

SAND RUN PHARMACY

February 2021 Newsletter

How to tell the difference between a cold / flu / Covid-19.

It is important to know the difference to be able to seek appropriate treatment.

Symptoms	Cold	Flu	Covid-19
Fever	Rare	High Temp. (100-102°F); Can last 3-4 days	Common
Headache	Rare	Intense	Can be present
Aches and Pains	Slight	Usual, often severe	Can be present
Fatigue and Weakness	Mild	Intense, can last up 2-3 weeks	Can be present
Extreme Exhaustion	Rare	Usual (starts early)	Can be present
Stuffy Nose	Common	Sometimes	Has been reported
Sneezing	Usual	Sometimes	Has been reported
Sore Throat	Common	Common	Has been reported
Cough	Mild-moderate	Common, can be severe	Common
Shortness of Breath	Rare	Rare	In more serious infections

Sources: WHO and CDC

FLU SEASON IS IN FULL SWING!

- Protect yourself and your love ones with recommended supplies
- Clean routinely used surfaces with disinfectants
- Disinfect your hands with hand sanitizers often
- After sneezing, coughing or blowing nose, wash your hands with soap and warm water for at least 20 seconds.
- Avoid touching your eyes and mouth with unwashed hands.
- Make sure to always sneeze within your elbows or into a Kleenex.
- Limit the amount of contact with others; always remain 6 feet apart.
- Wear a mask to cover your mouth and nose when out in public to minimize exposure of the virus.

IF YOU ARE SICK, PLEASE STAY HOME!!!

SUPPLIES TO HAVE ON HAND



HAPPY VALENTINE'S DAY

Sunday, February 14th, 2021



Share your love from the heart.
Stop in and check out our
Valentine's Day Card selection!

Ortho-Molecular Products Available at SAND RUN PHARMACY

Product	What does it do for your body?
<i>Viracid</i>	Contains Zinc, Vitamin C, Vitamin A and others to help maintain a healthy, functioning system
<i>WholeMune</i>	Immune product to help strengthen the immune system
<i>Ortho-Biotic</i>	Keep your gut healthy! A balanced micro-flora environment to fight off viruses
<i>TruAdapt</i>	Helps to support body's resistance to fatigue and improves immune function



Healthy Heart Awareness Month

Stay healthy by knowing what your heart is telling you!

Know the plan your doctor has for you.

- Monitor your blood pressure daily and know what the numbers mean.
- Be up to date on your cholesterol and blood sugar numbers.
- Recognize signs and symptoms such as chest pain, discomfort, dizziness, slurred speech or any shortness of breath.
- Take your heart medications as recommended.
- Keep a healthy diet with lots of fruits and vegetables and exercise at least 3 times per week.



**National Wear Red Day is
February 7th, 2021**

National Wear Red Day is to raise awareness about heart disease. Heart disease is one of the leading causes of death in the United States.

- One person dies every 36 seconds just from heart related illnesses alone.
- Show your support by adding **RED** as a pop of color to your clothing on February 7th.