

July 2018 SAND RUN PHARMACY

Ticks: What are they?



- Ticks are parasites that latch onto a host and feed off their blood for up to 10 days, then detach themselves.
- They are small, either a brown, reddish brown or black color and have eight legs.
- Often they carry diseases that can be transmitted to their host once bitten.
- Some of these diseases can be life threatening.

Tick Bite Symptoms & When to Treat

- Pain, swelling or burning at bite site
- Fever or chills
- Headache, muscle pain & joint pain
- Weakness and fatigue
- Nausea
- Rash (shape, size and placement differs depending on illness)

Treatment options:

- Remove entire tick with tweezers immediately, try to save tick in container to show doctor, wash bite site with soap or rubbing alcohol
- Contact doctor if:
 - unable to remove tick
 - rash grows larger
 - fever, chills, or body aches develop
 - bite looks infected

*Seek emergency care if severe headache, difficulty breathing, paralysis or heart palpitations develop

How Do We Protect Ourselves And Pets?

- Avoid tick-infested areas.
 - tall, thick grass
 - wooded, moist areas with lots of shade
- When doing outdoor activities, dress appropriately.
 - wear boots or other enclosed shoes
 - wear long sleeve shirt, tuck long pants into socks
- Use chemical tick repellent: OFF! or other products containing DEET
- Get pets vaccinated, use tick-killing/prevention shampoos and repellents



Sunscreens For Summertime Fun

Now that summertime is finally here, it is important we are making sure our skin is protected.

Even when there is cloud coverage, harmful UV rays can still get through and cause damage to our skin.

Luckily, there are a variety of sunscreen options for all your needs, making it easy to find the perfect fit for you!

Visit to see our sunscreen selection today!

For sensitive skin:

- Neutrogena Ultra Sheer lotion, spray and mist
- Coppertone Oil Free lotion
- Good Neighbor Pharmacy Sport spray

For dry skin:

- Coppertone: Clearly Sheer Whipped, Ultra Hydrate

For beach/water protection:

- Neutrogena Beach Defense spray
- Coppertone: Sport lotion and spray, Ultra Guard spray

For baby and kid friendly skin:

- Coppertone Water Babies Pure & Simple Whipped
- Good Neighbor Pharmacy Kids Sunscreen spray



Want that 'sun kissed glow' but not the harmful rays that come with it? Here's how to get it:



- **Self-tanning lotions and creams**
 - apply with glove at home
 - exfoliate skin when ready to remove old tan then reapply for a fresh bronzed look

- **Hand-held & professional airbrush and spray-on tans**
 - apply with glove at home
 - stand in tent for professional application at a salon

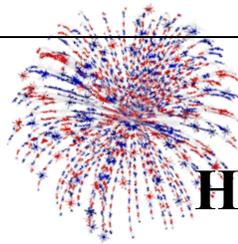


Things to know before application:

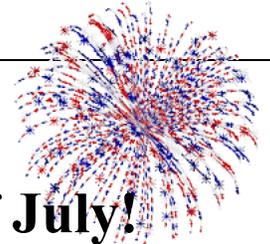
- FDA approved Dihydroxyacetone (DHA) is the active ingredient that is used in most self-tanners.
 - DHA reacts with the proteins present on the top layer of the skin, giving the darkened tan effect.
- Exfoliate skin in thicker areas like elbows, knees and ankles to avoid uneven color.
- Self-tanner remains on the skin for 5-10 days or until the dead cells fall off, then you will need to reapply.
- Keep self-tanner out of eyes, ears, nose and mouth
- Avoid inhalation of lotions and sprays
- Allergic reactions and irritation can occur with sensitive skin

Allergy Season Is In Full Bloom

- Are your allergies out of control?
- Constantly have itchy, red eyes?
- Dry cough and stuffy, runny nose?
- Sneezes that just keep on coming?



Have a **Happy 4th of July!**



Wednesday July 4th: CLOSED

Good news, we have some solutions for you!

- Antihistamine tablet: Claritin or Zyrtec
- Nasal spray: Flonase or Nasacort
- Natural D-Hist capsules: won't cause drowsiness
- Eye drops

*Also wear sunglasses and a hat when outdoors to help shield your eyes and nose from pollen.

Don't forget to stop by for either your first or next dose of Shingrix if you're over the age of 50!



SHINGRIX
(ZOSTER VACCINE RECOMBINANT, ADJUVANTED)

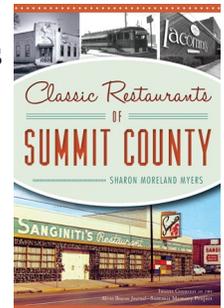
BOOK SIGNING

Who: Sharon Moreland Myers

What: Author of *Classic Restaurants of Summit County*

When: July 21st from 10-11:30am

Where: Sand Run Pharmacy



GOOD NEIGHBOR PHARMACY