACY

May 2023

## Travel, Travel, Travel!

Are you planning a trip for this summer? Whether you're going abroad or exploring a different state, it's important to have the vaccines, prevention, and health information you need to keep yourself safe. With the ongoing COVID-19 pandemic and the threat of other diseases, it's crucial to take the necessary precautions to avoid getting sick while you're out of town. Depending on where you're traveling, specific locations may recommend certain vaccines and precautions to keep you safe. That's why it's important to research and prepare beforehand. The Center for Disease Control (CDC) has a comprehensive list of every country and what you can expect there on a health level. You can also find information about recommended vaccines, preventive measures, and what to do if you get sick.

### Ask about these vaccines before traveling!



Yellow fever  
Typhoid  
Japanese Encephalitis  
Rabies  
Pneumococcal  
COVID-19  
Hepatitis A/B

### ARE THERE MOSQUITOES/BUGS WHERE YOU'RE GOING?

Ask about **MALARIA PREVENTION!**



#### QUICK TIPS

- Wash your hands
- Check travel advisories
- Get necessary vaccinations
- Pack a first aid kit
- Bring insect repellent
- Be mindful of food safety
- Drink from a water bottle
- Thoroughly cook food

**Stop in to get your FREE COVID-19 test kits before May 11<sup>th</sup>!**

## 22nd Annual Pet Expo

**When: June 3, 2023**

**Where: Hardesty Park, 1615 West Market Street, Akron, Ohio 44313**

Join us at the Pet Expo to support our furry friends and celebrate the 22<sup>nd</sup> anniversary of the event. Over 2,000 adoptions have been made possible through this event, so let's continue to show our support. Bring your pet and enjoy the free event while watching a police dog demonstration by the Akron K9 Unit. Don't forget to submit your pet's photo for the Cutest Pet Contest. See you there!



Zinc is an essential trace mineral important to many functions of human health. It plays a role in maintaining cellular metabolism and gene expression. Zinc is critical to a diverse group of physiological processes, such as immune function, insulin signaling, tissue repair, vision and neuro-transmission. It is second only to iron in worldwide

R B Z B V S W W H K F C T Q C  
 R S G U O C A W F M O E S F L  
 Y H M T N K T V X R O B I N K  
 W O Y T O Q G R E E N Y Q W Z  
 O W Z E C T T O X T L A Z P A  
 T E Y R L I K R O E V H M W Y  
 G R Z F E P D J Z A T V O Y K  
 A S D L A Q A Y S P P B A G T  
 R I M Y N G N W E Y N L J V B  
 D K W K I S D T S I Q Y D L L  
 E P A Z N M E M A Y F A I W O  
 N G N V G V L R S B I E S H S  
 U L I O Y K I K J B I Y T Y S  
 Z Y N R F L O W E R S C K E O  
 Y Q K P I C N I C W O B N U M

BLOSSOM  
 BUTTERFLY  
 CLEANING  
 DANDELION  
 FLOWERS  
 GARDEN  
 GREEN  
 MAY  
 PICNIC  
 RAINBOW  
 ROBIN  
 SHOWERS

Be the first one to return the completed crossword for a free set of Papyrus Thank You Cards.

