



Good Neighbor Script

INSPIRATION FOR LIVING WELL FROM GOOD NEIGHBOR PHARMACY | SEPTEMBER 2024

Be Prepared for Cold and Flu Season with These Checklists

Colds and flus are among the most common reasons that people miss work and school. Adults get two to three colds on average each year, according to the Centers for Disease Control and Prevention (CDC). Children get even more. In addition, each year, between 3% and 11% of people in the U.S. develop the flu.

However, these common viruses don't need to sideline you from life. These checklists, compiled based on information from the CDC, the National Institutes of Health, and the American Medical Association, can help you get through cold and flu season.

Vaccination checklist

Getting recommended vaccines is one of the best ways to prevent the flu and other respiratory viruses. They can also help lessen the severity of symptoms and keep you out of the hospital. Vaccines to prevent respiratory viruses during cold and flu season include:

- COVID-19 vaccine or booster to protect against the most recent variants. The CDC recommends everyone six months of age and older get a COVID-19 vaccine or booster.
- Flu vaccine. Everyone six months of age and older should get an annual influenza vaccine, ideally in September or October.
- RSV vaccine. The CDC recommends this vaccine for adults ages 60 and older. All infants eight months of age and younger should receive one dose. The adult vaccine protects for at least two years, so you don't need to get one every year.

Additional prevention checklist

In addition to getting the recommended vaccines, other prevention strategies include various ways of avoiding contagious illnesses such as colds and the flu. To guard against catching or spreading the cold and flu:

- Avoid close contact with people who are sick with any type of upper respiratory infection.
- Don't touch your eyes, nose, or mouth with unwashed hands.
- Don't smoke, and avoid secondhand smoke.
- Disinfect high-touch areas, such as doorknobs

- Wash your hands with soap and water, especially before you eat or after using the bathroom.
- Stay home if you are sick.
- Cover your mouth and nose when coughing and sneezing. Use your elbow to cover these instead of your hands.

Medicine cabinet checklist

If you get a cold or the flu, drink plenty of fluids and get lots of rest. In addition, these things can also help you feel better, so stock up and have them handy:

- Acetaminophen or NSAIDs (non-steroidal anti-inflammatories, such as ibuprofen or naproxen sodium) to reduce pain and fever. Children younger than six months should only be given acetaminophen.
- A digital thermometer to check your temperature. You have a fever if the reading is 100.4°F or higher.
- Cough drops or throat lozenges to ease sore throat and cough. Don't give these to children younger than age four to prevent choking.
- Saline nasal spray or drops for congestion, and a rubber suction bulb for infants and toddlers.
- Vapor rubs to ease congestion in adults and children older than age two.
- A humidifier or cool mist vaporizer to ease nasal and chest congestion.
- Oral zinc in lozenges, tablets, or syrup.

When to see a doctor checklist

If you test positive for the flu or COVID-19, call your doctor right away. They can prescribe antiviral drugs to ease your symptoms, but they work best if started in the first two days. You should also see a doctor if you have any of the following:

- Dehydration
- Fast or troubled breathing
- A fever that lasts longer than four days
- Symptoms lasting more than 10 days without getting better
- Symptoms that get better but then return or get worse
- Worsening of chronic medical conditions

HEALTH & FITNESS

3 Reasons Your Allergy Meds Might Seem Less Effective

Does it seem like your go-to allergy medication isn't working as well as it used to? You may worry that you're becoming resistant to your current allergy medications. However, when it comes to common allergy medications, such as inhaled steroids and antihistamines, medication resistance is highly unlikely.

That doesn't mean that your experience of reduced efficacy isn't real — just that its cause is probably something else. Here are three reasons that your allergy meds might seem less effective.

You've developed new allergies.

New allergies can develop at any age. If you have a new allergy, you may be experiencing more intense allergy symptoms than usual, or your current medication may not be as effective against your new symptoms. Consult an allergist if you think you may have new allergies and need an updated treatment plan.

Your environment has changed.

People with seasonal allergies often have other allergies as well. If you're suddenly exposed to other allergens during pollen season — or maybe from a new pet, smoky air, or mold — your allergy symptoms may worsen. You may need to change your medication dose — or add a new medication to your routine. You can also try minimizing exposure to the other allergens.

You're skipping doses of your allergy medication.

Do you sometimes stop taking your allergy meds once your symptoms go away, only to find that they come back in full force? The best approach is to start your meds at least a couple of weeks before allergy season begins (if you have seasonal allergies) — and take them regularly while there's any chance of being exposed to allergy triggers.



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SEPTEMBER RECIPE

Pizza-Stuffed Zucchini Boats

Prep Time	Cook Time	Total Time	Serves
25 minutes	20 minutes	45 minutes	6

These zesty zucchini boats are a veggie-forward dish full of Italian flavors and all of your favorite pizza toppings. They're a fun and tasty way to enjoy your late-summer zucchini and get a boatload of vegetables in every bite. Serve them as a main course or as a side dish with pasta.

Ingredients

3 large zucchini
Salt
1/2 pound of Italian turkey sausage (hot or sweet)
2 garlic cloves, minced
115-ounce can of tomato sauce
1/2 teaspoon Italian seasoning herb mix
3/4 cup shredded mozzarella cheese
Optional toppings: sliced mushrooms, diced sweet peppers, sliced olives, chopped arugula, or other favorite pizza toppings
3 to 5 large fresh basil leaves, cut into strips

Tools

Chef's knife and cutting board
Sauté pan
Can opener
Spatula and spoon
Baking sheet

Instructions

- Preheat the oven to 375°F. Line a baking sheet with foil or parchment paper for easy cleanup.
- Cut the zucchini in half lengthwise. Using a small spoon, scoop out the seeds and flesh from the inside of the zucchini. If desired, chop up what you scooped out and reserve it for the sauce or another use.
- Sprinkle the zucchini lightly with salt and set them aside while you prepare the sauce.
- Remove the casings from the outside of the sausages. Sauté the sausage meat at medium-high heat for about seven minutes or until it's no longer pink. Break up and crumble the pieces as it cooks. Drain off any fat.
- Add the garlic (and reserved chopped zucchini if using) to the pan. Sauté for about one minute. Add the tomato sauce and Italian seasoning herb mix to the pan. Reduce the heat to low and let it simmer for about five minutes.
- Taste the sauce and add a pinch of salt if desired. Note that your sausage may be salty, and you've salted the zucchini boats, so you may not need much or any additional salt.
- Pat the insides of the zucchini boats dry with a paper towel. Lay them on the baking pan, cut side up.
- Assemble the zucchini boats: Spoon some of the meat sauce into each piece of zucchini. Sprinkle mozzarella cheese evenly over each piece. Add any toppings as desired.
- Bake the zucchini boats for 20 minutes or until the zucchini is tender and the cheese is melty. Top with shredded basil after you remove them from the oven.

KIDS CAN!

- **Salt the zucchini and pat them dry**
- **Sprinkle the cheese and toppings over the zucchini**
- **Sprinkle the sliced basil over the cooked zucchini**



For more recipes, scan this QR code or visit www.mygnp.com/recipes.

COLD AND FLU

Fight Off Colds and Flu More Easily with a Healthy Diet



| 01

Think color and variety.



| 02

Stay hydrated.



| 03

Incorporate more fiber.



| 04

Eat healthy protein.



| 05

Practice smart snacking.



| 06

Consider taking a multivitamin.



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Product Spotlight



Ready for fall allergies? Good Neighbor Pharmacy has a full range of over-the-counter products to keep symptoms such as watery eyes, itchy noses, and sneezing at bay.