



Travel Vaccinations

April 2019 Newsletter

Planning on traveling to Central America, South America, or Africa? Wherever your vacation, work or mission trip may take you, make sure you are current on all your vaccinations. Depending on where you're headed you might need some additional protection. Receiving all of your vaccinations prior to your trip will help keep you and your family safe and healthy while traveling.



Immunizations may be covered by insurance. Please bring your insurance information when you come in to be vaccinated.

Plan Ahead

Before your trip, let us review your travel plans and make recommendations based on your plans. We will ask the following:

- Destination
- Date of departure
- Duration of your trip
- Activities planned

Receiving vaccinations before your trip will help keep you and your family safe and healthy while traveling. It is important to get vaccinated at least four to six weeks prior to departure to give the vaccines time to fully protect you while on your ventures, so plan accordingly.

Talk to your health care provider or pharmacist to make sure you are up-to-date on routine vaccines, including your flu shot..



Do I need to make an appointment for travel vaccinations?

No appointments necessary. Speak with a staff member today about the travel immunizations we offer by calling or stopping in. Let us help to prevent you or a loved one from bringing home unintended souvenirs.

Visit sandrunpharmacy.com or cdc.gov/travel for more information on travel vaccinations.

Seasonal Allergies Ahead

With spring upon us, sometimes allergies can get in the way of enjoying the beautiful weather. Why not get ahead of the season and be prepared? Loratadine is the generic form of Claritin that is indicated for seasonal allergies. Another alternative to Loratadine, D-Hist, a product made by Ortho Molecular, which is also used for seasonal allergies. This product is also available in a chewable form for children, D-Hist Jr. Natural D-Hist is a targeted blend of flavonoids, antioxidants, proteolytic enzymes,

and botanicals designed to provide comprehensive support for seasonal challenges caused by common environmental allergens. D-Hist promotes healthy nasal and sinus passages for individuals with elevated histamine and respiratory irritation. Although it does not contain loratadine, it is a more natural alternative that can be utilized to combat allergy symptoms. Ask a pharmacist about D-Hist today.



SAFETY TIPS FOR TRAVELING WITH YOUR PETS

- 🐾 **Make sure your pet is wearing a collar** with up-to-date identification information
- 🐾 **Bring along a pet travel kit:** food, bowl, leash, plastic bag to collect waste, toys, medical and vaccination records
- 🐾 **Using a crate?** Make sure the crate is well-ventilated and secure, large enough for your pet to stand, lie down, and turn around in.
- 🐾 **Not using a crate?** Make sure your pet is secured and not able to roam the entire car
- 🐾 **Feed your pet a light meal 3 to 4 hours** prior to leaving, instead of feeding them in the car
- 🐾 **Animals should not be left in the car!**
If it's 75°F outside, it only takes 10 minutes for the temperature inside of a car to reach 100°F.



Celebrate Easter on Sunday, April 21st, with a delicious Temo's Chocolate Easter Basket and beautiful Papyrus cards.

Pet Easter Hazards

Easter is right around the corner! However, while we may enjoy Easter decorations, our four-legged friends may not. Some of the symptoms that may occur if consumed: vomiting, loss of appetite, and abdominal pain. If your pet does consume one of the following, call your vet.



Easter Grass



Easter Lilies
(cats only)



Plastic Eggs



Chocolate